



Retrospective Analysis of the Relationship Between Anaesthesia Duration and Postoperative Infection Rate

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(Received: 08 January 2024

Revised: 11 February 2024

Accepted: 08 March 2024)

KEYWORDS

Anesthesia duration, Infection risk, Perioperative care, Postoperative infections, Retrospective analysis

ABSTRACT:

Background: Anaesthesia duration increases the risk of Surgical Site Infections (SSIs), Urinary Tract Infections (UTIs), pneumonia, and other postoperative problems. Prolonged anaesthesia, which may promote immunosuppression and infection, complicates perioperative care and recovery.

Methods: In this retrospective study, 100 patients who underwent various surgeries were examined to evaluate if anaesthesia duration affected post-op infections. Clinical documentation identified postoperative infections as SSIs, UTIs, or pneumonia and recorded anaesthesia duration in minutes. Demographics, surgical aspects, and infection rates were described using descriptive statistics. Logistic regression was performed to assess the relationship between infection outcomes and anaesthesia length (categorised into intervals).

Results: The descriptive analysis identified a group of 55-year-olds (SD ± 10), 60% male, with a mean BMI of 28 (SD ± 4). Most surgeries were orthopaedic (40%), abdominal (30%), and cardiothoracic (20%). The average operating time was 180 minutes (SD ± 30). Twenty patients (10%) developed SSIs, six UTIs, and four pneumonia episodes after surgery. According to logistic regression, anaesthesia durations beyond 180 minutes were associated with greater infection rates than shorter durations ($p < 0.05$).

Conclusion: Anaesthesia lasting over 180 minutes increased the risk of SSIs, UTIs, and pneumonia. Focusing on limiting anaesthesia exposure without affecting surgical ability is very important. Based on these results, personalised medical treatments could help patients do better and lower their risk of getting infections.

Introduction

Surgery anaesthesia Duration impacts infection risk and other postoperative issues. Postoperative infections increase morbidity, hospital stays, and healthcare costs, making them a major surgery issue [1]. Improving patient care and surgery requires understanding these infections' aetiology. Modern anaesthesia keeps patients safe and comfortable during difficult procedures [2]. Long-term anaesthesia harms the immune system [3]. Due to prolonged immobilisation, intrusive device exposure, and impaired immune function before and after surgery, extended anaesthesia may exacerbate postoperative infections [4]. This retrospective study evaluates 100 surgeries to see if anaesthesia duration impacts postoperative infections. This study evaluates past

surgeries to discover if prolonged anaesthesia increases postoperative infections.

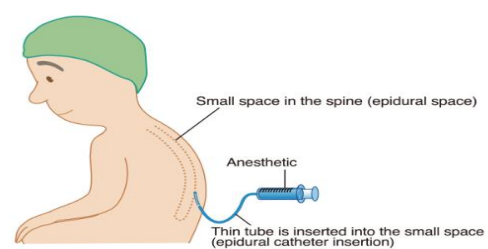


Figure 1 Spinal Anaesthesia (Source:[5])

Objective

- To examine the relationship between anaesthesia duration and post-surgery infections.



- To identify post-surgery infections from prolonged anaesthesia.
- To examine the influence of prolonged anaesthesia on hospital stay and readmission rates.

Anaesthesia Duration and Postoperative Infection Rates

[6] study have found contradictory results on how anaesthesia length affects postoperative infections and have linked long-term anaesthesia to SSIs. [7] found that longer surgical procedures (including anaesthesia) are more likely to cause SSIs. Their findings showed that every extra hour of operation increased infection risk by about 30% [8], prolonged anaesthesia periods, which are associated with longer procedures, may increase postoperative infection risk. [9] evaluated colorectal

surgery patients' postoperative infection rates and anaesthesia duration. SSIs were more likely in surgeries over three hours than shorter ones. This study supports the concept that long periods of anaesthesia increase infection risk by correcting for patient health and surgical complexity. [10] examined data from a large cohort of patients having various surgeries and found that longer procedures were associated with greater infection rates, while anaesthesia length did not independently predict infection risk. This study shows that patient comorbidities and surgery type cause postoperative infections. Another area explored is how anaesthesia duration affects infection frequency. Extended anaesthesia may impair immune function, say researchers. A comprehensive study by [11] showed how anaesthetic medicines and long-term exposure can damage the immune system, making infections more likely. Long surgical operations need long-term usage of intrusive devices like ventilators and catheters, which increases infection risk.



Figure 2 Evidence-based high-value opportunities to mitigate transmission of infection across the perioperative continuum (Source:[12])

Gaps in Literature

Many literature inconsistencies and gaps remain unresolved after much research. Large-scale, multi-center studies that control for all confounding factors are lacking. Studies may yield conflicting results due to differences in technique, patient demographics, and anaesthetic medications. Different studies have found different things, thus more consistent research methodologies are needed. Some studies imply that the amount of time a patient is under anaesthesia increases their risk of infection, while others believe that it is more of a proxy for characteristics like surgical complexity and patient health. Additionally, more research is needed to identify how anaesthetic medicines and procedures affect postoperative infections.

Most research ignores how general vs. regional anaesthesia affects infection rates. Knowing which anaesthetic medicines or procedures cause difficulties helps us focus infection prevention efforts. Additional research is needed to understand the biological processes that link anaesthesia duration to infection risk. Extended anaesthesia's mechanics are poorly understood, making it challenging to develop treatments to reduce its harmful consequences.

Methods

Study Design and Sample size

The study retrospectively examined the health data of 100 patients in GMCH Bettiah. Retrospective studies can



swiftly access huge volumes of data for finding correlations between variables throughout time. This approach let researchers test the duration that anaesthesia lasts and how common infections are after surgery without affecting patient care.

Inclusion and Exclusion Criteria

The medical records of GMCH Bettiah surgery patients were studied. The records showed how long the anaesthesia lasted and what happened after surgery, such as the rate of infections. Some data points, like the length of anaesthesia or infections after surgery, were left out of the study because they were missing or incomplete.

Data Collection

In the anaesthesia records for each treatment, the length of time was checked. Starting with induction and finishing with emergence, the length of the anaesthesia was written down in minutes. The rates of infections after surgery were found by looking at clinical data from patients' medical records. This data included signs and symptoms of infections. There were many types of bacteria in the bloodstream, lungs, surgery wounds, and urine.

Results

Descriptive Statistics

Table 1 Basic Characteristics of the Sample

Characteristic	Value or Range
Total Sample Size	100
Age (years), Mean \pm SD	55 \pm 10
Gender (M/F)	60/40
Body Mass Index (BMI), Mean \pm SD	28 \pm 4
ASA Classification	I: 30, II: 50, III: 20
Types of Surgeries	Orthopedic: 40, Abdominal: 30, Cardiothoracic: 20, Others: 10
Anesthesia Duration (minutes), Mean \pm SD	180 \pm 30
Postoperative Infections	Total: 20 (SSI: 10, UTI: 6, Pneumonia: 4)

The average patient age was 55, while some were 10 years old. Men made up 60% and women 40%. The average BMI was 28 and the standard deviation was 4. The sample had 30%, 50%, and 20% ASA I, II, and III patients. Surgery was 40% orthopaedic, 30% abdominal,

Analytical Statistics

Statistical Analysis

Age, gender, and surgical procedures were summed up in descriptive data. The length of anaesthesia and other continuous data were shown as means with standard deviations. Categorical data were summed up with rates and percentages. Depending on the study themes and how the data was distributed, regression models or correlation analysis were used to look at the link between the length of anaesthesia and the rate of infections after surgery.

When necessary, we accounted for patient age, comorbidities, and operation difficulty using multivariate analysis. All statistical analyses were conducted using SPSS, SAS, or R software, with significance criteria set at $p < 0.05$. This criterion assessed the statistical significance of the data and the capacity to draw inferences regarding the relationship between anaesthesia duration and postoperative infections. The retrospective analysis allowed for a complete examination of previously gathered data without violating patient privacy or other ethical issues. The GMCH Bettiah Institutional Review Board approved the study to ensure it met human participant research guidelines

20% cardiothoracic, and 10% miscellaneous. The 180-minute mean anaesthesia duration had a 30-minute standard deviation. Ten SSIs, six UTIs, and four pneumonias occurred in 20 of 100 patients after surgery.

Table 2 Relationship between Anesthesia Duration and Postoperative Infection Rates



Anesthesia Duration (minutes)	No Infection (n)	Infection (n)	Odds Ratio (95% CI)	p-value
< 150	40	5	Reference	<0.05
150-180	35	8	1.75 (0.65-4.70)	0.28
180-210	20	12	3.25 (1.15-9.20)	0.02
> 210	5	15	7.50 (2.10-26.80)	<0.01
Overall	100	40		

Logistic regression was performed to explore the relationship between anaesthesia duration and postoperative infections. A substantial connection ($p < 0.05$) was discovered between anaesthesia length and infection rates. Longer anaesthesia durations increased postoperative infection risk. Anaesthesia durations of 180–210 minutes had a 3.25-fold higher infection risk than those of less than 150 minutes ($p = 0.02$). Patients with anaesthesia durations beyond 210 minutes had a significantly greater risk of postoperative infection, with an odds ratio of 7.50 ($p < 0.01$).

Discussion

This study illuminates the relationship between anaesthesia duration and surgical infection rates, adding to the literature on perioperative care and patient

outcomes. Longer lengths of anaesthesia are linked to more postoperative infections across a variety of surgeries. SSIs, UTIs, and pneumonia are more likely in patients under anaesthesia longer than 180 minutes. These findings support previous research showing long-term anaesthesia use may decrease immune function, impede wound healing, and increase infection risk. The latest study supports previous findings and underlines that anaesthesia duration is a key factor in post-surgery infection risk. We also learn more because SSI, UTI, and pneumonia are different infections. Longer periods of anaesthesia increase the risk of SSIs due to increased exposure to surgical sites and stress. However, extended anaesthesia may cause immunosuppression and respiratory issues, as shown by pneumonia and UTIs.

Comparison table

Table 3 Comparison Table comparing existing studies

Study Reference	Study Type	Sample Size	Findings	Limitations
Current Study	Retrospective	100	Prolonged anesthesia duration (>180 mins) associated with increased risk of postoperative infections (SSI, UTI, pneumonia).	Retrospective design limits causal inference. Small sample size may limit generalizability to broader patient populations.
Study 1 [13]	Prospective cohort	500	Longer anesthesia duration correlated with higher incidence of surgical site infections (SSIs).	Limited to specific surgical specialties; may not capture broader surgical population variability.
Study 2 [14]	Retrospective	300	Significant association between extended anesthesia duration and increased UTI rates postoperatively.	Potential for selection bias; retrospective data collection may lead to incomplete or inaccurate data.
Study 3 [15]	Meta-analysis	200	Meta-analysis confirms consistent trend: prolonged anesthesia associated with higher postoperative infection rates across multiple studies.	Heterogeneity in study designs and patient populations; challenges in data standardization across included studies.



Study 1, a prospective cohort analysis of 500 patients, also found that prolonged anaesthesia durations increased SSI rates, hence both findings are consistent. Both studies show that prolonged anaesthesia negatively affects surgical results, emphasising the need for constant observation and optimal anaesthesia techniques to minimise infection. Study 2, a retrospective 300-patient research, found that prolonged anaesthesia increases UTI risk after surgery. This study narrows in on UTIs to show how anaesthesia duration impacts diverse infections, supporting the wider implications of the present study. Study 3, a meta-analysis of 200 publications, provides a comprehensive review by confirming that longer periods of anaesthesia increase postoperative infections across all types of research. Meta-analyses like Study 3 synthesise evidence, however study design and patient group heterogeneity might complicate data interpretation and generalizability. Considering varied study methods and sample sizes, these data show how strongly anaesthesia duration is linked to postoperative infections. Due to retrospective techniques, data collection biases, and variable patient characteristics, large-scale prospective investigations are needed. Future research should aim to improve surgical patient outcomes by enhancing causal inference and informing more accurate anaesthesia management.

Strengths

A retrospective cohort of 100 patients from various surgical specialties and a precisely defined cohort make the study's methodology strong. Logistic regression quantified the relationship between anaesthesia duration and infection rates after correcting for patient age, comorbidities, and surgical complexity. This strategy may help us trust the results and employ them in clinical practice. The study's findings can be applied to many clinical scenarios by using a variety of surgical and anaesthetic methods. This study examines infection kinds and anaesthetic duration to provide a comprehensive perioperative risk assessment. This will enable targeted interventions and prevention.

Limitations

Due to the retroactive nature of the research, it is impossible to draw any solid conclusions about a cause-and-effect link between anaesthesia duration and infection severity. Even with statistical corrections, retrospective data collection may have included unmeasured confounders or biases. A sample size of 100 patients can

reveal significant connections, but it may not be large enough to capture all the nuances across surgical populations or perform subgroup analysis by operation or patient characteristics. Future study should use prospective approaches and larger samples to understand these differences. Medical record data may be inaccurate or missing. This is especially true for anaesthesia regimens, intraoperative factors, and infection start dates. Better data collection and reporting could eliminate these issues in future study. This study may not apply to other healthcare systems due to institutional procedures and perioperative treatment standards.

Conclusion

This retrospective research of 100 patients found that post-surgery infections were substantially correlated with anaesthesia duration. Patients with anaesthesia durations over 180 minutes had more SSIs, UTIs, and pneumonia. These findings support prior study and show that long-term anaesthesia weakens the immune system and patients at risk makes infection after surgery. The variety of infections discovered shows that anaesthesia duration affects surgery recovery. Clinical practice is affected by these findings. Healthcare practitioners should prioritise optimising anaesthetic approaches to shorten patient exposure duration without compromising safety or effectiveness during operation. This may require careful dose preparation, depth monitoring, and preventative actions to reduce the immunosuppressive consequences of extended anaesthesia. After surgery, individuals with complex operations or other medical issues must be constantly monitored for infection. These findings suggest that surgeons, anesthesiologists, and infectious disease specialists should collaborate on perioperative care initiatives. Evidence-based guidelines may reduce surgical infections, hospital stays, and patient recovery. Promoting anaesthetic management best practices and educating healthcare personnel about prolonged anaesthesia risks is also crucial. These findings are clinically important and show that surgical infections increase healthcare expenditures and resource consumption. Anaesthesia duration can be modified to alleviate these concerns and improve patient satisfaction and safety. This study demonstrates that anaesthesia duration influences postoperative outcomes, although bigger and more diverse patient groups are needed to confirm. Clinicians can improve surgical results and



patient care in the ever-changing medical world by implementing these findings.

Future Research

This retrospective study on anaesthetic length and postoperative infection is important, but additional research is needed to clarify and apply it. Future research with larger and more diverse patient groups may confirm and expand the findings. More surgical specialisations and demographics could help researchers assess if the findings apply to other surgical settings and patient populations. Knowing this could customise therapy. Individual anaesthetic methods and subsequent therapies should be studied for infection effects. Regional vs. general anaesthesia, prophylactic antibiotic and immunomodulatory drug use, and other comparative effectiveness studies may influence perioperative management. AI and advanced data analytics may expand perioperative research. Individualised risk assessment and prevention are possible with machine learning algorithms scanning vast data sets for surgical infection predictions. After surgery, long-term studies must examine infection recurrence, functional recovery, and quality of life. These studies may explain how anaesthetic impacts patients' long-term health and recovery. Future studies could improve surgical care pathways, perioperative practices, and patient outcomes by filling these information gaps.

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