Aerobic fitness can predict post-op complications in AAA repair

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(HealthDay)—For patients undergoing elective abdominal aortic aneurysm repair, measures of cardiopulmonary fitness can predict postoperative complications, according to a study published online Feb. 6 in *Anaesthesia*.

Hashem M. Barakat, M.B.B.S., from the University of Hull & Hull York Medical School in the United Kingdom, and colleagues examined whether measures of aerobic fitness could predict cardiac and pulmonary complications, 30-day mortality, and length of hospital stay after elective abdominal aortic aneurysm repair. Cardiopulmonary exercise testing data were collected prospectively over two years for 130 patients.

The researchers found that a decreased anaerobic threshold and open repair correlated with cardiac complications (odds ratios, 0.55 and 6.99, respectively), in multivariate analysis. An increased ventilatory equivalent for carbon dioxide and open repair correlated with pulmonary complications (odds ratios, 1.18 and 14.29, respectively). Shorter hospital and critical care length of stay were seen for patients who had an endovascular repair (P

"Cardiopulmonary exercise testing variables, therefore, seem to predict different postoperative complications following abdominal aortic aneurysm repair, which adds value to their routine use in risk stratification and optimization of perioperative care," the authors write.

More information: Abstract
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