

Surgery & Integrative Medicine

November 17-18, 2025 | London, UK



Dr Mohammad Al-khazaleh

Junior Clinical Fellow – Emergency Department, Stepping Hill Hospital, Stockport NHS Foundation Trust

Re-Audit: Nasogastric Tube Insertion in Patients with Confirmed Small Bowel Obstruction in the Emergency Department

Introduction

Small bowel obstruction (SBO) is a frequent cause of surgical admission and a significant source of morbidity. Early gastrointestinal decompression using a nasogastric (NG) tube is an essential step in the initial surgical management pathway to prevent vomiting, aspiration, bowel ischaemia, and perforation. Early NG tube insertion, as recommended by the Royal College of Emergency Medicine (RCEM), decompresses the bowel and reduces morbidity. This audit evaluated compliance with RCEM guidelines on NG tube insertion in patients with confirmed SBO in the ED and assessed the impact of targeted interventions to improve practice and optimise early surgical management of SBO.

Methods

A retrospective review of patients with radiologically confirmed SBO presenting between April and May 2025 was undertaken. Data on NG tube insertion and documentation prior to Surgical Assessment Unit (SAU) transfer were collected. Two interventions were subsequently implemented: (1) daily multidisciplinary huddle reminders (August) and (2) educational posters reinforcing early decompression (September). Re-audits measured the impact on compliance.

Results

During the first cycle, 12 of 34 patients (35%) had NG tube insertion prior to surgical referral. After implementing reminders, insertion improved to 41% (9/22), and following educational posters, compliance rose to 64% (9/14).

Conclusion

Early NG tube insertion is an essential step in the surgical management of SBO. Interventions markedly improved adherence to national guidelines and optimised pre-operative patient care

Biography

Dr. Mohammad Al-Khazaleh is a dedicated healthcare professional currently serving within the NHS in the United Kingdom. He is committed to providing high-quality patient care and continues to expand his clinical expertise through ongoing training, multidisciplinary collaboration, and active involvement in modern medical practices. Dr. Al-Khazaleh maintains a strong interest in advancing clinical outcomes, evidence-based medicine, and continuous professional development. His work reflects a commitment to compassionate care, clinical excellence, and contributing to the healthcare community.