

Vital importance of the dissemination of IAP/APA guidelines: dramatic results during the validation study on a nationwide cohort.

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Background: The IAP/APA evidence-based (EBM) guidelines for the management of acute pancreatitis (AP) have been published in 2013. Unfortunately in many countries, especially in Eastern and Central Europe, it has not been translated to national languages and no EBM guidelines are available so far. The Hungarian Pancreatic Study Group (HPSG) has established a national registry in 2011 for prospective data collection of patients suffering from different pancreatic disorders, including AP.

Aims: Our aim was to summarize the Hungarian cohort and importantly, assess and validate the usefulness of the IAP/APA guidelines.

Patients&methods: 580 patients with AP have been enrolled from 23 centers.

Results: The diagnosis of AP was made according to the 2/3 rule. 322 males and 258 females with mean age of 58.4±16.5 were enrolled. The most common cause of AP was biliary disease (44%) followed by regular alcohol consumption or dietary mistake (26%). 61.9% of the patients had mild, 29.6% moderate, whereas 8.5% severe pancreatitis. Concerning the intravenous fluid therapy, only 41% of the patients received 2500-4000 ml of fluids during the first 24 hours. The mortality was only 0.51% in this group, however, it was increased by 4 times among those patients who received either more or less fluid. In terms of the enteral feeding, 31% of patients with severe pancreatitis did not receive it. The mortality rate in this group was unacceptably high (42.9%) compared to those patients who received the right treatment (19.3%).

Conclusion: Proper utilization of the IAP/APA EBM guidelines could save thousands of lives. It is vitally important to make the guidelines available in all languages of the countries.