

5-18-2017

Dietary fibre modification in the recovery and prevention of reoccurrence of acute, uncomplicated diverticulitis: A systematic review and meta-analysis

Camilla Dahl
Bond University

Megan Crichton
Bond University

Julie Jenkins
Bond University

Romina Nucera
Bond University

Sophie Mahoney
Bond University

See next page for additional authors

Follow this and additional works at: http://epublications.bond.edu.au/hsm_pubs



Part of the [Nutrition Commons](#), and the [Rehabilitation and Therapy Commons](#)

Recommended Citation

Dahl, C., Crichton, M., Jenkins, J., Nucera, R., Mahoney, S., & Marshall, S. (2017). Dietary fibre modification in the recovery and prevention of reoccurrence of acute, uncomplicated diverticulitis: A systematic review and meta-analysis. Retrieved from http://epublications.bond.edu.au/hsm_pubs/1477

This Conference Presentation is brought to you by the Faculty of Health Sciences & Medicine at ePublications@bond. It has been accepted for inclusion in Faculty of Health Sciences & Medicine Publications by an authorized administrator of ePublications@bond. For more information, please contact [Bond University's Repository Coordinator](#).

Authors

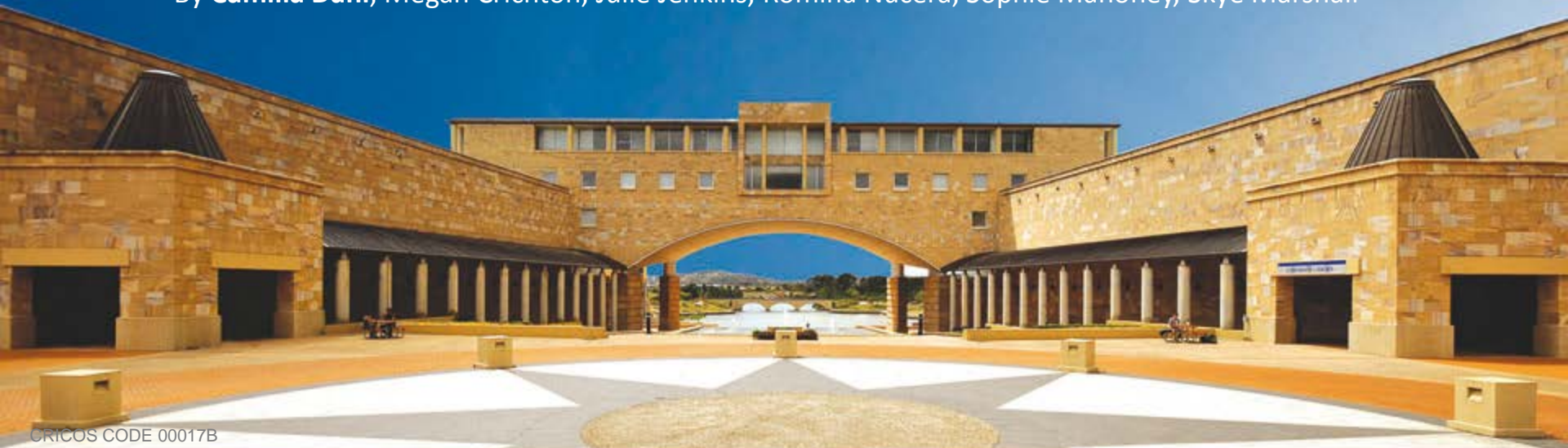
Camilla Dahl, Megan Crichton, Julie Jenkins, Romina Nucera, Sophie Mahoney, and Skye Marshall



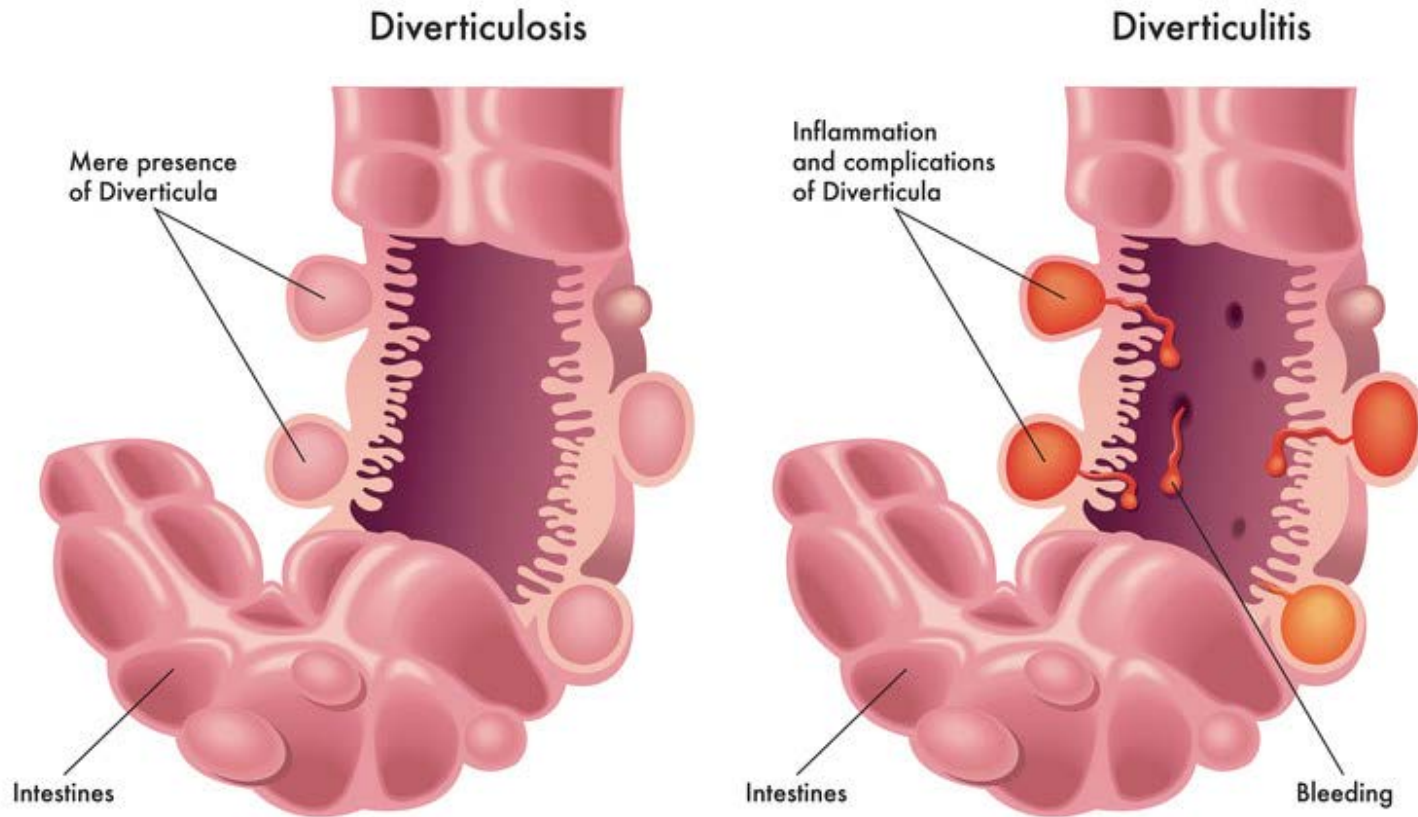
**BOND
UNIVERSITY**
BRINGING AMBITION TO LIFE

Dietary fibre modification in the recovery and prevention of reoccurrence of acute, uncomplicated diverticulitis: a systematic review and meta-analysis

By **Camilla Dahl**, Megan Crichton, Julie Jenkins, Romina Nucera, Sophie Mahoney, Skye Marshall

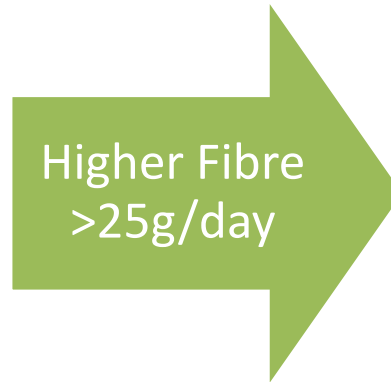
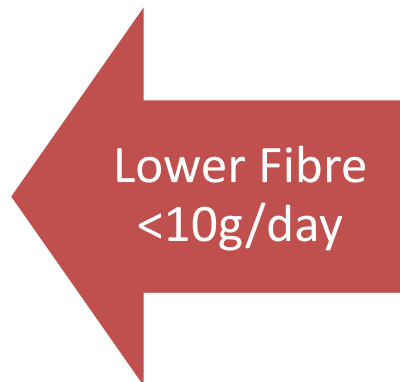
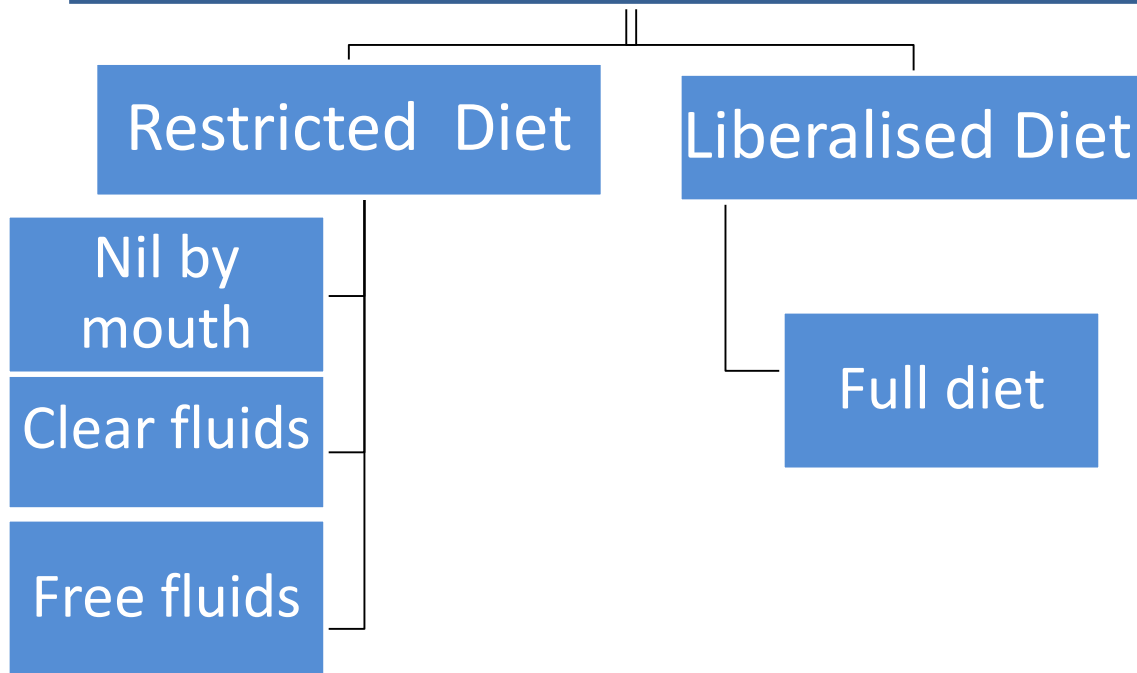


ACUTE UNCOMPLICATED DIVERTICULITIS



Guideline/Statement	Updated	Diet Recommendation
American Gastroenterological Association Institute	2015	<i>No comment</i>
American Society of Colon & Rectal Surgeons	2014	<i>Bowel rest</i>
Italian Society of Colon & Rectal Surgery	2015	<i>No comment</i>
World Society of Emergency Surgery	2015	<i>Dietary restriction is unproven</i>
Danish Surgical Society	2011	<i>Dietary restriction is unproven</i>
World Gastroenterology Organisation	2007	<i>Bowel rest should be used in the first 48 hours</i>

ACUTE, UNCOMPLICATED DIVERTICULITIS



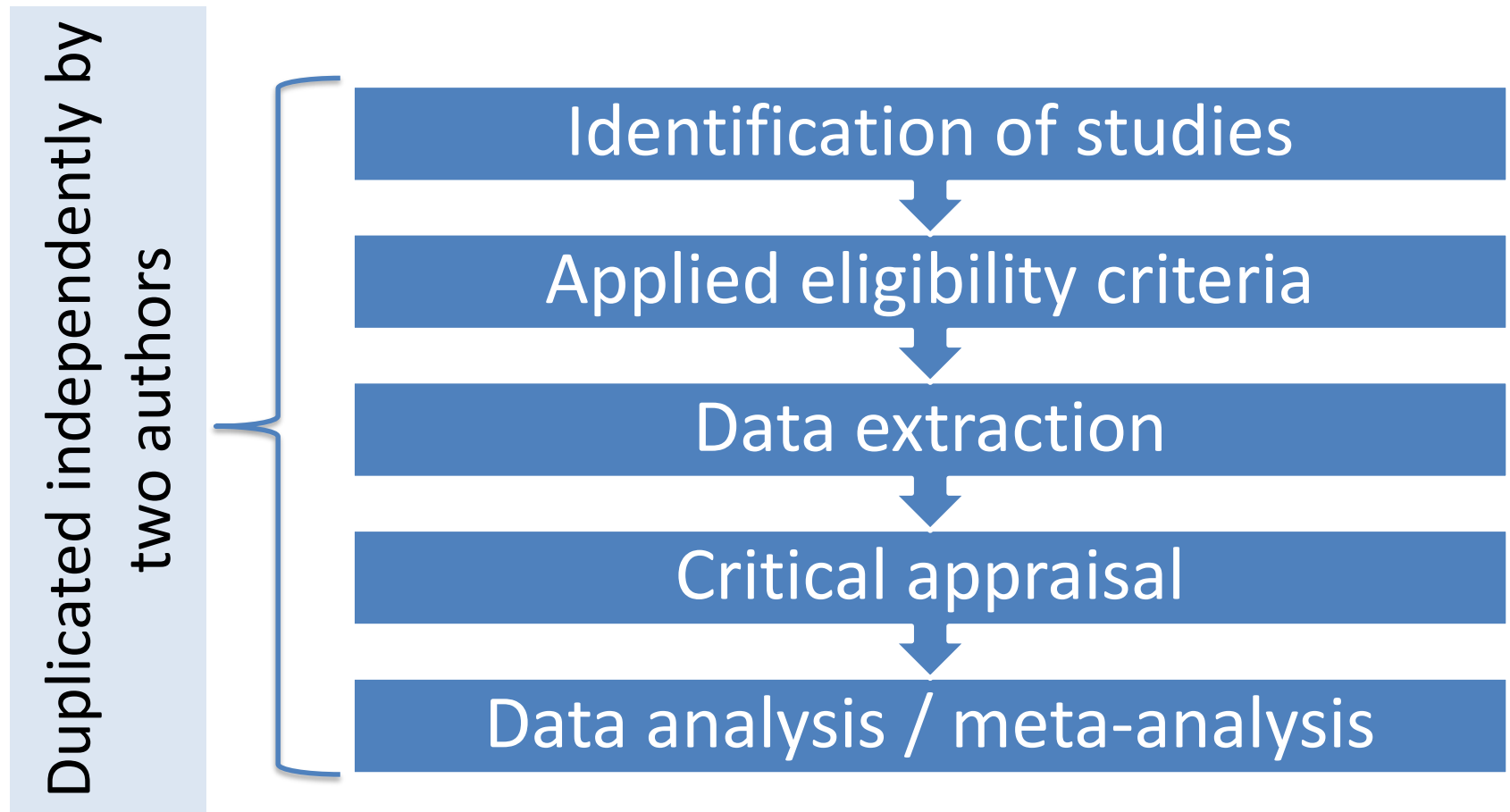


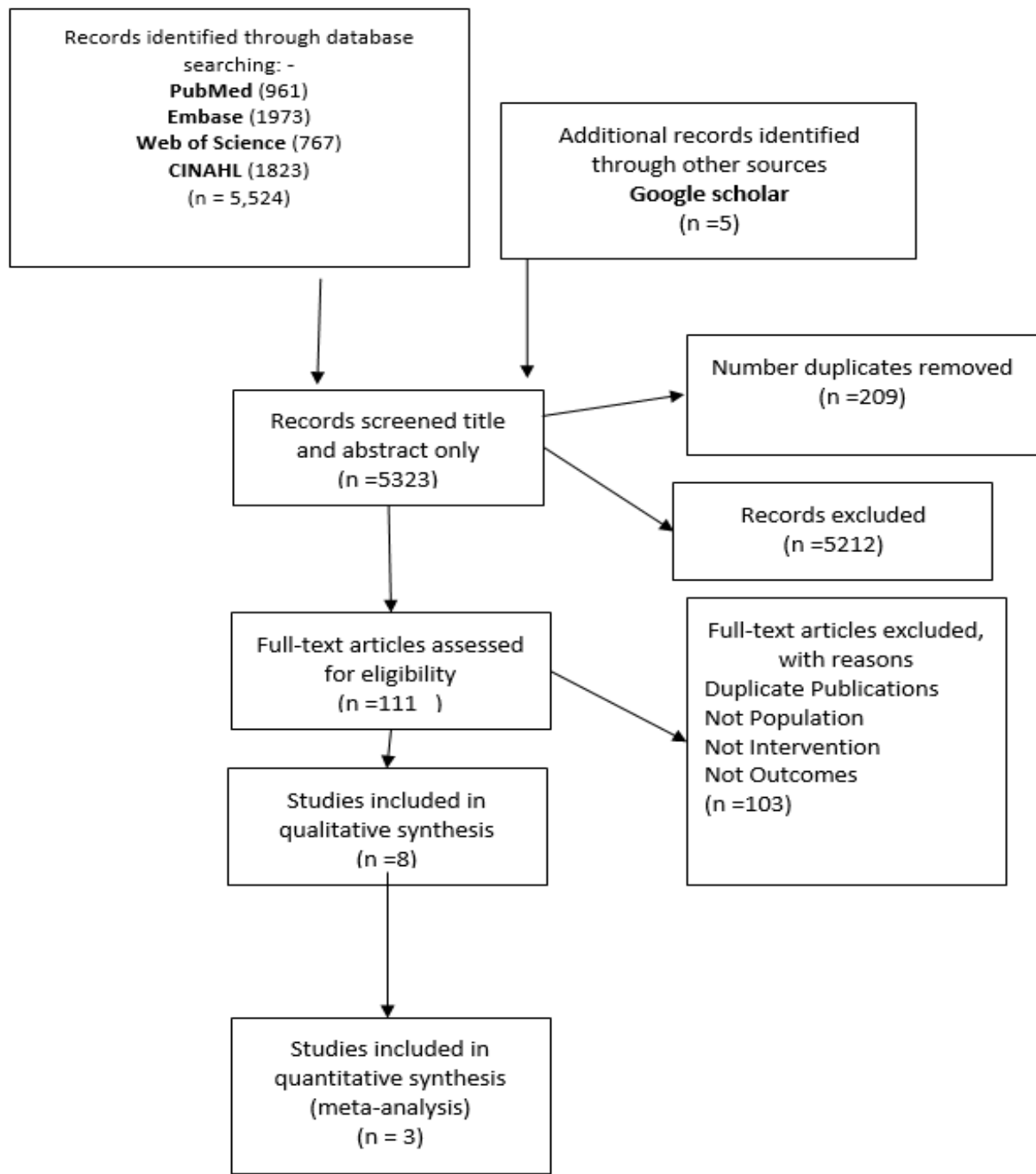
RESEARCH QUESTION

The efficacy of *dietary fibre modifications*, either alone or alongside probiotics and antibiotics, versus any comparator on *recovery*, *gastrointestinal symptoms*, *health care use* and *reoccurrence*



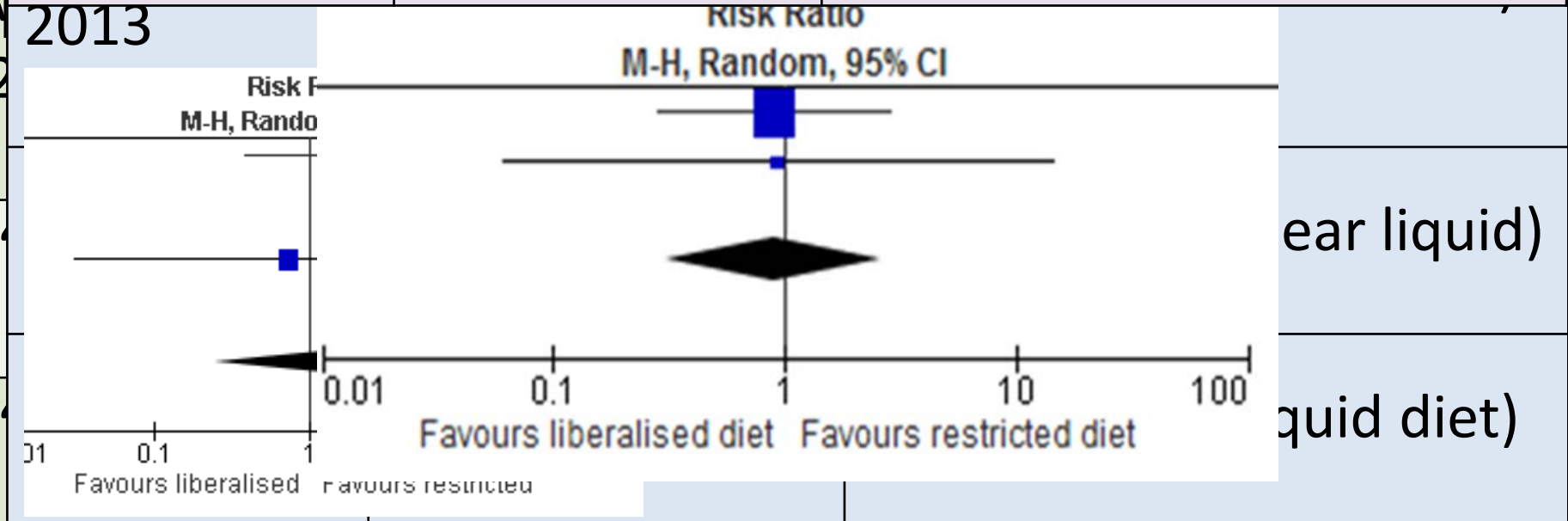
SYSTEMATIC REVIEW METHODS





Study	Design	Treatment failure result for liberal vs restricted
Ridgway 2009	RCT, n=79	∅ (lib. Vs bowel rest)

Study	Design	GI symptom result for liberal vs restricted
Ridgway 2009	RCT, n=79	∅ (lib. Vs bowel rest)



Liberalised diet (inpatient or outpatient) vs restricted diet (inpatient) (GRADE)

Outcome & hypothesis	Risk of bias (Cochrane)	Inconsistency (heterogeneity)	Indirectness (confidence in effect)	Imprecision	Publication bias	Quality of the body of evidence (GRADE)
Length of stay lower in liberalised diet	Serious	Not serious	Serious	Not serious	N/A	⊕⊕○○ Low
No difference in reoccurrence	Serious	Not serious	Serious	Serious	N/A	⊕○○○ Very low
Both diets safe (low risk of treatment failures)	Serious	Not serious	Not serious	Very serious	N/A	⊕○○○ Very low
No difference in GI symptoms	Serious	N/A	Serious	Serious	N/A	⊕○○○ Very low
No difference in outpatient visits	Very serious	N/A	Serious	N/A	N/A	⊕○○○ Very low

Limitations

Limited confidence
Confounding variables
Missed studies
Wider outcome reporting

Benefits

1st to synthesise evidence

Provides guidance

Limited concerns, failures or safety problems

CONCLUSION

1. There is insufficient evidence to make recommendations;
2. Use clinical expertise and incorporate patients values and preferences in a **patient centered care approach**;
3. More research is needed

PUBLICATION

- Submitted shortly
- High dietary fibre advice upon discharge



Thank you
Any questions?

Funding declaration:

This research received no specific funding

Conflict of interest:

None

