Sore throat and pressure differences in ventilation in women after intubation with an endotrachealtube size 6,5 or 7,0

Background
Women experience more sore throats than men after endotracheal intubation. Previous studies have shown the use of an endotracheal tube (ETT) with a smaller diameter reduces post-operative sore throat. A narrower endotracheal tube, however, may lead to blockage of the gas flow through the tube and its being clogged by secretions.

Results
The results show that women who were intubated using a narrower ETT estimated fewer and milder symptoms of sore throat postoperatively. However, the differences did not reach statistical significance. Nor were any significant pressure differences in the ventilation, measured.

Aim
The purpose of this quantitative study was to compare the incidence of sore throat self-rated by women intubated with an ETT of either size 6.5 or 7.0 mm in inner diameter and to investigate the association between sore throat immediately postoperatively, 2-4 hours and airway pressure.

Method
One hundred female participants, aged 18-80 years, who have undergone elective gynaecological surgery, were recruited to the study, and 93 of them participated. They estimated the occurrence of sore throat preoperatively, immediately postoperatively and then 2–4 hours later, according to a 4-point scale. Statistical data were analysed using the Package for Social Science (SPSS).

Conclusion
Sore throat after endotracheal intubation should be acknowledged and documented in the patient’s record. Hopefully, this study will lead to changes in clinical practice i.e. intubating more women with a 6.5mm endotracheal tube size and including the four-point rating scale regarding sore throat in postoperative patient care.