

## **COPD 2019: Effect of chlorhexidine bath on the prevention of ventilator associated pneumonia: A meta-analysis Ospital ng Makati on internal Medicine at Makati city**

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Ventilator Associated Pneumonia (VAP), defined as pneumonia occurring quite 48 hours after patients are incubated and received mechanical ventilation, represents one altogether the foremost important nosocomial infections in critically ill patients. Chlorhexidine, an antiseptic solution, could even be a secure and effective product with broad antiseptic activity. This meta-analysis would love to research if chlorhexidine bathing significantly reduced the incidence of ventilator associated pneumonia. We searched Pub Med and Cochrane Central Register database to test for all published studies associated with the reduction of VAP with application of chlorhexidine bath versus control. Various study designs like randomized controlled trials, before-and-after study were included in these meta-analyses. This meta-analysis analyzed eight studies. 100 thirty nine (139) events developed within the chlorhexidine group over 33,030 patient-days which were significantly lower compared to 183 within the soap and water group over 35,213 patient-days. the general incidence of ventilator associated pneumonia with the appliance of chlorhexidine was significantly reduced by 23% with a pooled Risk Ratio (RR) of 0.77 with 95% Confidence Interval (CI): 0.62-0.96; I<sup>2</sup>=52%. within the subgroup analysis, a more significant outcome was observed using before-and-after study because the research design (pooled RR 0.63, 95% Confidence Interval (CI): 0.48-0.83, I<sup>2</sup>=31%). Daily chlorhexidine bath generated a more favorable outcome, compared to each other day application as evident on the pooled RR 0.78, 95% Confidence Interval (CI): 0.62- 0.98, I<sup>2</sup>=59%. This meta-analysis clearly favors the utilization of daily chlorohexidine bath within the prevention of ventilator associated pneumonia. My experience was extremely positive. My first academic conference was a 9th International Conference on COPD and Lungs. I presented a billboard with not-yet-published data. 9th International Conference on COPD and Lungs conferences are unlike other conferences therein they're extremely small, focused, and comprehensive. the entire attendance was about 200 people crammed into one lecture hall at a extremely private venue Tokyo, Japan mostly academic Pls, post-docs, and PhD students, and also the schedule consisted of talks given daily from 9AM to 9PM, with some brief poster sessions and meal/coffee breaks throughout daily. The experience was incredibly valuable for some main reasons: The GRC gave me a breadth and depth of knowledge about my field LUNG and COPD that I hadn't yet appreciated through reading papers. It allowed me to place a face to the high-power names within

the world that I had not met before. The poster sessions were opened over several days, and also the posters were more-or-less installed for the full 5 days. I got a boat-load of feedback about my poster from Pls, post documents, and other students that helped me understand how my thesis project fit into the grand scheme of my research field. They suggested future experiments, LUNG related Diseases discussed ways I could bolster my existing conclusions, and asked me how my poster project of Pneumonia, would fit into a fair bigger thesis project. This was the primary time that i accustomed be forced to convey some thought to my project as telling a whole story - up thereto time, I had only really thought of what experiments I needed to try and do and do within the following weeks/months, not years. During lunch and low breaks, Pls and students were very pro-active about sitting and talking with new people the foremost amount as possible - I interacted with probably about 20 different Pls this fashion. During break times and after-hours beer and social events, I interacted with about 20 more Pls and students. My favorite a component of the conference was a pick-up athletics between the scholars and Pls. By the best of the conference , perhaps 1/4 of the conference knew my name, which is unparalleled at the most conferences, particularly for a PhD student. At the tip of the conference, I had a replacement perspective on my project and also the scope of my research towards Lung diseases, and while I didn't accrue any new collaboration at that conference, I interfaced with dozens of Pls that in some unspecified time in the future might serve on a school search committee determining whether or to not hire me as faculty. i might wish to think that I didn't beat them too badly at basketball to think about me a powerful candidate for the duty. Keep an open mind at your conference, and don't push the difficulty with Pls. If you explain your research well at your poster session, Pls will see you as a powerful candidate and ask you about your future plans. you must take full advantage of those forms of conversations by indicating that your plan is to pursue research in a very PhD program, though you haven't found a decent PhD program that suits your interests. you may get recommended to speak to some people with open positions, and better yet, you may likely get introduced to Pls that are searching for PhD students. Don't stress out about finding employment - approach the conference was how to network with people, discuss your research in-depth, and practice your critical thinking, communication, and question-and-answer skills.

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