Spontaneous Posterior Rectus Sheath Hernia

Chu Woon Ng
General Surgery, Bundaberg Base Hospital, Queensland, Australia

Abstract
Posterior rectus sheath hernia is a very rare form of abdominal wall hernia and there are scarce of reports of this herniation in the literature to date. This case report presents a spontaneous posterior rectus sheath herniation in a-79-year-old male with previous abdominal surgery for appendicitis. His herniation was discovered incidentally during examination for his chief complaints of lower abdominal pain and diarrhoea which were later diagnosed as salmonella related gastroenteritis. A Computed Tomography scan of the abdomen and pelvis showed abdominal wall hernia with loops of small bowel extending into the rectus abdominis muscle. In this case, it was decided to leave the situation alone for now due to no evidence of bowel obstruction and the low risk of this hernia getting strangulated, which otherwise would have warranted urgent surgery. This report adds to limited stock of available literatures on this unique issue and strengthens evidence-based on best approach to support informed clinical decision making. Significant clinical implication of such case reports is increased identification rate of rare clinical conditions which otherwise often go unnoticed.

Author biography
Dr. Chu Woon Ng is a general surgery Principal House officer at Bundaberg Base Hospital in Queensland, Australia. She obtained her bachelor's degree in MBBS from Queensland University in 2015. Chu is also an associate lecturer at The University of Queensland Faculty of Medicine.