

Study perception of Patients' with Peptic Ulcer concerning Dietary Therapy in Medical Wards of AL-Zahra Teaching Hospital

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ABSTRACT

Aims: Study perception of patients with peptic ulcer concerning dietary therapy, find statistically significant between socio-demographic data and perception toward dietary therapy for peptic ulcer.

Method: To achieve the objectives of the study, the descriptive approach (semi-experimental study) was followed and approved for the study. A closed questionnaire (includes two parts: personal information and their knowledge of perception) was used to study peptic ulcer patients' perception of nutritional therapy. Whereas, the sampling method was a suitable probability method to select 50 samples. A patient was diagnosed with a peptic ulcer in the inpatient or surgical wards of Al-Zahra Teaching Hospital in Al-Kut City, during the period from January 1 to April 1, 2022.

Result: The study found that most of the patients with peptic ulcers are women whose average level of education is very high at a rate of 26% out of 50 patients, and most of them have chronic diseases such as arthritis by 40%, and most of them live in urban areas at a rate of 61%, and most of them have peptic ulcers compared to ulcers duodenum 29%.

Conclusion: The main results of this study concluded that Perception measuring concerning dietary therapy for peptic ulcer disease it was very weak.

Keywords: Perception, Peptic ulcer, Dietary therapy

INTRODUCTION

Peptic ulcer is one of the most common diseases of the digestive system and occurs among the age groups of 25-45 years. Its prevalence varies between countries of the world because its occurrence depends to a large extent on the nature of the diet and others¹. The most common factor is infection of the stomach with Helicobacter bacteria. There are two types of peptic ulcers: peptic ulcers that occur in the stomach called gastric ulcers (GU) and duodenal ulcers (DU) that occur in the first part of the small intestine². The opinion of the researchers to choose such a type of studies is the lack of conducting this type of studies in the city of Kut in a way. In Iraq in general, the main objective of this study was to determine the perceptions of people with peptic ulcers regarding nutritional therapy in the corridors of Al-Zahra Hospital in Kut.

METHODOLOGY

To achieve the objectives of the study, (quasi-experimental study) descriptive method was followed approved for study. The study continued in the halls of Al-Zahra Hospital in Al-Kut for more than three months. Study data were collected and people who did not wish to participate in the questionnaire of the current study were excluded. A close ended questionnaire (It includes two parts: personal information including "Gender, Address, level of education, chronic disease and type of ulcer" and their knowledge of perception) was used to study the perception of peptic ulcer patients about dietary therapy. Whereas, the sampling technique was in an appropriate probabilistic manner to

select 50 sample. A patient has been diagnosed with peptic ulcer in the internal or surgical wards of Al-Zahra Teaching Hospital in Al-Kut city during 1st January to 1st apparel 2022. Complete the descriptive statistical analysis form (21) used, which includes frequencies, percentages, and the mean; An inferential statistical data analysis approach that includes the ANOVA test³⁻¹⁰.

RESULTS

Table 1, Table 2 and Table 3

DISCUSSION

Table 1: The study found that most of the patients with peptic ulcers are women whose average level of education is very high at a rate of 26% out of 50 patients, and most of them have chronic diseases such as arthritis by 40%, and Most of them live in urban areas at a rate of 61%, and most of them have peptic ulcers compared to ulcers duodenum 29%. This study is similar to¹¹⁻¹⁷, and these studies found that people who suffer from rheumatoid arthritis and diseases related to steroid infections are more likely to develop peptic ulcer diseases, and the reason is that the medications used by individuals with joint diseases are the same. exposed to harm. Table 2: It was found through this table that the majority of patients with peptic ulcer have a low perception of dietary adherence and avoidance of some foods that irritate ulcers, and this is consistent with¹⁸⁻²⁶. Here it could be one of the most common reasons is that the majority of people did not have a commitment to the

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Table 1: Statistical results for Socio-demographic data for sample No.=50

Variables	Fr.	%	
Gender	Male	24	48%
	Female	26	52%
	Total	50	100%
Address	Rural	19	38%
	Urban	31	62%
	Total	50	100%
Level of education	Not read and writ	6	12%
	Read and writ	8	16%
	Primary school	4	8%
	Secondary school	10	20%
	middle school	9	18%
	collage and above	13	26%
	Total	50	100%
Chronic diseases	Hypertension	18	36%
	Diabetes and mellitus	3	4%
	Asthma	7	14%
	Hear failure	3	6%
	arthritis	20	40%
	Total	50	100%
Type of ulcer	Gastric ulcer	29	58%
	Duodenum ulcer	21	42%
	Total	50	100%

Fr.: frequency, %: percentage

Table 2: Perception measuring concerning dietary therapy for peptic ulcer disease

N	Perceptions	M.S.	Ass. perception
1	Reduce coffee, tea, soft drinks, chocolate and any source of caffeine.	1.08	Poor
2	Drink herbal tea, such as: mint, sage	1.04	poor
3	Stay away from drinking milk and its products such as milk and yogurt.	1.08	poor
4	Avoid medications that increase blood flow, such as aspirin and warfarin.	1.00	poor
5	avoid take analgesic medication such as paracetamol, congestale on empty stomach	1.54	good
6	Drink at least 8 glasses of water during the day, and avoid drinking more than one glass of water with meals, and eat it in between.	1.08	poor
7	Avoid drinking very cold or hot liquids and drinks; Because it increases the pain of ulcers in the stomach	1.08	poor
8	Avoid foods rich in spices and spices, especially black pepper, curry, nutmeg, mustard seeds, and any type of hot spice as it will make your symptoms worse.	1.04	poor
9	Eating dietary fiber Focus on foods rich in dietary fiber from fruits, vegetables and whole grains; Because it plays an important role in promoting the health of the digestive system.	1.27	poor
10	Avoid drinking alcohol, because it increases the secretion of stomach acids, stimulates and irritates, and your symptoms may worsen.	1.19	poor
11	Reducing stress and stress It is known that psychological stress may increase the symptoms of ulcers, so we advise you to find a way to help you psychologically release and relax, such as: exercising.	1.23	poor
12	Divide meals to divide your daily meals into several meals during the day and in smaller sizes may be suitable for those suffering from ulcers of the intestine, for example: eating 4-6 meals throughout the day.	1.08	poor
13	It is recommended to avoid meals before bed, unless the patient feels better when eating them.	1.31	good
14	Chewing food well Food must be chewed well and slowly, and you should avoid eating to the extent of overeating, which will help the stomach in the digestion process	1.08	poor
15	Do you eat fruits continuously and avoid citrus fruits such as oranges and lemongrass because it causes irritation to the waiting stomach membrane	1.19	poor
16	Do you eat green vegetables, especially leafy vegetables such as cauliflower and broccoli, because they are rich in antioxidant vitamins, and avoid spicy vegetables such as peppers, because they irritate ulcers	1.19	poor
17	Eating pure grains such as oatmeal, which is a rich source of fiber and helps digestion and is better than processed grains	1.04	poor

18	Eating defatted meat such as beef and poultry, as well as dried beans and peas, is rich in omega-3 fats and contributes to the treatment of peptic ulcer.	1.08	poor
19	Yogurt is important to eat for patients with peptic ulcer, as it contains beneficial bacteria	1.12	poor
20	Avoid foods rich in spices and spices, especially black pepper, curry, nutmeg, mustard seeds, and any type of hot spice as it will make your symptoms worse.	1.08	poor
21	Eating dietary fiber Focus on foods rich in dietary fiber from fruits, vegetables and whole grains; Because it plays an important role in promoting the health of the digestive system.	1.19	poor
22	Avoid drinking alcohol, because it increases the secretion of stomach acids, stimulates and irritates, and your symptoms may worsen.	1.19	poor
23	Reducing stress and stress It is known that psychological stress may increase the symptoms of ulcers, so we advise you to find a way to help you psychologically release and relax, such as: exercising.	1.12	poor
24	Avoid foods rich in spices and spices, especially black pepper, curry, nutmeg, mustard seeds, and any type of hot spice as it will make your symptoms worse.	1.04	poor

Level of assessment: poor knowledge ≤ 1.3 good knowledge ≥ 1.3

Table 3: Statistical relationship between demographical data and patient perception

Perception	Mean \pm S.D.	F	d.f	p-value	Sig.	
Gender	Male	2.83 \pm 0.577	0.502	23	0.621	N.S.
	female	2.92 \pm 0.277				
Level of education	Not read and writ	1.14 \pm 0.363	0.714	22	0.501	N.S.
	Read and writ	1.00 \pm 0.00				
	Primary school	1.00 \pm 0.00				
	Secondary school	1.08 \pm 0.277				
Chronic disease	collage and above	2.79 \pm 0.579	0.621	23	0.821	N.S.
	Hypertension	1.11 \pm 0.333				
	Diabetes and mellitus	1.00 \pm 0.00				
	Asthma	1.14 \pm 0.378				
Types of ulcer	Hear failure	1.00 \pm 0.00	0.04	21	0.00	S.
	arthritis	1.00 \pm 0.00				
	Gastric ulcer	1.08 \pm 0.277				
	Duodenum ulcer	2.79 \pm 0.579				

pattern of nutrition, as well as the nature of Iraqi society, which tends to use foods that contain high spices, and that most people were receiving or using fast food that is often rich in spices that may increase the risk of peptic ulcer. Table 3: These studies show that there is no statistical or significant relationship between personal information and the extent of patients' awareness about dietary treatment for stomach ulcers, but it was found that there is only a relationship between the type of ulcers, meaning that most Patients with peptic ulcers are more committed to others with duodenal ulcers. The main reason here is that the disease suffers from peptic ulcer. I was aware of this type of ulcer because the daily lifestyle that a person needs in terms of eating and drinking had an effective role in motivating individuals towards raising the degree of their awareness in order to distinguish between the pattern of foods and which of them have benefit. or harm to the human body²⁷⁻³⁰.

CONCLUSION

The main results of this study concluded that Perception measuring concerning dietary therapy for peptic ulcer disease was very weak.

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Competing Interest: None

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