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Characteristics and Outcomes of Patients Undergoing Gastroscopy in Al-Shifaa Hospital: A Cross-sectional Study

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Background: About 17 to 20 million endoscopy procedures including esophagogastroduodenoscopy (EGD), flexible sigmoidoscopy and colonoscopy are performed in the United States annually. The Association between patient demographics, clinical features and endoscopic outcomes are of paramount importance for a better understanding and practice of endoscopy.

Objectives: This study aims to determine the frequency of positive endoscopic findings in patients with gastrointestinal symptoms compared to those with negative endoscopic studies. Furthermore, this study aims to document the demographic characteristics, indications and endoscopic findings of patients undergoing upper GI endoscopy at the endoscopic unit in Al-Shifaa Hospital.

Methods: This is a descriptive and correlational retrospective study conducted in Al-Shifaa medical hospital and included all patient who underwent upper GI endoscopy in the period of the 1st of January 2021 to the 30th of December 2021, A total of 200 endoscopic reports were retrieved and manually entered to the questionnaire, reports with incomplete or inconsistent data were disregarded as per the exclusion criteria, the data then were analyzed using SPSS version 23.0.



Results: The study included 200 records for patients who underwent upper GI endoscopy whether admitted from the outpatient department, inpatient department or referred from other hospitals, the mean age for the participants was 40, the study included 107 females (53.5%) and 93 males, the most common indication for endoscopy was epigastric pain (60.5%) followed by vomiting (16%), while other indications included GERD, Hematemesis and dysphagia. From the 200 endoscopy results, 97% was with positive results, while 3% was negative. The most common finding of the endoscopy was diffuse gastritis (55.5%) followed by sliding hiatus hernia and antral gastritis (29% and 13.5%) respectively, other findings like esophagitis, polyps, achalasia presented the remaining 2%.

Types of anesthesia were also studied, the main type of anesthesia used was light general anesthesia (73.5%), while local spray was used just in 26.5% of the cases

Conclusion: The main indication for UGIE in the studied patients was abdominal pain and most of these patients had a positive endoscopy for gastritis. The percentage of gastric ulcer was more common than duodenal ulcer and only few patients had normal findings. Finally, we can conclude that Gastroscopy has significant implications in dyspeptic patients.

Keywords: Gastroscopy, upper GI, clinical features, outcomes.