



ORIGINAL ARTICLE

RETROSPECTIVE STUDY OF MEDICAL CASES IN IMRAN IDREES TEACHING HOSPITAL, SIALKOT

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ABSTRACT

Objective: To assess the frequency and pattern of diseases in department of medicine of Imran Idrees Teaching Hospital, Sialkot.

Methodology; A retrospective study was carried out on registered patients presented in OPD of medicine ward, IITH during the last year from 01.01.2022 to 31.12.2022.

Results; Total patients visited with following ailments were 926.

- Acid-peptic-disease/ Gastro-esophageal Reflux Disease (APD/GERD) = 18.57%
- Decompensated chronic liver disease (DCLD) =15.33%
- Diabetes Mellitus (DM) =8.86%
- Bronchitis/ Asthma= 4%
- Hypertension (HTN)= 5.51%
- Jaundice= 3.78%
- Chronic kidney disease (CKD) =3.46%
- Anemia= 3.13%
- Gastroenteritis=3.02%
- Tuberculosis (TB)=1.73%

Conclusions; On the basis of above mentioned data, the most frequency of disease in our study group is Acid Peptic disease/GERD and the least prevalent disease is Tuberculosis.

Keywords; Decompensated chronic liver disease, Diabetes Mellitus, Acid-peptic-disease, Chronic kidney disease, Chronic kidney disease

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Introduction

The most common killer diseases of medicine and allied in Pakistan are: Malaria, Dengue, Diabetes, Cancer, Ischemic heart disease, Stroke, Hepatitis, HIV / AIDS and Tuberculosis.¹

A retrospective study of all medical visits due to acute respiratory tract infections was carried out in London from July 1985 to June 1986. During the year studied, 223 children were medically examined on 499 occasions because of acute RTI, resulting in

the prescription of 325 courses of antibiotics.²

A hospital based retrospective study was carried out on frequency and distribution of Viral Hepatitis at tertiary level hospital in Kerala state in India. Out of 818 cases, 76.03% were males and 23.96% were females. The high risk groups were the adults in the age group of 20-39 years.³

A 15 year retrospective study in Jos-North and Mangu, Plateau State, North Central Nigeria was carried out on Tuberculosis treatment outcomes. During the study



period, 58.1% of the TB patients who received treatment were males. The overall treatment success rate was 67.4%.⁴

A retrospective study of 1316 patients diagnosed with Acute Pancreatitis was conducted in Jamshedpur, Jharkhand, India. Out of total cases, maximum cases were from the age group of 30-44 years and mean and median age were 45.54 and 47 years respectively. The majority of cases were due to alcoholism (53.95%) followed by gall stones (26.06%) and idiopathic pancreatitis (16.48%).⁵

A Retrospective Study at Tertiary Care Referral Center was carried out at Jos-North and Mangu, Plateau State, the North-Central Nigeria regarding risk factors for recurrence of peptic ulcer disease. Possible risk factors including smoking, non-steroidal anti-inflammatory drugs (NSAIDs), aspirin, alcohol, caffeine, and steroids were analyzed by multivariate analysis. By univariate analysis, the use of steroids and NSAID and Helicobacter pylori (H. pylori) infection were potential risk factors for PUD (P < 0.005).The five years recurrence rate of PUD was 30.9%.⁶

A multi-centre retrospective study in Tabuk, Saudi Arabia, from 1st January 2019 to 31st December 2019, was conducted regarding the investigation risk factors of hypertension. The study included 884 hypertensive patients. Multivariate analysis indicated that progression from the stage of elevated blood pressure to hypertension crisis was significantly associated with advanced age, male sex and a positive family history of hypertension. Other factors include smoking history and physical inactivity.⁷

Objective:

To assess the frequency and pattern of diseases in department of medicine of Imran Idress Teaching Hospital ,Sialkot.

Methodology:

A retrospective study was conducted from January-December 2022 on medicine and allied cases in emergency department of Imran Idrees teaching hospital, Sialkot.

Inclusion criteria: Diagnosed patients of medicine and allied cases

Exclusion criteria: Undiagnosed patients

Independent variables:

The independent variables are age, gender, and month of admission

Dependent variable:

The dependent variable is pattern of the disease.

Results

Total diagnosed cases were 926.

- Acid peptic disease/ Gastroesophageal-reflux-disease(APD/GERD) = 18.57%
- Decompensated chronic liver disease (DCLD) =15.33%
- Diabetes Mellitus (DM) = 8.86%
- Asthma=4%
- Hypertension(HTN)=5.51%
- Jaundice=3.78%
- Chronic kidney disease(CKD)=3.46%
- Anemia=3.13%
- Gastroenteritis=3.02%
- Tuberculosis(TB)=1.73%

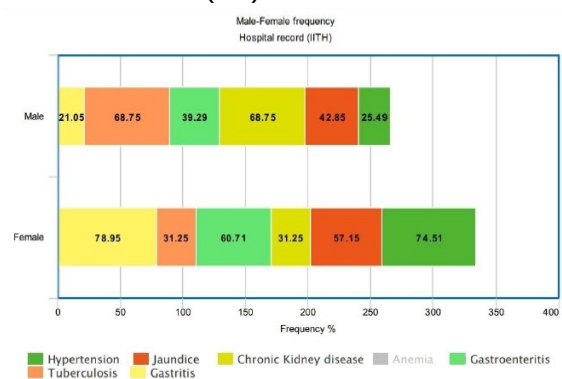


Figure-I

On the basis of the above mentioned information to summarize the gender distribution across different conditions:

- Hypertension: 25.49% male, 74.51% female
- Jaundice: 42.85% male, 67.15% female
- Chronic kidney disease: 68.75% male, 31.25% female
- Anemia: 44.83% male, 55.17% female
- Gastroenteritis: 39.29% male, 60.71% female



- Tuberculosis: 68.75% male, 31.25% female
- Gastritis: 21.05% male, 78.95% female

On the basis of this data, the most frequent disease in our epidemiological group is Acid Peptic disease/G ERD and the least prevalent disease is Tuberculosis.

Frequency	Female	Male
Very High	Acid peptic disease	Tuberculosis
High	Hypertension	Chronic kidney disease
Moderate	Gastroenteritis	Jaundice
Low	Jaundice	Hypertension
Very low	Anemia	Diabetes mellitus

Table-I, Disease frequency from high to low on basis of gender

Discussion

During the study, the most frequency disease during the months of March and April (Spring season) was Decompensated chronic Liver disease (DCLD). The cases of Allergy and COPD were reported in the same season and in the month of December (winter season) in majority, may be due to exposure to allergen (pollens). The most frequent disease was Hypertension (HTN.) Acid peptic Disease (APD) was more in January and February.

We compared our study, with a 15 years retrospective study conducted in Jos-North and Mangu, plateau state, North Central Nigeria on the treatment outcomes of Tuberculosis. During this study, 58.1% of the patients who received treatment were males while in our study, 68.75% of patients were found to be males.⁸

A retrospective study at tertiary care referral centre regarding risk factors for recurrence of Acid Peptic Disease showed some common risk factors such as old age, smoking, frequent use of non-steroidal anti-inflammatory drugs, aspirin, steroids, H. Pylori infection etc.⁹

Another retrospective study carried out at a tertiary centre in Lahore, Pakistan where clinical characteristics of 47 death causes with Covid-19 were studied, In this study, Diabetes mellitus was the most prevalent disease (68.1%), followed by Hypertension (12.8%), Ischemic Heart Disease (10.6%)

and the Chronic Kidney Disease (8.5%). However, in our study the most prevalent disease was found to be Acid Peptic Disease/ Gastroesophageal - reflux disease (16.52%), followed by the Chronic Liver Disease (15.33%), the Diabetes Mellitus (8.82%), the Hypertension (5.51%), Asthma (4%) and Tuberculosis (1.73%).¹⁰

Conclusion

On the basis of above mentioned data, the most frequent disease in our study group is Gastroesophageal - reflux disease (GERD)/ Acid Peptic disease (APD) and the least frequent disease is Tuberculosis.

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