Clinical profile of irritable bowel syndrome patients

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Objectives: To study the socio demographic profile, risk factors, clinical features and management practices among patients with irritable bowel syndrome.

Methods: This record based study was done at Government Wenlock Hospital, Mangalore and KMC Hospital Attavar, Mangalore in March and April 2021. Patients with confirmed IBS in the past 10 years at these hospitals were included in this study.

Results: Out of the 41 patients with Irritable bowel syndrome a greater proportion were males (58.5%). The most common age of diagnosis was between 51-60 (19.5%) years followed by 40-50 years (14.6%). The majority of patients resided in rural areas (60%). Among them, 2 were alcoholics and one each had psychiatric disorder and psychosomatic disorder. All of them consumed mixed diet. The most common symptoms were abdominal pain (82.6%), altered bowel habits (70.4%) and decreased appetite (26.7%). The clinical sign that appeared with maximum frequency was loose stool (58.6%) followed by stool with mucus (27.5%) and stool with blood (27.5%). Oral medication which was used maximally in the treatment of Irritable bowel syndrome was proton pump inhibitors (39%), antispasmodic (24%) and laxatives (18%). The most commonly used parenteral medications were antimicrobials (50%) and proton pump inhibitors (45%).

Conclusion: Most common symptom was abdominal pain. Proton pump inhibitors were most commonly used for management.

Keywords: Irritable bowel syndrome, Risk factors, Management, Record based study