

Effect of nursing guidelines on peptic ulcer patients improvement at Assiut University Hospital

ABSTRACT

Peptic ulcer disease (PUD) refers to ulcerations in the mucosa of the lower esophagus, stomach, or duodenum. Predisposing risk factors include: ulcerogenic drugs such as nonsteroidal anti-inflammatory drugs (NSAIDs), prolonged high dose corticosteroids, Helicobacter pylori infection (H. Pylori infection), family history, cigarette smoking, blood group O, low socioeconomic status and hypersecretory syndromes as Zollinger-Ellison syndrome. Nurses playing important role for advise to prevent or reduce occurrence of PUD. the study aimed to: assess patient with peptic ulcer diseases of physical and psychosocial needs, to design nursing guidelines for patient with peptic ulcer diseases and to evaluate the effect of nursing guidelines on the patient improvement. Subjects and methods: the study sample was composed of 60 adult patients. The study was conducted at Assiut University Hospital in Tropical Medicine and Gastroenterology Department and UGIT Endoscopy Center. Tools for data collected includes sheet , design of peptic ulcer nursing guidelines and evaluation of patient improvement sheet. Results: revealed that as regards patients improvement pre application of nursing guidelines, both study and control groups were symmetrical in pre-test mean and SD=(14.03± 1.77) and (15.04± 2.12), respectively. While patients of the study and control group after 6 weeks post application of nursing guidelines show that there significance difference between mean and SD=(17. 3± 2.38) and (15.04 ± 2.12), respectively. Also in pre and post study group shows that significance statistical difference between mean ±SD = (14.03± 1.77) and (17.3± 2.38),respectively. Conclusion and recommendations: peptic ulcer patients to establishing nursing guidelines needs to follow up approximately four-six weeks after peptic ulcer medical treatments.