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| University Of Baghdad | |
| Alkindy College Of Medicine/ Research Module | |
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| Year : | 2017-2018 |
| Abstract | <p>The impact of irritable bowel syndrome: Effect on health-related quality of life and therapeutic regimens</p> <p style="text-align: center;">Abstract</p> <p style="text-align: center;">Background:</p> <p>Irritable bowel syndrome is one of the most common GI disorders in people under 50 years of age. Pathophysiological changes of IBS are multi-factorial. Treatment of IBS is based on the predominant type, symptoms of the disease such as abdominal pain or bloating, and its severity.</p> <p style="text-align: center;">Aim of study:</p> <p>To explore the effect of IBS on health-related quality of life and therapeutic regimens.</p> <p style="text-align: center;">Methods:</p> <p>This is a cross sectional clinical study that is conducted in Outpatient Consultant Internal Medicine Clinic in Al-Kindy Teaching Hospital. The patients suffering from IBS are diagnosed by a consultant according to the symptom-based Rome criteria for functional GI disorders, by implementing a questionnaire collecting thorough information. 77 cases of IBS patients were collected (24 male and 53 female).</p> <p style="text-align: center;">Results:</p> <p>This study revealed that majority of the patients were female (68.8%). And we found that most of the patients were married, employees and housewives, aged between (20-30 yrs), With or without medical history such as anxiety. Most of our patients complain from constipation with moderate or high severity of IBS symptoms. Most of our patients use anxiolytics, muscle relaxants and proton pump inhibitor.</p> <p style="text-align: center;">Conclusions:</p> <p>IBS is common disease with high impact on society. Diagnosing and managing IBS can be a big challenge since many drugs used to reduce symptoms and severity, but also, they are unnecessary medication that could aggravate bowel symptoms and have adverse effects in long term.</p> |

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Supervisor Name & Signature

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