

Assessment of Informational Needs among Patients with Esophageal Varices at One of the University Hospitals, Cairo, Egypt

By

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Abstract

Portal hypertension and consequent esophageal variceal bleeding (EVB) is one of the most devastating complications of chronic liver diseases and is the most common cause of mortality and morbidity in patients with cirrhosis. Informational need assessment has become an integral part in management of those patients to overcome their misconceptions. Therefore, this study was conducted to assess informational needs among patients with esophageal varices. A descriptive exploratory design was utilized in this study. A convenient sample of 110 adult male and female patients admitted to Gastrointestinal Endoscopy and Liver Unit and all medical departments at one of the University Hospitals affiliated to Cairo University were recruited to the study. Two tools are used to collect data for the present study named as: Subjects' characteristics and illness-related data sheet, and patients' knowledge assessment questionnaire regarding different aggravating factors. The study results revealed that (61.8%) of the study subjects' age ranged from 40 < 60 years old, (65.5%) of them were males, (81.8%) of them complained from financial troubles, (69.1%) altered self-image and (68.2%) had a change in role function. As well (79.1%) of the study subjects had lack of knowledge regarding different aggravating factors for EVB, the most common one was high risk related nutrition followed by high risk related medications then other factors represent (76.4%, 68.2% & 66.4%) respectively. The study concluded that there were many areas of knowledge deficit and concerns relevant to potential aggravating factors for EVB among study subjects reflecting a need for education. A written instruction about prohibited and allowed drugs, nutrition, and physical activities is recommended.

Key words: assessment, esophageal variceal bleeding, informational needs, aggravating factors