

**MANAGEMENT PRACTICES OF PEPTIC ULCERS STUDENTS CASE STUDY
BUSITEMA UNIVERSITY NAGONGERA CAMPUS**

WEJULI EMMANUEL (B.SCE, EDU, BIO, CHEM)

BU/UP/2019/1570

SIGNATURE

BIOLOGY DEPARTMENT

A research proposal submitted in partial fulfilment of the requirements for the award of a degree of science education biology, chemistry in Busitema university faculty of science and education

DECLARATION

DECLARATION

I hereby declare to the best of my understanding that this research is my original effort and has never been presented to this university or any other institution of higher learning for a scholarly award.

I therefore present it for the award of a degree of a bachelor of science of education biology, chemistry in Busitema University.

Signature.....*Wejuli*.....

Wejuli Emmanuel.

Date.....*01/06/2023*.....

APPROVAL

APPROVAL

The research work entitled "The management practices of peptic ulcers among the students of Busitema university Nagongera campus." was done under my supervision.

I therefore certify that I have read this research report and it is fully adequate in scope and quality and I recommend it for execution.

Signature.....

Mr. Kifuko Richard

Senior lecturer, Department of Biology

SUPERVISOR

Date.....

DEDICATION

I dedicate this research report to my father Mr. Ndombi Richard and mother Mrs. Nabutono scovia Without their commitment, understanding, support and most of all love, the completion of this report would have not been possible.

ACKNOWLEDGEMENT

I sincerely thank the almighty God for my life and the gift of perseverance he gave me throughout this research and my educational journey through the various levels that I have gone to this point of university. I wish to acknowledge and appreciate the valuable contribution of my supervisor Mr. kifuko Richard and madam Caro Kauma Mere who tirelessly guided me throughout research work.

I would like to give a token of appreciation to my father Mr. Ndombi Richard and mother Mrs. Nabutono Scovia for enduring to pay my tuition. I pray that the almighty God rewards you abundantly. I would also like to thank the students of Busitema university Nagongera campus for allowing to participate in this research about the management practices of peptic ulcers among university students.

Finally, I would like to thank the whole Busitema university Nagongera campus biology 2019/2020 cohort for the fortitude that they have always manifested towards me throughout this program and most importantly during this research.

DEFINATION OF TERMS

Prevalence: Refers to the total number of individuals in a population who have a disease or health condition at a specific period of time, usually expressed as a percentage of the population.

Peptic ulcers: Refers to a sore that forms when digestive juices wear away the lining of the digestive system.

Management practices of ulcers: Refers to the concept of reducing health care costs and improving quality of life for individuals with chronic conditions by preventing or minimizing the effect of the disease through integrated care.

Gastrointestinal disease: Refers to the disease that affects the gastro intestinal tract from the mouth to the anus.

Chronic disease: Refers to a disease or condition that usually lasts for 3 months or longer and may get worse over time.

Undergraduate student: Refers to a student who is working towards the first bachelor's degree.

Medicinal plants: Refers to the plants that possess the therapeutic properties or exert beneficial pharmacological effect on the human.

Epidemiology: Refers to the method used to find the causes of health outcomes and diseases in populations.

Morbidity is the condition of suffering from a disease or medical condition.

ACRONYMS

PUD	peptic ulcers disease
WHO	World health organization
H. Pylori	Helicobacter pylori
NSAIDS	Non-steroidal anti-inflammatory drugs
PPI	proton pump inhibitors
G.I.T.	Gastro intestinal tract

ABSTRACT

A peptic ulcer is a sore that forms when digestive juices wear away the lining of the digestive system. A peptic ulcer can occur in the lining of the stomach, duodenum, or lower part of the esophagus. Symptoms can include indigestion-like pain, nausea, and weight loss.

Globally, it is estimated that up to 10percent of adults are affected by peptic ulcers at least once in their lifetime. According to the latest WHO publishes of 2020 peptic ulcer disease death reached 687 i.e. 0.33% of the total death in Uganda hence becoming serious national and global concern. When a peptic ulcer affects the stomach, it is called a gastric ulcer, one in the duodenum is called a duodenal ulcer, and an esophageal ulcer is an ulcer in the esophagus. The most common causes is Helicobacterpylori(H.pylori) bacteria and the use of non-steroidal anti-inflammatory drug (NSAIDS)s which are common pain and fever relievers e.g. aspirins, ibuprofens. Research has been made on the causes and prevention measures of peptic ulcers but no investigations have been taken on the management practices of ulcers among the university students. the objective of this study is to investigate how peptic ulcers disease is managed university students of Busitema Nagongera campus.

Data collection is to be carried out by use of the questionnaire by a simple probability method and at some points a snow ball type of non-probability sampling technique is also used to find out the eating habits of students diagnosed with ulcers and the effects which result from the use of such types of food using the questionnaires and some unstructured interviews.

Results

A total of 70 students from the faculty of science and education were assessed. it was found out that the majority of the students don't go for diagnosis of ulcers where only 39.13% of the respondents have ever been diagnosed of ulcers compared to 60.87% who don't go for diagnosis. The percentage of positive diagnosis was higher in males than in females at a percentage of 75% and 40% respectively compared to the number of diagnosed respondents. recommendations to prevent ulcers: avoiding NSAIDS, having meals on time, avoiding spicy foods, avoiding snacking where a meal is required, avoiding stress, avoiding too much oily foods, going for regular medical checkups, avoiding alcohol consumption, avoiding fried foods were given as measures to prevent ulcers.

Key words: Helicobacter pylori, correlation, peptic ulcer, nutrition, students, snowball nonprobability sampling technique

Contents

DECLARATION	ii
APPROVAL	iii
DEDICATION	iv
ACKNOWLEDGEMENT	v
DEFINATION OF TERMS	vi
ACRONYMS	vi
ABSTRACT	vii
INTRODUCTION	1
BACKGROUND	1
Problem statement	2
General objective	3
Specific objective	3
Hypotheses	3
Significance of the study	3
Justification	4
Scope of the study	6
Geographical scope	6
Content scope	6
Time scope	6
Conceptual framework	7
Literature review	8
DIAGNOSIS	9
Possible safety measures to prevent peptic ulcers	9
MATERIALS AND METHODS	12
Introduction	12

Study setting/design	12
Research design	12
Data collection and analysis	13
Inclusion and exclusion criteria	13
Data collection	13
Primary data	13
Secondary data	13
Questionnaire	13
Interviews	14
Dependent variables	14
Independent variables	14
Data analysis plan	14
Ethical consideration	14
CHAPTER FOUR: RESULTS OF THE STUDY	15
Diagnosis of peptic ulcers	17
The prevalence of pud by gender	18
Sex and results of diagnosis	18
The distribution of respondents by religion and their ulcers diagnosis status	20
The distribution of respondents and the prevalence of ulcers by the source of funding	20
The student’s knowledge about the causes of ulcers	20
Student’s knowledge about the prevention of peptic ulcers diseases findings	21
Alcohol on pud	21
The treatment strategies	22
Ulcers treatable	22
Use of medicinal plants	23
CHAPTER FIVE: RESULTS AND DISCUSSION OF RESULTS	25
Introduction	25
The prevalence of pud by gender	25

Respondents religion and their respondents diagnosis status	25
Prevalence of ulcers by the source of funding.....	25
Health practices undertaken for pud management	26
Avoid smoking.....	26
Avoiding alcohol intake	26
Having meals on time and avoid snacking;.....	26
Spicy foods	26
REFERENCES	30

INTRODUCTION

BACKGROUND

A peptic ulcer is a sore that forms when digestive juices wear away the lining of the digestive system. peptic ulcer is a gastrointestinal disease and a very chronic disease. Affecting a large number of people all over the world, it became a common world health problem and still a major cause of death. The main etiology of peptic ulcer is equilibrium deficiency between aggressive gastric factors and mucosal defensive factors such as mucus and bicarbonate secretion (Rabia Zahid & Shehzad, 2020) Studies have shown that 98% are the causes are due to bacterium helicobacter pylori(Ngo NJC.,etal.,2017), a gram-negative bacterium found between the gastric epithelium and the mucous layer, is designed to thrive in the stomach's harsh environment(Singh, , & 2022.)

It can damage the tissue of the stomach and first part of the small intestines (the duodenum) this can cause painful sores called peptic ulcers in the upper digestive tract. Its common in the most of the people and it attacks the lining that protects the stomach. The bacteria makes the enzyme called urease. This enzyme makes stomach less acidic (neutraulises them) this weakens the stomach lining making the stomach cells have greater risks of being hurt by acid and pepsin, strong digestive enzymes.it can also make the stomach lining produce more acids. Similarly, excessive use of pain medicines such as aspirin and nonsteroidal anti-inflammatory drugs such as ibuprofen, naproxen, and others can also cause ulcers other mechanisms such as stress, alcohol consumption and smoking also trigger ulcers. (Singh et al., 2022.)

Globally, it is estimated that up to 10 percent of adults are affected by peptic ulcers at least once in their lifetime (!!! INVALID CITATION !!!) (Anaemene D.I, 2022)). The residents of developing countries are almost completely affected by H. pylori compared to half of the population of developed countries. In developed countries almost 50% people aged more than 60 years and 10% of ages between 18 and 30years are found infected with H. pylori. According to the WHO publishes of 2020 peptic ulcer disease death toll reached 687 i.e 0.33% of the total death in Uganda hence becoming serious national and global concern and therefore a need to study and document various management practices practiced by different people to combat the disease. According to the investigation about 80% of the subjects are affected by childhood and remain so throughout life (Armandine LEMA & OUOBA, 2022).

Choosing a treatment for Helicobacter pylori (H. pylori) eradication in a definite geographic area relies on different factors, such as the local availability of antimicrobial agents, the pattern of

REFERENCES

- Brook, R.A., Kleinman, N.L., Choung, R.S., Melkonian, A.K., Smeeding, J.E, Talley, N.J., et al. (2010): Functional dyspepsia impacts absenteeism and direct and indirect costs. *Clin Gastroenterol Hepatol*, 8, 498-503.
- Debruyne, L.K., Pinna, K. and Whitney, E. (2016): *Nutrition and Diet Therapy*. 9th Edition. pp 480. Cengage Learning, Boston, USA.
- Dunlap, J. J. and Patterson, S. (2019): Peptic ulcer disease. *Gastroenterol Nurs*. 42 (5), 451–454.
- Eniojukan, J. F., Okonkwo, O. C. and Adje, U. D. (2017): Risk Factors, management and other correlates of peptic ulcer disease in a university community in south-south Nigeria. *UK Journal of Pharmaceutical and Biosci-ences Journal*, 5 (6), 07– 15.
- Hussen, B. M., Qader, S.S, Ahmed, H.F. and Ahmed, S.H. (2013): The prevalence of *Helicobacter pylori* among university students in Iraq. *Indian Journal of Science and Technology*, 6 (8), 5019–5023.
- K. Ramakrishnan, and R.C. Salinas, 'Peptic Ulcer disease'. *American family physician*, 76(7) (2007) pp.1005-1012.
- Lanas A, Chan FK. Peptic ulcer disease. *The Lancet*. 2017 Aug 5;390(10094):613-24.
- Lau JY, Sung J, Hill C, Henderson C, Howden CW, Metz DC. Systematic review of the epidemiology of complicated peptic ulcer disease: incidence, recurrence, risk factors and mortality. *Digestion*. 2011;84(2):102-13.
- Ngo NJC, Mvogo OPB, Kenmogue STC, Etamé LG, Ninanga NE, Dibong SD, Mpondo ME. Contribution to the knowledge of medicinal plants used in the treatment of peptic ulcer sold in the markets of Douala and Yaoundé. *Sciences, Technologies and Development*. 2017 Sep;19:7586.
- Ramakrishnan K, Salinas RC, Higuaita NI. Skin and soft tissue infections. *American family physician*. 2015 Sep 15;92(6):474-83.
- V. Sadacharam., S. Thillaivanan, K. Kanagavalli, P. Parthiban, *International journal of pharmaceutical research and bio-science*.

Y.Yuan, I.T.Padol, and R.H. Hunt,. “Peptic Ulcer disease today. Nature Clinical Practice Gastroenterology & Hepatology,”3(2) (2006) pp.80-89.

. (!!! INVALID CITATION !!! (Anaemene D.I, 2022)).

Anaemene, D., & Ochogu, E. (2022). Prevalence, symptoms and lifestyle aspect of peptic ulcer disease among students of a Nigerian University. *AfricanJournalofBiomedical Research*,25(2), 129-133.

Anaemene D.I, s. E. U. (2022). Prevalence, Symptoms and Lifestyle Aspect of Peptic Ulcer Disease among Undergraduate Students of a Nigerian University. *Afr.J.Biomed*,25.

Armandine LEMA , M. J. B., Mamadou SAWADOGO , Hyacinthe Mindiempo , & OUOBA, T. a. H. Y.

(2022). Medicinal plant recipes used in the management of peptic ulcers in Burkina Faso:

Ethnobotanical study *ScienceandResearchArchive*.

Francesco, V. D., , A. B., , L. R., , R. M., & , A. Z. (2017). First-line therapies for *Helicobacter pylori* eradication: a critical

reappraisal of updated guidelines. *AnnalsofGastroenterology*.

LEMA, A., BANGOU, M. J., SAWADOGO, M., & Mindiempo, H. (2022). Medicinal plant recipes used in the management of peptic ulcers in Burkina Faso: Ethnobotanical study.

Mohammad Azamthulla, A. S., & , A. B. V. (2022). Herbal Remedies Used for the Treatment of Peptic Ulcer. *Zeichen*.

Rabia Zahid, M. A., Muhammad Riaz,, & Shehzad, N. M. a. M. (2020). Phytotherapeutic modalities for the

management of *Helicobacter pylori* associated peptic ulcer.

EuropeanJournalofInflammation.

Shafika Assaad, R. C., Fida Tannous and Christy Costanian. (2018). Dietary habits and *Helicobacter pylori* infection: a cross sectional study at a Lebanese hospital. *BMC Gastroenterology*.

Singh, A., , A. B., & , M. A. (2022.). Herbal Remedies Used for the Treatment of Peptic Ulcer. *Zeichen*,8.

soupriye bidokumo zibamba, j. i. o., keneth b.w,justina (2020). prevalance trends and associated modifiablerisk factors of peptic ulcer disease among students of a university community south-south Nigeria. internationaljournalofhealthsciencesandresearch.