

ASSESS THE KNOWLEDGE REGARDING RISK FACTORS OF GASTRITIS AMONG SECOND YEAR ENGINEERING STUDENTS

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Abstract

Background: Gastritis is a common medical problem among young adults due to certain factors like lifestyle, food pattern, stress, personal habits etc. The condition is diagnosed in as many as 10% of patients seeking emergency medical help for abdominal pain.

Objectives: To assess the knowledge regarding risk factor of gastritis among second year engineering student in selected colleges. To associate the knowledge score regarding gastritis with selected demographic variables.

Materials and methods: An exploratory descriptive study was undertaken to assess the knowledge regarding risk factors of gastritis among 2nd year engineering students at Datta Meghe Institute of Engineering, Technology and Research, Wardha. The sample was selected using a purposive sampling method. In this study a total number of 100 students who fulfilled the inclusion criteria were selected. To assess their knowledge a self-structured questionnaire was developed. Ethics approval was obtained from IEC, DMIMS (DMIMS(DU)/IEC/Aug-2018/7736). The conclusion will be drawn from the results and will be published in peer reviewed journal.

Expected Results : This study is planned to assess the knowledge regarding risk factor of gastritis among second year engineering student in selected colleges. Hence it is expected to spread wide awareness regarding risk of gastritis.

Keywords: Knowledge; Gastritis; Risk factors

INTRODUCTION

Gastritis occurs suddenly or progressively (acute gastritis) and is due to risk factors such as smoking, alcohol use, tobacco consumption, spicy foods, drugs, stress, foreign swallowing and bacteria such as *Helicobacter pylori* that cause inflammation, gastric mucosa irritation and excessive gastric discharge. Gastritis leads to a mania.^[1,2]

Helicobacter pylori (*H. pylori*), formerly known as *Campylobacter pylori*, is also a major public health issue, impacting about half of the nation's citizens, rendering it one of the world's most serious diseases. Each year, *pylori* infection is associated with more than a third of a million deaths per annum^[3].

Gastritis is worse in developing countries than in developed countries. The incidence of gastric infection differs amongst and within countries in comparison to population size, nationality and geographic area^[4].

Therapy involves gastritis which depends on the cause. Some cases of gastritis will cure or be cured by themselves if alcohol ceases, tobacco smoke or NSAIDs are taken. You have to change people's eating habits, while doctors now know that you need a bland eating. If H is the cause of your gastritis. You will obtain antibiotics from *pylori* infection^[4].

The H-*Pylori*. induced study of gastritis. *Pylori*. Bacterial invasion with H results in up to 9 out of 10 gastritis. *Pylori*.-*Pylori*. Studies of the H prevalence were high among adults in Bangalore. In Allahabad, 77.2 per cent of H prevalence were shown in *pylori* (78%) and similar studies. Adults between 19 and 26 years of age *pylori*. All the studies proved H. In India, infection with *pylori* is very prevalent and most adults are infected^[5].

BACKGROUND OF THE STUDY

Adequate and permanent amount of nutrients are delivered by the gastrointestinal system to the body from ingested food. Gastrointestinal conditions mess with normal health care. It's the inflammation of gastric mucosa. Gastritis is a very serious Gastrointestinal condition. The global figure of about 50% of the world population, that is to say 2.7 million people, suffers from gastritis.

Student life is golden and vital as most are teen or adult. Their lives are a golden life. Teenagers are a special risk of obesity since they go to higher education away from home. The group of peers affects the unhealthy way of life, and Poor dietary control tends to place the category at the greatest risk. In order to avoid it being aware of the greatest way to solve, preventive measures are needed in combination with appropriate treatments, along with lifestyle adjustment, nutritional treatment and medical management.⁶

The causes of gastritis are infection triggered by bacteria (*H. pylori*), virus (herpes simplex virus), allergens, autoimmune diseases, changes in lifestyle, tension, coffee and acid drink consumption, spicy and carbonated products, bile backflow into the belly (bile reflux), sickle cell anaemia, deep-term use of NSAIDs, smoking and obesity

The most common signs of gastritis include stomach discomfort and pain. Many possible signs involve digestive problems (dyspepsia), heart pounding, stomach problems, niggles, decreased appetite, diarrhea, vomiting (potential meals or coffee-soil-like material), dark stools, belching, and a bad metallic taste. Intensive gastritis incidents cause problems such as peptic ulcer, anemia, gastrointestinal loss and gastrointestinal bleeding.

Lifestyle factors can also be made to avoid gastritis and its risks, like suspending deep-term use of caffeine, NSAIDs, cappuccino and drugs. Additional prevention measures provide soothing stress reduction techniques – including relaxation and exercise, eliminating hot spicy dishes, or carbonated drinks. To achieve so, the most important moves are constructive measures.

NEED OF THE STUDY

A common medical condition is gastritis. Gastritis. Up to 10% of patients with stomach pain are suffering from gastritis in an emergency room. In India, the incident of gastritis is approximately 3,25.614 people in 869 of the

1.06.50.70,607 population, which is approximately 12.25.614. Delhi, Hyderabad and Mumbai seroprevalence studies have shown that more than 50% of the population were affected by gastritis at age 10 and more than 80% by 20 years.⁷

The engineering students it has transitioned to other areas of the nation to fulfill their dream career. You need to change to hostel 's shifting lifestyle. This is a personality exam and a biology exam. This indicates the students are stuck to less nutritious fast food. In fact, hostilians are at risk for their food, as they are more likely to lead an unsafe lifestyle and dietary restriction when living away from home. These are usually food which is spicier, carbonated and caused by gastritis.

H- Pylori. induced gastritis. Bacterial invasion with H results in up to 9 out of 10 gastritis. Pylori.-Pylori. Studies of the H prevalence were high among adults in Bangalore. In Allahabad, 77.2 per cent of H prevalence were shown in pylori (78%) and similar studies. Adults between 19 and 26 years of age pylori. All the studies proved H. Pylori infection in India is very common and is contaminated by most adults.

It is evident from the above literature that most lifestyle changes during the adolescence are adopted. Adequate antibiotic therapy can cure gastritis. However, many medical practitioners don't treat patients with antibiotics with gastritis instead of with lifestyle improvements. Alternative solutions to improve health care to humanity will be considered as a public health system in the 21st century.

Hence the researcher was inspired to undertake a study on the assessment of knowledge and risk factors of gastritis among second year engineering college students. The goal of nursing interference is education and adjustments of client 's behaviors to improve personal health sequence

The objective of the study is To assess the knowledge regarding risk factor of gastritis among second year engineering student in selected collages.

To associate the knowledge regarding gastritis scores with selected demographic variables (age, gender, marital status, type of family, place of stay, parent's education).

Methodology: It is a community based study. It will be conducted in DMIETR Sawangi Meghe Wardha respectively.

Inclusion Criteria:

Student in selected area who are willing to participate in the study.

Student who are available at the time of data collection.

Student who can understand and write English, Marathi.

Exclusion criteria:

Student who have already attended similar type of study.

Randomization: All the second year engineering students will be assigned randomly by sequentially numbered system.

Sample Size :- The sample size selected for this study 100.

Interventions: The pre test was conducted was given by the researcher under the guidenc of the professor of medical surgical nursing and after pre test given student feedback was taken.

Outcome measures: - The outcome of the study based on assessing the knowledge regarding risk factor of gastritis among second year engineering student in selected colleges. and also to associate the findings with demographic variables.

Clinical outcome :- second year engineering student will be much aware about risk factor of gastritis and will be able to use appropriate measures.

Data management and monitoring - Section 1: Structured response sheet for Demographic data, which gives baseline information such as Age, Gender, dietary pattern, place of stay and specific health risk behavior respectively.

Section 2: Structured knowledge questionnaire for risk factor of gastritis.

On the basis of this tools the data monitoring will be done as per pre-test knowledge will be assessed.

Statistical Analysis: Statistical analysis will be performed using SPSS software version. ANOVA test (analysis of variance), independent t-test will be applied to analyze the data.

Ethics and Dissemination: This study is approved by the Institutional Ethics Committee of DMIMS (DMIMS (DU/IEC/)) All participants will asked to read and sign the informed consent.

Expected Outcome/ Result :- This study is planned to assess the knowledge regarding risk factor of gastritis among second year engineering student in selected colleges. Hence it is expected to spread wide awareness regarding risk of gastritis.

Discussion:- The study findings is supported through the studies conducted world wide. According to V Hemavathy, Girijabhaskaran, Thokchom Valentina Devi(International Journal of Applied Research 2016; 2(4) descriptive study was conducted by Sree Balaji College of Nursing, Chennai to the undertaken to assess the knowledge on gastritis among 2nd year Basic B.Sc Nursing students in. The sample was selected using a purposive sampling method. In this study a total number of 60 students studying in Sree Balaji College of Nursing who fulfilled the inclusion criteria were selected. The result revealed that 2(3.4%) had adequate knowledge, 34(56.6%) of students had moderate adequate knowledge and 12(24%) had inadequate knowledge about gastritis, which throws light on need for arrangement of special classes for the students and also need for assessing the students periodically. The students must upgrade their knowledge as they are the future nurses who will be giving bedside care and also educating the clients.⁹ A number of studies on students related to different aspects were reviewed. Rathi et al assessed quality of sleep among medical students¹⁰. Padole et al studied about stigma related to psychiatric disorders among physiotherapy students in Central India¹¹. Balwani et al assessed the knowledge regarding brain death and organ donation laws among medical students¹². Gedam et al conducted comparison of internet addiction, pattern and psychopathology between medical and dental students¹³. Kakkar et al conducted assessment of knowledge of zoonoses among medical students in India¹⁴. Similar studies related to students were reported by Karnam et al ¹⁵, Thakare et al ¹⁶ and Bains et al¹⁷. Shrivastava et al suggested peer teaching to foster learning¹⁸. Gaikwad et al elaborated about different learning modules ^{19,20}.

Conclusion: Conclusion will be drawn from the statistical analysis.

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