

Evaluation of Medications Used for Dyspepsia among Palestinians

by:

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Objectives: The aims of this study were to find dyspepsia prevalence and severity in our country, to determine the medications that patients use and evaluate them.

Method: The study was a cross-sectional study that was targeting population who are >18 years and having dyspepsia, it was conducted between April and June 2021. The data collection form was completed by filling the online questionnaire through social media . SPSS program was used for data analysis.

Results: The study included 187 patients; female were 66.3% of the sample. Most of the respondents were unmarried (75.7%), young aged (ranged 18-24 years old) (57.1%) and had university education (94.4%). Most of them had normal weight (69.7%) The most symptoms which bothered patients most was indigestion in 34.8% followed by heartburn with 29.1% and 21.3% suffered from esophageal reflux. The lowest percent was for those who suffered from nausea with 14.9%. Indigestion was repeated by 30.6% less than once monthly also 27.1% said that it was repeated from once a week to once a month . On the other hand , in heartburn we found that 31.9% had it less than once monthly followed by 25.7% who recorded a frequency from once a week to once a month and, 28.5% who never had any frequent symptoms. Moreover, in GERD 38.7% did not have frequent symptoms, but 34.7% had them less than once monthly. Results showed that 46.7% of individuals did not use any medications for treatment and about 39.7% used them only when needed. The majority of them used PPIs by 27.2% at a rate of one tablet per day by 39.1%, the other used medications were mainly antacids by 13% and H2 receptor antagonists in 7.6%.

Conclusion: The most disturbing symptom was indigestion. Symptoms of dyspepsia were common, fortunately, around half of participants did not require any medications to relief the symptoms.