

Exploring Gastritis and Associated Risk Factors among Medical Students: An Electronic Survey and Behaviour Recommendations

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Abstract: Gastritis is a common gastrointestinal condition characterized by inflammation of the stomach lining ie. mucosa. The demanding academic environment, irregular eating habits, stress, and lifestyle factors prevalent among medical students can increase their susceptibility to gastritis.

This article explores the knowledge and practice regarding risk factors of gastritis among undergraduate medical students, focusing on the factors that contribute to its development. Also provides an overview of the risk factors, symptoms, and potential consequences of gastritis among medical students at Tashkent medical academy. The findings emphasise the importance of preventive measures and lifestyle modifications to reduce the risk of gastritis in this population.

Keywords: medical students, gastritis, abdominal pain, bloating, acidity, indigestion, loss of appetite, stress.

Introduction

Gastritis is defined as inflammation of the stomach lining, is a prevalent gastrointestinal condition that can significantly impact the health and well-being of individuals. Medical students, in particular, are at an increased risk of developing gastritis due to various factors associated with their demanding academic lifestyle. The rigorous nature of medical education often leads to irregular eating habits among students. Skipping meals, consuming fast food, and relying on caffeine or energy drinks to cope with long study hours can disrupt the normal functioning of the stomach and contribute to the development of gastritis.

Basically, there are two types of gastritis: Acute gastritis which occurs suddenly and other, chronic gastritis which occurs gradually. Gastritis is caused by bacteria, *Helicobacter pylori* (*H. pylori*). The factors responsible for gastritis are smoking, alcohol consumption, tobacco use, eating spicy food, drugs, stress, swallowed foreign bodies, and infections. This leads to inflammation, irritation of mucous membrane and excessive gastric secretion that rupture and inflame the mucosal lining of stomach. It causes acid reflux, which is commonly known as acidity. And this leads to abdominal pain and burning sensation in epigastric region or lower chest area, worsens if untreated. Nausea, vomiting, diarrhoea, loss of appetite, hiccups, bloating, and fullness in upper abdomen post meals.

Additionally, the high levels of stress experienced by medical students can further exacerbate the risk of gastritis, as stress is known to affect the digestive system. This article aims to provide an overview of the risk of gastritis among medical students by examining existing research and data. By understanding the factors that contribute to gastritis in this population, we can develop strategies to prevent its occurrence and promote better digestive health.

Method: -

They study used an electronic online Google form entitled "Are you at risk of gastritis?" Questionnaire as an instrument. Comprising of 14 questions was distributed to students using information and technologies. A survey link along with detailed information was sent using social media such as telegram, WhatsApp, and Instagram. To reach maximum number of students using online social media platform is the best choice. In this way, many participants can participate in this survey. Google forms include socio demographic details such as name, age, gender, course of study and questions evaluating knowledge and awareness about gastritis. Prevalence is evaluated using the formula, number of males or females with the condition/ total number of females or males in the population. The target of this study is undergraduate medical students of Tashkent medical Academy.

Result: -

The survey was conducted using information and communication technology. All were asked to answer using specially designed analysis of examination method in Are you at risk of gastritis? Questionnaire.

The graph below shows the results of the survey.

24 responses were recorded.

In this survey, total 24 Indian students participated (n=24).

Equal number of male students and female students responded.

12 male students and 12 female students answered to questions in the survey. The age of participants was from 18 years to 25 years. From 18 years (4.2%), from 19 years (8.3%), from 20years (16.7%), from 21 years (20.8%), from 22years (16.7%), from 23years (16.7%), from 24 years (12.5) and from 25 years (4.2%).

Only 66.7% students knew about gastritis. Use of antacids and analgesic (painkillers) seen among 56.5% of students.

58.3% students visited doctor and took medical treatment for symptoms of gastritis. 30.4% students sometimes consume alcohol.

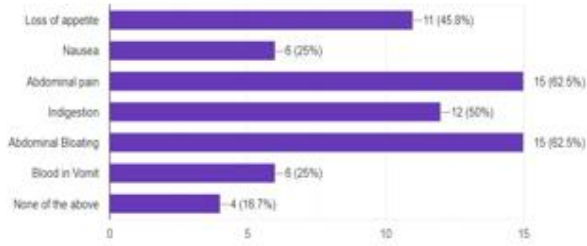
Bloating is experienced by 9.1% students daily. Whereas 77.3% sometimes feel bloated. About 34.8% students eat oily and fried food daily, unlike 65.2% mentioned eating sometimes hence are more likely at a risk to develop gastritis. 17.4% experience acidity on daily basis. While 69.6% experience acidity or heartburn sometimes. 13% students feel stomach discomfort daily while 73.9% experience sometimes. Students mentioned having symptoms. About 8.7% students always feel full without eating, and 73.9% sometimes feel full without eating. Such as loss of appetite (45.8%), nausea (25%), abdominal pain by 62.5% students, indigestion in about 50% students and also blood in vomit by 6 number of students. On the other hand, 16.7% students don't have any symptoms and seems to be healthy.

About 1% females and 0.8% males show symptoms of gastritis. Many students also take antacids which are available under various brand names. Use of Over counter medicines like Pan D, Pan 40, Omeprazole, Rantac 150 mg, cyclopam and meftalspas is seen among these students.

Do you have any of this symptoms?

24 responses

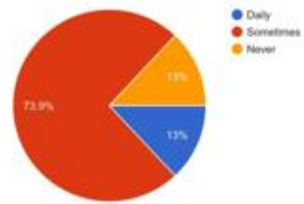
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Do you feel stomach discomfort?

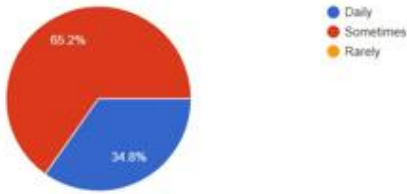
23 responses

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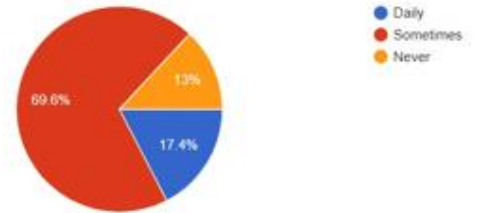
Do you eat more Oily or Fried food?

23 responses



Do? you feel heatburn or acidity

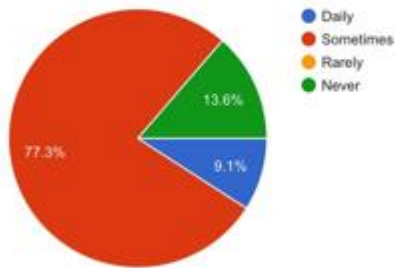
23 responses



Do you feel Bloating?

22 responses

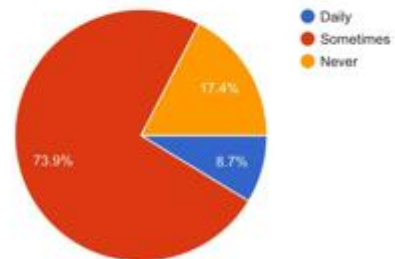
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Do you feel full without eating?

23 responses

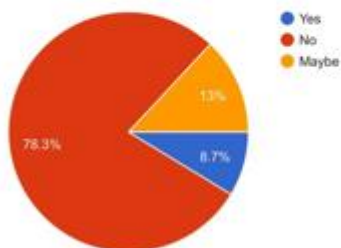
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Do you have indigestion problem on regular basis?

23 responses

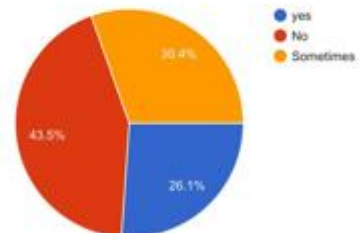
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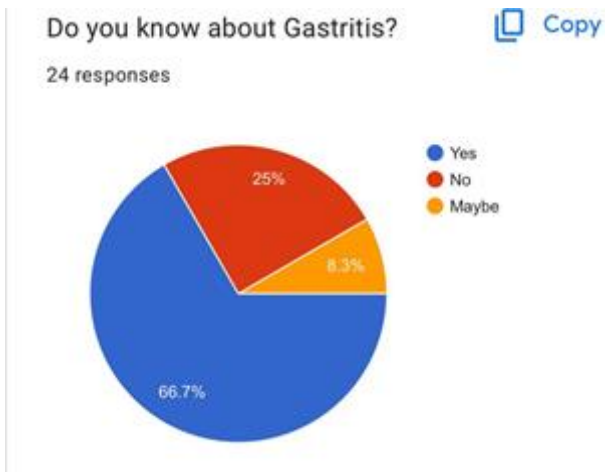
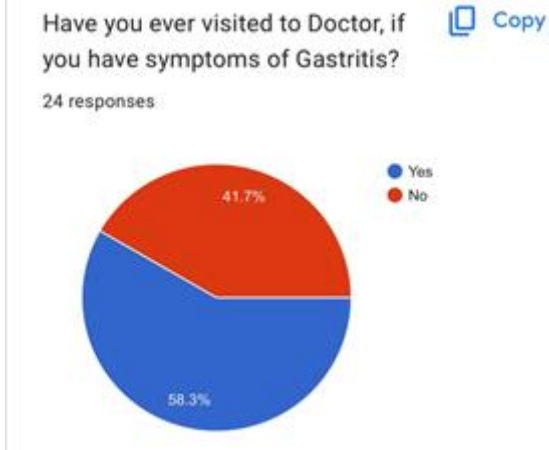
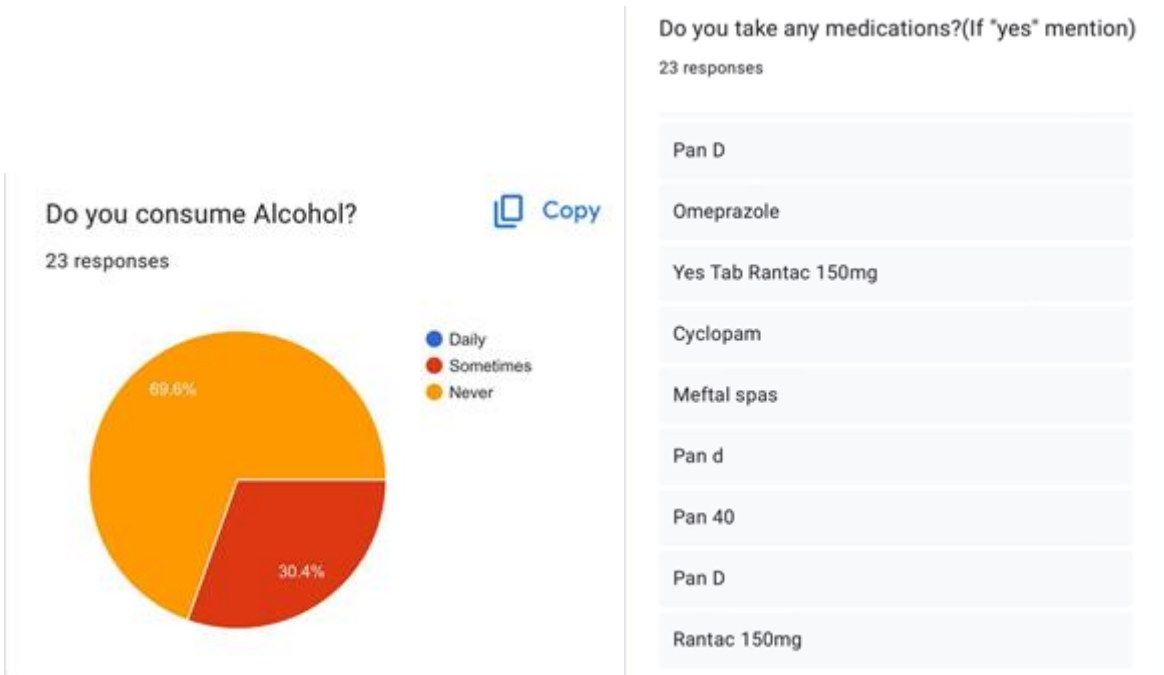


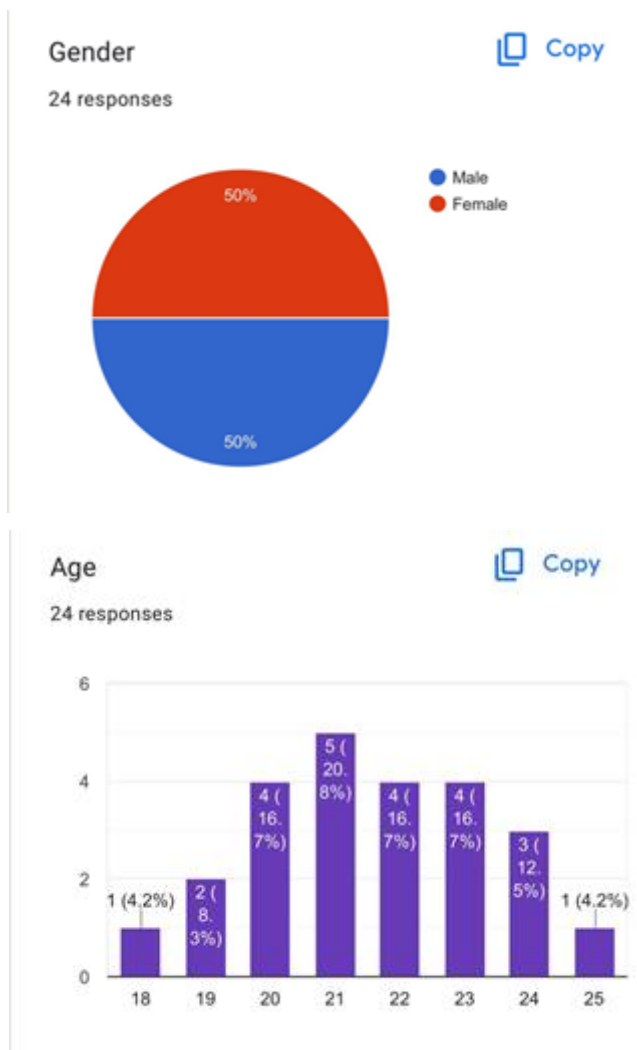
Do you consume Pain relievers on regular basis?

23 responses

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Conclusion: -

Medical students are at an increased risk of developing gastritis due to the demanding academic environment and lifestyle factors associated with their profession. Preventive measures and lifestyle modifications can significantly reduce the risk of gastritis among medical students.

This article has explored the prevalence of gastritis among medical students and highlighted the importance of creating awareness and taking preventive measures. Gastritis, a common gastrointestinal condition, can significantly impact the well-being and academic performance of medical students. By understanding the risk factors and implementing preventive strategies, medical students can effectively manage and reduce the incidence of gastritis. Through the analysis of existing research and survey data, it is evident that factors such as stress, irregular eating habits, and lifestyle choices contribute to the development of gastritis among medical students. Therefore, it is crucial for medical students to prioritise their health and take proactive steps to prevent gastritis.

Recommendation: -

Based on the findings of this survey, the following recommendations are proposed for medical students to create awareness and prevent gastritis:

Firstly, maintaining regular eating habits is crucial. Students should prioritize having balanced meals at regular intervals, avoiding skipping meals or relying on unhealthy food choices. It is also important to stay hydrated and limit the consumption of caffeine and energy drinks, as they can irritate the stomach lining. Secondly, managing stress effectively is essential. Engaging in stress-reducing activities such as exercise, meditation, or hobbies can help alleviate the impact of stress on the digestive system. Seeking support from peers, mentors, or counselling services can also be beneficial in managing stress levels.

Lastly, medical students should prioritize self-care and ensure they get enough rest and sleep. Sufficient sleep and relaxation are vital for maintaining a healthy digestive system. It is also essential to avoid smoking, drugs use and consumption of alcohol. By implementing these recommendations and adopting a proactive approach to digestive health, medical students can reduce their risk of gastritis and promote overall well-being throughout their academic journey and future medical careers.

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46. HYGIENIC ASPECTS OF USING MEDICAL SCRUBS

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48. SMARTWATCH EFFECTIVENESS IN PREVENTING NONCOMMUNICABLE DISEASES: INSIGHTS FROM A GOOGLE FORM SURVEY AMONG MEDICAL STUDENTS AT TASHKENT MEDICAL ACADEMY, UZBEKISTAN. Saloni Sajid Maner ; Arshaan Asif Shaikh
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