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Management of Gastro-Intestinal Tract Diseases by hepatic friendly drugs: Efficacy of livelihood score

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Objectives: Comparison efficacy and safety level of different Proton pump inhibitors and H2 receptor blockers by livelihood score category.

Materials and Methods: 52 participants (30 male and 22 female) participated in this cross sectional study. They were instructed about the study. They were asked about their drug history especially pattern of drug, starting time, and change history (if applicable). Dosage schedule, and relevant adverse effects were also asked.

Results: Out of 52 participants, 27 patients (52%) regularly took proton pump inhibitors for avoiding gastro intestinal irritations more than 7-8 months. Here 10 patients having heart burn and rest of taking different medication for systemic improvement. 10 out of 27 patients were male and 17 were female. Dependency upon proton pump inhibitors was more in female due to spicy food intake and lack of punctuality of meal time. Important clue that 17 patients switch to Lansoprazole/Rabeprazole from omeprazole/esomeprazole. Primary reason was insufficient duration of anti-heart burn activity which decreased after starting lansoprazole/deslansoprazole/rabeprazole. Livelihood score of Rabeprazole D and for Lansoprazole/Daslansoprazole it is C. That means rare involvement of hepatic injury like enzyme elevation. The rest of 20 patients who had history of occasional proton pump inhibitor use. Remaining 5 participants didn't give mentionable information about their drug history. After switching 10 patients found fatty liver grade 1 which previously diagnosed as grade 2.

Conclusion: Carbohydrate and protein dominancy in daily food menu is prime reason for GIT irritation. In advance stage fate may be ulceration as well as non- alcoholic fatty liver disease. Avoiding unnecessary Non-steroidal anti-inflammatory drugs and selection of proton pump inhibitors according to livelihood score decrease patient's gastric irritation as well as establishing healthy drug usage.

Recent publications

1. Navim Kabir, Chowdhury Md. (2023). Fluctuation of serum creatinine: preoperative and postoperative evaluation of chronic kidney disease patients. *Journal of Clinical Nephrology*. 7. 012-017. 10.29328/journal.jcn.1001102.
2. Navim Kabir, Chowdhury Md. (2022). Catheter Induced Urinary Tract Infection: Post Surgical Prevalence with Curative and Preventive Management. *OALib*. 09. 10.4236/oalib.1109513.
3. Chowdhury, Md & Navim Kabir, Chowdhury Md & Jones, Sabrina. (2022). Surgical Site Infection: Impacts and Challenges of Antibiotic Rationalism. 10. 243-250.

Biography

Chowdhury Md Navim Kabir graduated from Chittagong Medical College at the University of Chittagong. His keen interest in Surgery and Urology, article writing. He has published five research articles in International Journal.

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