

ORIGINAL RESEARCH

## A clinical Demographic Profile of Acute Pancreatitis in Associated Hospital of G.M.C. Kathua

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### ABSTRACT

**Background:** One of the most frequent emergencies in the surgery department is acute pancreatitis, which is typically managed conservatively. Along with the varying involvement of different tissues, it entails pancreatic inflammation. **Aim:** To study the clinical demographic profile of acute pancreatitis. **Design:** Prospective case control study.

**Material and Methods:** 100 patients (27 females and 73 males) who attended the out-patient clinic of the Department of Surgery at the Government Medical College in Kathua between January 2022 and November 2022 made up the study group. All of these patients were admitted to the department of surgery after an acute pancreatitis diagnosis was confirmed radiographically utilising the USG and also by serum amylase and lipase levels. A proper history was taken from them and a meticulously the cause behind the causation was found out. **Results:** While alcohol was the most common cause in men, gall bladder stone illness remained the most common cause in the group, with 55% of patients presenting with it. The majority of the patients were male, and the 40 to 60 age group made up 67% of the patient population. **Conclusion:** Our study revealed that the most frequent cause of acute pancreatitis in men is alcohol consumption, whereas gall bladder stone disease continues to be the most prevalent cause overall and affects people most frequently between the ages of 40 and 60.

**Keywords:** Pancreatitis, Surgery, Gall bladder stone

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### INTRODUCTION

Acute pancreatitis is an inflammatory process of the pancreas that may involve other tissues or have systemic manifestations. These manifestations can range from a mild, self-limiting episode to upper abdominal pain, nausea, and vomiting to severe, life-threatening multi-organ failure, including sepsis, renal failure, ARDS, and death. Due to the disease's high prevalence

in the population, it is important to understand the demographics of the condition in this part of the world in order to effectively manage the patient. Since there is little information available on this, we looked for trends in the causal factors among the population under research.

## METHOD

100 patients (27 females and 73 males) who attended the out-patient clinic of the Department of Surgery at the Government Medical College Kathua between January 2022 and November 2022 made up the study group. All of these patients were admitted to the department of surgery after an acute pancreatitis diagnosis was confirmed radiographically, utilising the USG and also by serum amylase and lipase levels. A proper history was taken from them and a meticulously the cause behind the causation was found out.

## RESULT

Out of the 100 participants in the survey, men made up the majority of the population while women made up just 27%. The greatest incidence of acute pancreatitis was shown in the age bracket of 40 to 60 years for both men and women in the age wise distribution that was also created. In table 1, there is detailed information.

**Table 1: Age wise distribution of patients in the study**

Age(in years)	Males	Females	Total
20-40	14	5	19
40-60	49	18	67
60-80	10	4	14

Through careful history-taking and the use of ultrasonography, the cause of acute pancreatitis in the patients was determined. Of the patients, 55% had gall bladder stone disease as the primary cause, which was interesting to note because it affected more women than men. However, alcoholism was still found to be the primary cause of acute pancreatitis in men. The table 2 provides the detailed information.

**Table 2: Etiology of acute pancreatitis among the patients in the study.**

Causes	Male	Female	Total
Alcohol	43	0	43
GB stone	29	26	55
Medication	1	0	1
Pancreatic cancer	0	1	1

The patients were treated for acute pancreatitis in a similar way, and while there was no fatality in the study group as a result of acute pancreatitis, 8 of them did require intensive care during the course of the treatment.

## DISCUSSION

One of the most frequent conditions that surgeons in the surgical units treat conservatively is acute pancreatitis. In the course of our research, we discovered that men experience it almost three times more frequently than women do, which is supported by numerous studies conducted around the world. [1-2] The majority of study participants who eventually developed the condition were between the ages of 40 and 60, and similar findings have been seen in numerous other studies conducted throughout the world. [3-5] Similar to our study, it was observed that males were more likely to get alcohol-related diseases, whereas females were more likely to develop acute pancreatitis due to biliary tract-related causes. [6-8]. The

demographic profile of acute pancreatitis in this region of the world did not significantly differ from that of the rest of the world, according to the study, and the findings were consistent with those of other studies. A future endeavour with a big study group should be considered, but the study group's size restriction prevents the results from being sufficient to be generalized on a broad scale.

## CONCLUSION

Our study revealed that the most frequent cause of acute pancreatitis in men is alcohol consumption, whereas gall bladder stone disease continues to be the most prevalent cause overall and affects people most frequently between the ages of 40 and 60.

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