

Abstract

Introduction:

Stress ulcer (SU) is one of the most important factors affected hospitalized patient mortality. Many of life-threatening bleeding due to stress ulcer can be prevented by following the evidence-based guidelines recommendation for gastroprophylaxis. According to the results of previous studies regarding poor compliance with these guidelines in clinical practices, in this study, for the first time, the compliance rate of gastroprophylaxis was investigated in Ardabil Imam Khomeini Hospital during the second six months of 2022

Methods:

A cross-sectional descriptive study was designed on 300 patients admitted to Imam Khomeini hospital. Patient information includes demographic data such as age, gender, clinical data, including patient history, drug history and Paraclinical data such as coagulation tests, platelet counts, et, were collected. All patients were scored for stress ulcer propability according to the ASHP guidelines. Finally, the data was analyzed by spss 21 software.

Results:

Out of 300 recruited patients, 179 patients (59.7%) and 121 (40.3%) were male and female respectively. The mean \pm standard deviation of age was 51.13 ± 17.27 years. Most of the patients 16.67% were in the ICU ward, the activity status was complete bed rest in 33 (11%) of the patients. the Nutritional status was Non Per Os in 240 (80%) of the patients. Gastroprophylaxis was prescribed in 240 (80%) of the patients. Pantoprazole was the most common used drug (73.7%).

34.78% of ICU patients were eligible to receive gastroprophylaxis based on risk factors criteria. 50% gastroprophylaxis prescription in ICU patients obey ASHP instructions. In non-ICU sections 16.45% of patients were eligible to receive gastroprophylaxis based on risk factors criteria while 83.12% of these patients have received gastroprophylaxis. In total 26.36% of gastroprophylaxis administration followed ASHP guidelines.

Conclusion:

The results of the study, in accordance with previous studies, indicate poor compliance with the standard guideline, which necessitates a fundamental revision of the medical education course of conducting retraining courses.

Key words:

Gastroprophylaxis, Stress ulcer, Gastrointestinal bleeding, ASHP