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**TRADE PROJECT**

**TITLE: INVESTIGATION OF FACTORS CONTRIBUTING TO  
PEPTIC ULCER DISEASE AND HOW THE DISEASE IS  
MANAGED IN MACHAKOS DISTRICT HOSPITAL.**

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**INDEX NO: 401002486**

**PROJECT NO: 2429/307**

**COURSE: DIPLOMA IN PHARMACEUTICAL  
TECHNOLOGY**

**COLLEGE: THE KENYA POLYTECHNIC UNIVERSITY  
COLLEGE**

**SUBMITTED TO: KENYA NATIONAL EXAMINATION  
COUNCIL IN PARTIAL FULLFILLMENT  
FOR THE AWARD OF DIPLOMA IN  
PHARMACEUTICAL TECHNOLOGY.**

**NOVEMBER 2008**

14/08

## ABSTRACT

The study was carried out at Machakos district hospital between the months of January and April 2008. It was intended to investigate on the factors contributing to peptic ulcer disease to determine the prevalence rate by age and sex to identify the types of anti-ulcer drugs used in the management of the disease and also to determine the various symptoms and signs associated with the disease.

Methods of data collection used were questionnaires, observation, and interviewing. In observation data was extracted from existing inpatient records, disease index cards, and tally sheets. Age range of population under study was 11-90 years and throughout the period 800 patients were interviewed where 534 turned to be positive, 328 were male and 206 were female. Overall prevalence rate of the disease in the population under study was 67% with male presenting highly than female. In both sexes the peak age of infection was between 21-60 though it is well distributed in all ages. Majority of the patients were alcoholic and smokers especially men. Other factors that were found contributing significantly included: stress, over the counter drugs, especially, NSAIDS, tea, caffeine, and portentous foods among others. Patients suffered different types of ulcers but duodenal ulcers affected a larger population, followed by gastric ulcer and then Zollinger-Ellison syndrome.

Most patients were given antacids, cimetidine and omeprazole for treatment. In some instances especially in recurrence antibiotics were given in combination such as amoxicillin, metronidazole, among others.

Peptic ulcers was found to have serious consequences and also expensive to manage but with understanding of the cause, patients who were interviewed were found to appreciate and determined to stop it. An achievement of the researcher.