

Original Research

Evaluation of Prevalence of Appendicitis at Surgery Department: A Descriptive Study

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ABSTRACT:

Background: The vermiform appendix is considered by as a vestigial organ; and inflammation of appendix results in the clinical syndrome known as acute appendicitis. The present study was conducted to evaluate the prevalence of appendicitis at surgery department. **Material and methods:** The present study was a hospital based; descriptive study of the patients admitted to surgery inpatient department with Diagnosed as Appendicitis by Symptoms and Confirmed by Ultrasonography of the 70 patients. That was confirmed by Ultrasonography. All the necessary information was collected by pretested, semi-structured questionnaire. **Results:** The result of the present study showed that appendicitis was prevalent in age group of 21-30 years. Appendicitis was more prevalent in males. The most presenting feature of appendicitis was pain in the abdomen. **Conclusion:** The appendicitis was prevalent in age group of 21-30 years. Appendicitis was more prevalent in males. The most presenting feature of appendicitis was pain in the abdomen.

Key words: Surgery, Appendicitis, Histopathologically.

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INTRODUCTION:

Acute appendicitis is the most common surgical emergency worldwide. Since its first accurate description by Fitz¹ in 1886 and the first appendectomy performed by Treves² in England, appendectomy became the preferred treatment of acute appendicitis. Acute appendicitis is one of the commonest causes of acute abdomen encountered in surgical practice requiring emergency surgery. It has a life time risk of 6%.³ In the general population it has an incidence of 86 per 100,000 population per year.⁴ It has been observed that males had higher rates of appendicitis than females for all age groups with an overall ratio of 1.4:1.⁵

Appendectomy has also a complication rate ranging from 8% to 11%, depending on the surgical technique.⁶ In Asian and African countries, the incidence of acute appendicitis is probably lower because of dietary habits of the inhabitants of these geographic areas. Dietary fiber is thought to decrease the viscosity of faeces, decrease bowel transit time and discourage the formation of faecolith, which predispose individuals to obstructions of the appendiceal lumen.⁷ The incidence of appendicitis

gradually rises from birth, peaks in the late 10 years and gradually declines in the geriatric years. It is most prevalent in the 10-19-year-old age group.⁸ In recent years, the number of cases in patients aged 30-69 has increased to 6.3%.⁹ The present study was conducted to evaluate the prevalence of appendicitis at surgery department.

MATERIAL AND METHODS:

The present study was a hospital based; descriptive study of the patients admitted to surgery inpatient department with Diagnosed as Appendicitis by Symptoms and Confirmed by Ultrasonography of the 70 patients. That was confirmed by Ultrasonography. All the necessary information was collected by pretested, semi-structured questionnaire.

RESULTS:

The result of the present study showed that appendicitis was prevalent in age group of 21-30 years. Appendicitis was more prevalent in males. The most presenting feature of appendicitis was pain in the abdomen.

Table 1: Distribution of the Appendicitis patients according to age group

Age group	Number (%)
<10	3(4.2%)
11-20	18(25.71%)
21-30	26(37.14%)
31-40	14(20%)
41-50	5(7.14%)
51-60	4(5.71%)

Table 2: Distribution of the appendicitis according to sex

Sex	Number (%)
Male	42(60%)
Female	28(40%)

Table 3: Distribution of the patients as per the most common Presenting clinical feature

Presenting clinical feature	No. (%)
Pain in Abdomen	70(100%)
Fever	63(90%)
Vomiting	43(61.42%)

DISCUSSION:

The result of the our study showed that appendicitis was prevalent in age group of 21-30 years. Appendicitis was more prevalent in males. The most presenting feature of appendicitis was pain in the abdomen.

A study conducted by Al-Omran, Mc leod Institute for Clinical Evaluative Sciences, Toronto in 1998 on epidemiological features of acute appendicitis showed that appendicitis is more common in males, in those aged 11-20 years.¹⁰

Study conducted by Nudeh, Sadigh, Ahmadnia of Iran University of Medical Sciences, Tehran in 2006 showed that appendicitis is more common in males, in those aged 21-30 years whereas in females the highest occurrence was observed in 11-20 years of age group.¹¹

Macklin CP et al conducted a study and result shows that appendicitis is more common in 10-29 years of age group.¹²

In a study males are more susceptible than females.¹³

Lohar HP et al conducted a study and result of study shows the result that occurrence of appendicitis was the

highest in the 11-20 years age group which constituted 44.6%. Followed by 21-30 years age group, which constituted 36.1%. The incidence of appendicitis between the age group 31 and 40 years constituted 11.5% while between 0 and 10 years age group was 3%. Between 41-50 years and 51-75 years of age group 2.3% each. The youngest case recorded was 8 years of age and the oldest 65 years of age. In this study occurrence of appendicitis in both male and female was almost equal. Nonvegetarians were affected more than vegetarians. The occurrence of appendicitis was peak in the spring and low in the summer.¹⁴

Chaudhari YP et al conducted a study and showed result that the most common age for appendicitis was found to be 21-30. It was more prevalent in males and most common presenting complain was pain in abdomen.¹⁵

CONCLUSION:

The appendicitis was prevalent in age group of 21-30 years. Appendicitis was more prevalent in males. The

most presenting feature of appendicitis was pain in the abdomen.

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