



Assessment of Patients awareness about Crohn's disease and ulcerative colitis and related chronic diseases at alahsa, Saudi Arabia

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Abstract

Inflammatory bowel disease incidence and prevalence has increased sharply since the early fifties, especially among Arab population. There is limited data about the characteristics of these patients and the disease course in Saudi Arabia.

This a cross-sectional study was conducted in the summer of 2017 by distributing a self-reported questionnaire from different health facilities demographical data was collected. Inclusion criteria, patient age >18 years old, patient with any chronic diseases. Exclusion criteria, patient <18 years old, and have mental disability.

About 72% of answer respond that they never heard about inflammatory bowel disease. Also, they do not know if it is linked to other chronic disease or not.

So, the increased level of awareness in this age group is attributed to the educational level. Although it was founded that answers there is increasing risk of asthma in relation of IBD. The results show that answers show there is no relation between sickle cell disease and IBD.

Keywords: inflammatory bowel disease, alahsa, awareness

Introduction

Inflammatory bowel disease (IBD) is a group of inflammatory conditions of the colon and small intestine. Crohn's disease and ulcerative colitis are the principal types of inflammatory bowel disease. Inflammatory bowel disease (IBD) is traditionally known to be a disease of the western world with geographic variations. It is a chronic disease of unknown etiology [1] Its incidence and prevalence has increased sharply since the early fifties [2-6]. Recent studies shows an increasing in the prevalence of IBD specially ulcerative colitis (UC) in Asian communities [7, 8]. Increasing rates have been reported especially from India, Japan, and the Middle East [9, 10]. Recently, the incidence in the

Arab population was reported to be 22/100000 [11-14] Even after all these researches and reports proving an increasing in the prevalence of IBD throughout the world, there is limited data about the characteristics of these patients and the disease course in Saudi Arabia [15, 16] Moreover, a recent retrospective study in Saudi Arabia reported an increase in the number of UC patients who were referred to tertiary care centers [17].

The numbers of patients with IBD has been increasing in the past 20 years [18] with the transition of the Kingdom as one of the Fastest evolving countries in the area. That is why, ensuring the high level of awareness about IBD is essential. The aim of this study to assess the level of awareness of IBD among patients in Alahsa.

Materials and methods

This a cross-sectional study was conducted in the summer of 2017 by distributing a self-reported questionnaire reference to the patients in different health facilities demographical data was collected. Also, interviews under supervision of the data

collectors in Alahsa. This questionnaire was designed to assess the awareness of

Alahsa. Data collection included demographics such as age, gender, region, monthly income, educational level, Body Mass Index (BMI) and current health status. Different questions assess the awareness of IBD. Inclusion criteria, patient age >18 years old, patient with any chronic diseases. Exclusion criteria, patient <18 years old, and have mental disability. The research has been approved by the committee of College of Medicine, King Faisal University. SPSS version 20 was used to enter the patient information and checking whether the data is corrected or not. After cleaning the data, we performed descriptive and inferential analysis. Chi-square test was applied for assessing the association within the categorical variables. P Value is 0.05 as standard for assessing the association among variables. Finally, representing the data with graphs and tables.

Results & Discussion

A total number of 414 people responded to the online survey. 226 of them were male, while 188 were female. Also, 72% of the sample responded that "I have never heard or read about Crohn's Disease" and 62.3% have responded the same regarding UC. Regarding the affected organ in both diseases, 25.1% chose "intestine" and 59.4% chose "Don't know" for Crohn's Disease, while 62.1% chose "intestine" and 34.3% chose "Don't know" for UC. Asthma, diabetes and thyroid disease showed a significant result regarding their association with the IBD P – Value < 0.05. About 4 % claim that IBD is a contagious disease, 28.7% claim that CD is not contagious, and 34.3% claim UC is not contagious. Lastly about 67% do not know whether IBD is a contagious

disease or not. The level of awareness about UC and Crohn’s Disease related to different factors was studied. These results are reflecting and supporting the low level of awareness among the population through comparing their answers from the previous question with this one. Age is one of the significant factors with p value of 0.001 with the highest number in those between the age of 21- 25. Furthermore, educational level is another significant factor with p value of 0.001 influencing the level of awareness among the sample, but there are no significant values in relation to the gender, and the income. So, the increased level of awareness in this age group is attributed to the educational level, which is university degree with 94 responders at this age. One of the approved pathogenesis of both diseases is autoimmunity [19], and as known that many diseases are also having the same pathogenesis. So, the study focuses also on other autoimmune diseases that can be exist in the same time with UC or Crohn’s Disease related to the papulation of Alahsa. Diabetes is showing significant result with P-values of 0.012 for Crohn’s Disease and 0.010 for UC related to both diseases, which is

supporting the idea that IBD is having basis of autoimmunity [19]. This is also the case of thyroid disease and Crohn’s Disease with a significant result with P-value of 0.02 supporting the relationship between them in some cases [19].

Asthma is one of the autoimmune disease, but it does not show association between

Crohn’s Disease and UC. Although it was founded that answers there is increasing risk of asthma in relation of IBD [20]. Lastly, it is known that Alahsa is having high prevalence of Sickle cell disease among its population [21]. The results show that an answers shows there is no relation between sickle cell disease and IBD.

Tables and Figures

To insert “Tables” or “Figures”, please paste the data as stated below. All tables and figures must be given sequential numbers (1, 2, 3, etc.) and have a caption placed below the figure (“Fig Caption”) or above the table (“Fig.Talbe.1, 2 ”) being described, using 8pt font and please make use of the specified style “caption” from the drop-down menu of style categories

Table 1: Biographical data

		Absolute number (%)
Gender	Male	226 (54.6)
	Female	188 (45.4)
Age	15-20	63 (15.2)
	21-25	105 (25.4)
	26-30	53 (12.8)
	31-35	49 (11.8)
	36-40	39 (9.4)
	41-50	68 (16.4)
	51-60	22 (5.3)
	Less than 15	9 (2.2)
	More than 60	6 (1.4)
Education	Non-Degree	2 (.5)
	Elementary School	7 (1.7)
	Secondary School	20 (4.8)
	High school	86 (20.8)
	University Degree	299(72.2)
Monthly Income	Less than 3000 SR	107 (25.8)
	3000 – 10000	86 (20.8)
	More than 10000	91 (22)
	I prefer not to answer	130 (31.4)

Table 2: Age and education level and awareness of CD and UC.

		CD					P-Value	UC				
		Dealt with Disease	Gained some Information	Never heard about it	Have heard some where			Dealt with Disease	Gained some Information	Never heard about it	Have heard some where	P-Value
Age	15-20	0	3	52	8	0.001	0	4	44	15	0.002	
	21-25	13	25	58	9		13	24	51	17		
	26-30	4	3	42	4		1	6	36	10		
	31-35	6	4	35	4		8	3	30	8		
	36-40	3	0	33	3		2	1	29	7		
	41-50	3	7	54	4		4	9	43	12		
	51-60	2	1	17	2		2	0	16	4		
Education	Less than 15	2	1	6	0	0.001	2	1	6	0	0.020	
	More than 60	0	1	4	1		0	2	3	1		
	Non Degree	1	0	1	0		0	0	2	0		
	Elementary School	3	1	3	0		3	1	2	1		
	Secondary School	1	1	15	3		1	0	14	5		
	High school	3	3	71	9		4	5	61	16		
	University Degree	25	40	211	23		24	44	179	52		

Table 3: Chronic disease and relation to CD and UC

		Asthma			Diabetes			Thyroid		P-Value
		No	Yes	P- Value	No	Yes	P- Value	No	Yes	
CD	No	287	38	0.019	77	280	0.12	274	83	0.002
	Yes	70	19		21	36		54	3	
UC	No	163	38	0.009	76	278	0.010	275	53	.060
	Yes	194	19		22	38		79	7	

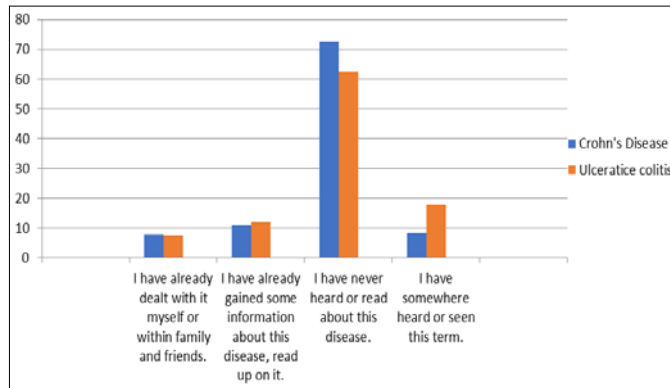


Fig 1: Awareness of Crohn's Disease and Ulcerative Colitis.

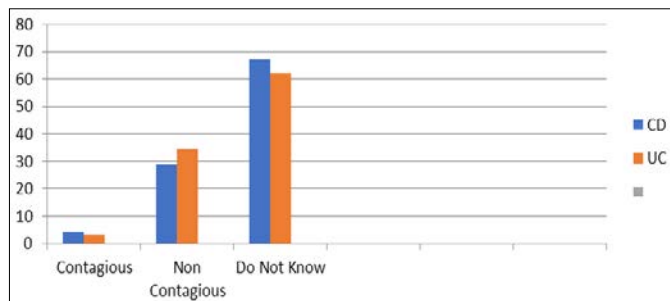


Fig 2: Is CD and UC contagious?

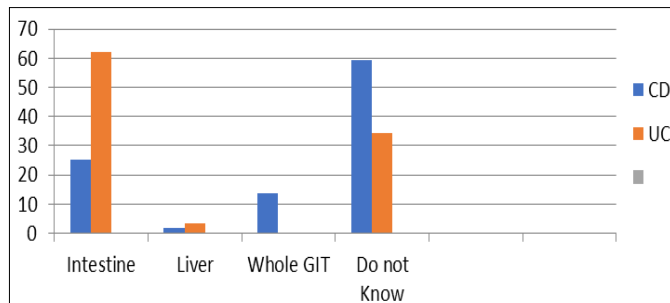


Fig 3: Which organs are affected by these diseases?

Conclusions

The study founded that the level of awareness in Alahsa population needs to be improved regarding UC and Crohn's disease. This will help to detect and manage both diseases as early as possible. Lastly, the level of awareness regarding IBD and related chronic diseases showed to good level of knowledge.

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