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A STUDY ON COMMON PRECIPITATING FACTORS AND SURVIVAL ASSOCIATED WITH HEPATIC ENCEPHALOPATHY IN PATIENTS WITH CIRRHOSIS OF LIVER ADMITTED IN ASRAM HOSPITAL.

General Medicine

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ABSTRACT

Background: The burden of liver cirrhosis is increasing worldwide of which hepatic encephalopathy is a dreadful complication from epidemiological perspective, it has become clear that hepatic encephalopathy is probably a frequent complication that leads to repeated admissions, affecting around 20% of patients with cirrhosis of liver every year and is associated with high grade mortality with a survival of only 23% at 3 years from onset. **Materials And Methods:** This was an observational study conducted in Alluri Sitarama Raju academy of Medical Sciences, Eluru over a period of 2 years. The study included 50 diagnosed cases of cirrhosis presenting or complicating into hepatic encephalopathy. **Results:** Among 50 patients 40 patients were found to have Alcohol as an etiological factor of cirrhosis followed by Hepatitis B and Hepatitis C. Gastrointestinal bleeding, Constipation, Electrolyte imbalance, Infection, Azotemia, Drugs were common precipitating factors. A statistically significant association for worse outcome was seen with gastrointestinal bleeding and infection. Total mortality was 46% with maximum mortality in grade 3 and grade 4 patients. **Conclusion:** The identification and treatment of precipitating factor is the most important aspect in management of Hepatic encephalopathy since symptoms of overt hepatic encephalopathy are debilitating and leads to poor quality of life. Measures like routine endoscopy and follow up, prevention of constipation by laxatives, judicial use of diuretics, early detection and management of infection are needed to be taken to prevent development of encephalopathy

KEYWORDS

hepatic encephalopathy, cirrhosis of liver.

INTRODUCTION

The burden of liver disease is soaring world wide of which hepatic encephalopathy is a serious complication

From epidemiological perspective, it has become clear that hepatic encephalopathy is probably a frequent complication of cirrhosis that leads to repeated readmissions, affecting around 20% patients with liver cirrhosis every year and is associated with high grade mortality with a survival of only 23% at 3 years from onset. Cirrhosis word is derived from kirrhos meaning tawny that implies tan colour of liver

Hepatic encephalopathy is a potentially reversible complication which is characterised by behavioral changes, personality, consciousness and neuromuscular function.

MATERIALS AND METHODS

This was an observational study conducted in ASRAM hospital over 2 years. The study included 50 diagnosed cases of cirrhosis presenting or complicating into hepatic encephalopathy

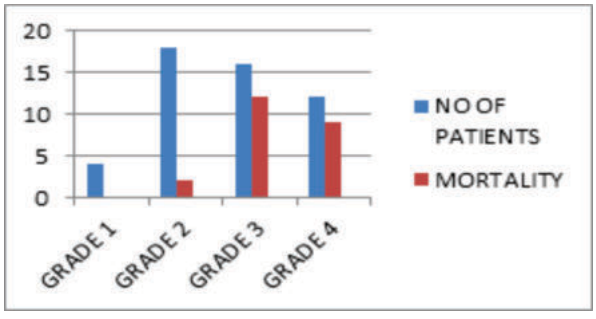
OBSERVATIONS AND RESULTS

Among a total of 50 patients, 40 patients(80%) found to have alcohol as an etiological factor of cirrhosis followed by Hepatitis B(12%) and Hepatitis C(8%)

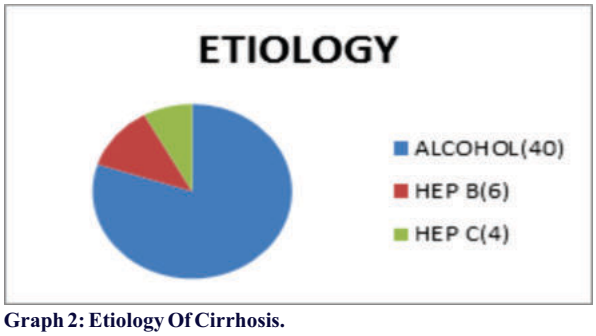
Precipitating Factors

Gastrointestinal bleeding-32(64%), Constipation-21 (42%), Electrolyte disturbance-20 (hyponatremia, hypokalemia)(40%), Infection-16 (32%) , Azotaemia-10(20%), Drugs (ethanol, herbal medicine)-10(20%) were common precipitation factors.

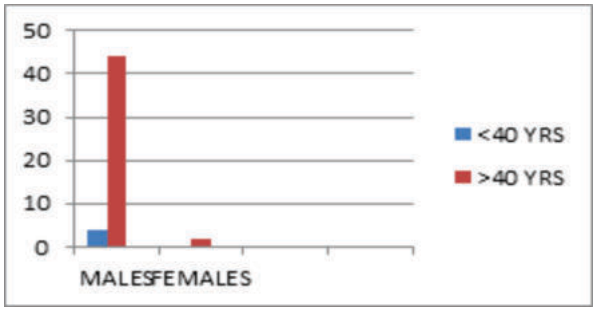
- Out of total patients 18% had one precipitating factors, 42% had 2 precipitating factors and 34 % had more than 2 precipitating factors
- Among these precipitants a statistically significant association for worse outcome is seen with GI bleeding and infection in our study.
- Of total 50 patients admitted 4(8%) patients were in HE GRADE 1, 18(36%) were in GRADE II, 16(32%) were in GRADE III, 12(24%) were in GRADE IV according to WEST HAVEN CLASSIFICATION.
- Total mortality was 46% , with maximum mortality seen in patients with Grade III (75%) & IV (75%).



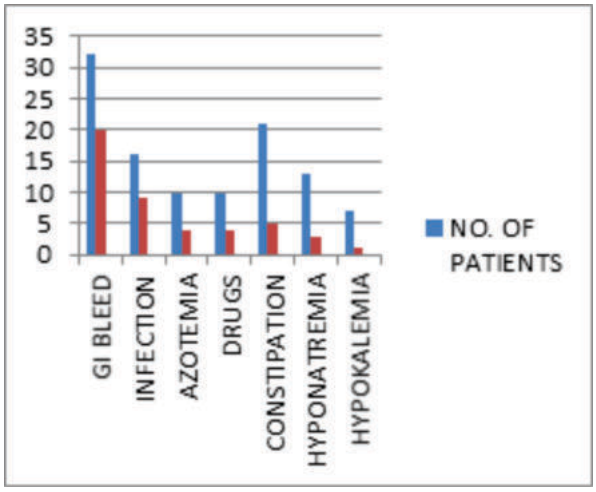
Graph 1: Distribution Of Patients According To West Haven Grading.



Graph 2: Etiology Of Cirrhosis.



Graph 3: Age And Sex Distribution Among Patients:



Graph 4: Distribution Of Precipitating Factors And Mortality.

DISCUSSION AND CONCLUSION

The identification and treatment of precipitating factor is the most important aspect in management of hepatic encephalopathy since symptoms of overt HE are debilitating and leads to poor quality of life.

- In this study most of the patients had more than one precipitating factors , among them gastrointestinal bleeding is the most common precipitating factor for hepatic encephalopathy.
- Most of the patients admitted were in HE GRADE II with maximum mortality seen in patients with HE grade III and IV with gastrointestinal bleeding and infection as a precipitating factors associated with grave prognosis
- The study conducted by M.Ali et al showed constipation and electrolyte imbalance are common precipitating factors,
- The study conducted by Mumthaz et al showed infection is the most common precipitating factors followed by Constipation and hypokalemia.
- Measures like routine upper GI endoscopy & follow up, prevention of constipation by laxatives , judicial use of diuretics and early detection and management of infection are needed to be taken to prevent development of encephalopathy.

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