

## Empirical treatment used in the Hiatal Hernia

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### Abstract

**Background:** The study conducted was Retrospective, observational one in patients suffering from Hiatal Hernia. The purpose of the study was to observe the prescription pattern for the empirical treatment used in the condition of Hiatal Hernia in the Department of Surgery at Rajah Muthiah Medical College & Hospital (RMMC & H).

**Methods:** The study was conducted from the record of the patients as secondary data from (MRD) tertiary care teaching hospital. A total of 105 patients were including in this study over 12 months period (2015-16). Out of 55 patients were found to be with Hiatal Hernia. The required data for this condition are obtained from the records available.

**Results:** The total number of patients observed is 105, out of which the percentage of magnitude of the people with Hiatal Hernia is 52.38%. A total of 55 patients belonging to the various age groups were include in the study, Out of which 5 patients belong to the age group 20-29 years (09.09%), 11 patients belong to the age group 30-39 years (20.0%), 08 patients belong to the age group 40-49 years (14.05%), 09 patients belong to age group 50-59 years (16.36%), 17 patients belong to the age group 60-69 years (30.90%) and 05 patients belong to the age group 70-79 years (09.09%).

**Conclusion:** This study shows that the Hiatal Hernia affects the productive life of the population. In the present study successful empirical treatment is observed with Ranitidine, Oesomeprazole.

**Keywords:** Hiatal Hernia, Ranitidine, Oesomeprazole

### Introduction

In Hiatal Hernia the stomach bulges up into the chest through that opening. Reflux symptoms are common complaints in primary care patients and are often treated empirically with acid suppressive therapy when heart burn and acid regurgitation, when dominant, are specific of GERD, so

diagnosis is quite straight forward in the absence of alarm symptoms resolution of symptoms of using drug therapy is recommended as the initial treatment of choice for patients with dominant symptoms. Drugs used vary from setting to setting, but by for, PPIs have proved to be most effective. In most cases hiatal

hernia does not cause symptoms. Other symptoms are shortness of breath, palpitations increased heart rate. If chronic acid reflux threatens to severely injury the oesophagus, or is causing barrett's oesophagus surgery is sometimes recommended. If the condition has been brought on by stress reduction techniques may be prescribed, are if overweight, weight loss may be indicated. Anti secretary drugs, H2 blockers may be prescribed.

**Aim**

To study the empirical used in the Hiatal Hernia in the department of surgery at Rajah Muthiah Medical college and hospital-Annamalainagar-608002, Tamilnadu, India.

**Materials and methodology**

This was a retrospective study carried out over a 12 month period from MAY 2015 to JUNE2016 at Rajah Muthiah Medical College and hospital-Annamalainagar 608002, Tamilnadu, India. All the case sheets were collected from medical record department a total of 55 patients were included in the study.

**Inclusion criteria**

- Patients admitted in surgery wards between age group of 20-80 years.
- Patients who are newly diagnosed and already underwent surgery.

**Exclusion criteria**

- Patients above 80 years age.

**Designing resolution**

A patient data collection form which includes details like inpatients number, patients name, age, sex, height, weight, date of admission, date of discharge, chief complaints, history of present illness, past medication history ,lab data, clinical diagnosis, surgical procedures and treatment.

**Results and discussion**

**Age wise distribution**

A total number of 55 patients were included in the study. Out of which 5 patients belong to the age group 20-29 years (09.09%), 11 patients belong to the age group 30-39 years (20.0%), 08 patients belong to the age group 40-49 years (14.05%), 09 patients belong to age group 50-59 years (16.36%), 17 patients belong to the age group 60-69 years (30.90%) and 05 patients belong to the age group 70-79 years (09.09%).

**Table: distribution of age among study population.**

Age in Years	No. of Patients	Percentage
20-29	05	09.09
30-39	11	20.00
40-49	08	14.55
50-59	09	16.36
60-69	17	30.90
70-79	05	09.09
TOTAL	55	100

**Sex wise distribution**

Out of 55 patients, 39 patients were males (70.90%) and 16 patients were females (29.10%). Attack rates are specified respectively.

**Empirical treatment**

Patients who proceeded on with the empirical oesomeprazole 31, returned the symptom scores duel completed. Among them, 17 were from the dominant reflux group and 14 from the dominant dyspepsia group. Following the 2 week oesomeprazole treatment 16 of those presenting with dominant reflux symptoms and 14 of those presenting with dominant with dyspepsia reported improvement of 50% are greater in their course. Other empirical treatment includes PPIs are lansoprazole, oesomeprazole. H2 antagonists rantidine, famotidine,

cimetidine. Interestingly, close to half of patients with endoscopic oesophagitis did not have dominant heart burn or acid regurgitation contrary to our expectation no significant difference was seen in PPI treatment outcomes between the dominant reflux and dominant dyspepsia. The use of the PPI test has been recommended for diagnosing GERD with typical or atypical symptoms.

### Conclusion

Out of 55 patients studied the rate of hiatal hernia in people around 20-29(9.09%), 30-39(20%), 40-49(14.5%), 50-59(16.36%), 60-69(30.90%), 70-79(9.09%) age groups and out of them 39 (70.90%) were males and 16(29.09%) were females. In the present study, successful empirical treatment is observed by proper oesomeprazole, ranitidine. The prevalence of clinically significant endoscopic findings other than endoscopic oesophagitis among uninvestigated who present to primary care patients with the chief complaints of heart burn is relatively low in population. In the absence of alarm features or complications, an empirical treatment with PPIs, without endoscopy is reasonable option for these patients. In the present study, successful empirical treatment of hiatal hernia is observed by oesomeprazole and ranitidine.

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