

## Assessment of the Causes and Endoscopic Findings in Patients Presented with Upper Gastrointestinal Bleeding: A Single Center Experience

Abdulaziz Saad Alshahrani, MD\* Abdullah I Aedh, MD\*\* Rakan Hamad alwadai, MBBS\*\*\* Waleed Mohammed Alshehri, MBBS\*\*\* Abdullah Ahmad Sahib, MBBS\*\*\* Saeed Dawas Alwadai, MBBS\*\*\* Yasser Ali Almurdhimah, MBBS\*\*\* Ahmad Adly Bakheet, MBBS\*\*\* Mohammed Attieh Alzahrani, MD\*\*\*\*

### ABSTRACT

**Background:** Upper gastrointestinal bleeding (UGIB) is among the most typical life-threatening conditions that may require hospitalization and resuscitation associated with considerable morbidity and mortality association. Now, the recommended investigation for active UGIB is emergency esophagogastroduodenoscopy (EGD) as it had a role in diagnosis and treatment of UGIB.

**Aim:** The study aimed to assess the causes and endoscopic findings in patients presenting with UGIB at King Khalid Hospital (KKH), Najran city, Saudi Arabia.

**Methodology:** A retrospective record based observational study that was conducted between March 2017- March 2021 at KKH, Najran, KSA, from an electronic endoscopic reporting database. Data of all patients who were suspected of UGIB and had an endoscopy procedure were included. Extracted data include patients' demographic data, medical history, drug history, clinical presentation of UGIB, and their endoscopic findings including PUD, PHD, and any other relevant findings.

**Results:** A total of 308 patients fulfilling the inclusion criteria were included. Exact of 186 (60.4%) patients aged less than 65 years while 122 (39.6%) aged more than 65 years. A total of 207 (67.2%) patients were males. History of Previous episode of UGIB was reported among 63 (20.5%) patients and 48 (15.6%) had history of liver diseases. The most reported clinical presentation was hematemesis (56.2%; 173), followed by melena (27.3%; 84), both of them (11.7%; 36). The most reported findings were gastritis (52.6%; 162), gastric ulcers (17.9%; 55), Esophagitis (15.6%; 48), gastric and duodenal ulcers (12.7%; 39), Esophageal varices (12%; 37).

**Conclusions:** In conclusion, the current study showed that UGIB was more among young aged patients and males. NSAIDs was among the most frequent factors associated with UGIB. More than half of the cases were presented with hematemesis and melena. Gastric lesions were the most diagnosed using endoscopy especially gastritis and gastric ulcers.

**Keywords:** Upper GIT, Bleeding, Risk factors, Clinical presentation, Endoscopy, Causes, Findings, Saudi Arabia

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- \* Associate Professor  
Internal Medicine Department  
Gastroenterology Consultant  
College of Medicine  
Najran University  
Najran, Saudi Arabia.
- \*\* Associate Professor  
Internal Medicine Department  
Medicine and Critical Care Consultant  
College of Medicine  
Najran university  
Najran, Saudi Arabia.
- \*\*\* Medical Student  
College of Medicine  
Najran University  
Saudi Arabia.
- \*\*\*\* Associate Professor  
Department of Medicine  
Gastroenterology Consultant  
College of Medicine  
King Khalid University  
Abha, Saudi Arabia.  
E-mail: dr\_modaz@hotmail.com; malzahrani@kku.edu.sa