

Socio-demographic, physiological and lifestyle risk factors of hemorrhoids among patients with haemorrhoids at Teaching Hospital Jaffna

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Background: Haemorrhoids are a common surgical condition requiring frequent hospital admission. In Jaffna, the number of hemorrhoid-related hospital admissions shows an overall increase in recent years. This study was undertaken to determine the prevalence of sociodemographic, physiological and lifestyle risk factors of hemorrhoids among patients with haemorrhoids at Teaching Hospital Jaffna.

Methods: This was an institutional-based descriptive cross-sectional study carried out among patients diagnosed with haemorrhoids at Teaching hospital Jaffna. Data were collected from between November 2017 and March 2018 by using an interviewer-administered questionnaire. Descriptive statistics (percentages and proportions) were used to determine the prevalence of risk factors.

Results: 142 patients participated in the study. Sixty-two per cent were male and 38% were female, with the most common age groups affected 45-64 years (48.6%) and 15-44 years (39.4%). Age groups below 15 years (1.4%) and above 65 years (10.6%) comprised a small proportion of the sample. In terms of occupation, 40.8% were sedentary workers who sat for prolonged periods, while 47.9% stood for more than 6 hours continuously. A large proportion of patients (62.7%) were of lower socioeconomic status (monthly income below Rs. 30,000). Approximately 4% of the participants were pregnant women. Although most participants reported a high level of physical activity (69.7%), many were overweight (64%) and obese (16%). Notably, a third of participants (33.1%) consumed alcohol, while 22.5% smoked.

Conclusion: Being male, middle-aged, overweight/obese, engaging in sedentary work and being of lower socioeconomic status were associated with haemorrhoids. These risk factors need to be considered in the prevention of haemorrhoids in northern Sri Lanka.

Key words: Hemorrhoids, risk factors, Jaffna