

**Pattern of upper gastrointestinal diseases in patients presenting with upper gastrointestinal symptoms to the Endoscopy Unit, Teaching Hospital Jaffna**

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**Background and objective:** Digestive disorders affect millions of people worldwide with a significant impact on healthcare systems and quality of life. The aim of this study was to describe the pattern of upper gastrointestinal diseases among patients referred for upper gastrointestinal endoscopy (UGIE) to the Endoscopy Unit, Teaching Hospital Jaffna.

**Methods:** This was a descriptive cross-sectional study carried out among 300 patients with upper gastrointestinal symptoms who were referred for UGIE to the Endoscopy Unit, Teaching Hospital Jaffna, during the data collection period. We used a pretested interviewer-administered questionnaire to collect data. Frequencies and proportions were used to summarize the data.

**Results:** Among the participants (n=300), 172 (57.3%) were male and 128 (42.7%) were female. The mean age of the sample was 52.4 years ( $\pm 16.8$  years), and the majority (89%) were in the over 40 years age group. With respect to common presenting symptoms, almost two-thirds (66.2%) presented with upper abdominal pain, followed by heart burn (61.4%), bloated stomach (61.1%) and nausea (54.9%). Gastritis was the commonest UGIE finding (23.8%), followed by peptic ulcer (21.5%), the latter comprising gastric (15.6%) and duodenal (5.9%) ulcers. Reflux oesophagitis was encountered in 11.4 %, hiatus hernia in 6.9%, and portal hypertensive gastropathy in 6.6%. No abnormalities were found in 14.5 %.

**Conclusion:** The diagnostic yield of UGIE with respect to gastritis, peptic ulcers, and reflux oesophagitis is considerably high, although a substantial proportion have normal findings.

**Keywords:** Upper Gastrointestinal Endoscopy, Dyspeptic Symptoms, Gastritis, Peptic Ulcer Disease, Jaffna