



SNS COLLEGE OF ALLIED HEALTH SCIENCES

SNS Kalvi Nagar, Coimbatore - 35

Affiliated to Dr MGR Medical University, Chennai



**DEPARTMENT OF B.SC .OPERATION THEATRE &ANESTHESIA
TECHNOLOGY**

II YEAR

UNIT:3

TOPIC – GASTRITIS



CASE HISTORY



52-year-old female presents with chronic, burning epigastric pain accompanied by acid reflux, nausea, belching and decreased appetite. The patient also experiences daily headaches and dizziness. Physician advised to take blood, urine H-Pylori test, and also Upper GI endoscopy .

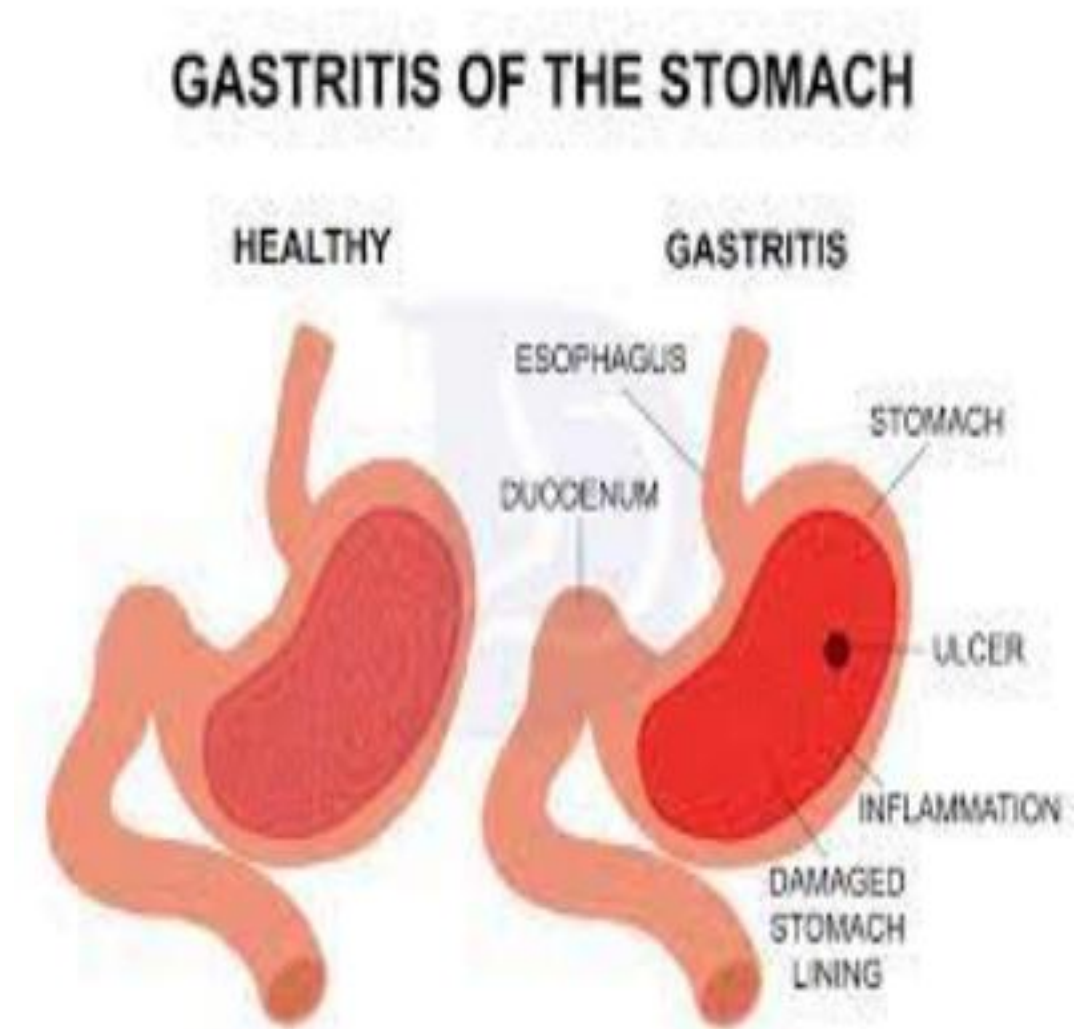


What is Gastritis?



Gastritis is an inflammation of the protective lining of the stomach. Acute gastritis involves sudden, severe inflammation.

- Chronic gastritis involves long-term inflammation that can last for years if it's left untreated.





Fast facts on gastritis



- ❖ Gastritis can increase the risk of stomach ulcers and cancer
- ❖ People with gastritis typically report sharp, stabbing, or burning pains in the upper-center or upper-left part of the abdomen
- ❖ Smokers and people who regularly use pain medications are at risk of gastritis

Causes and types

Gastritis happens after a weakening of the protective mucus lining of the stomach.

- Digestive juices can then damage and inflame the walls of the stomach.



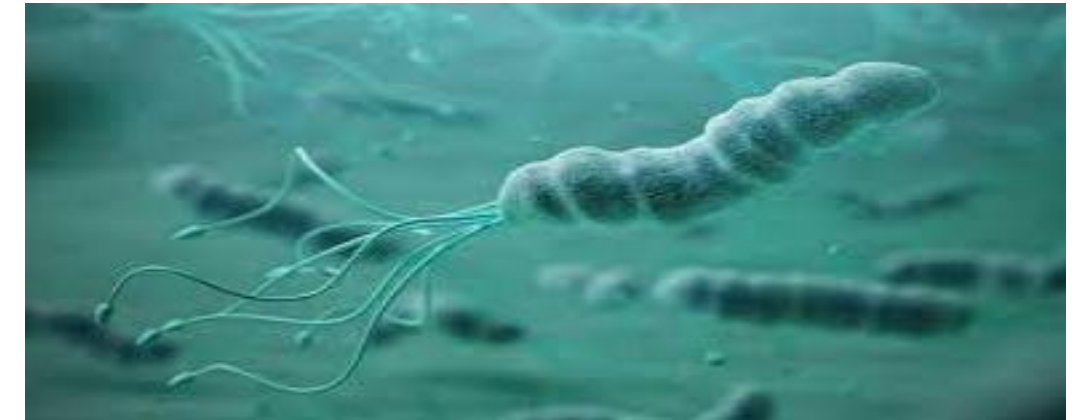


RISK FACTORS



Bacterial infections, especially H. pylori infection

- viral, fungal, or parasitic infections
- smoking
- caffeine intake
- excessive alcohol intake, =cocaine use
- stress
- routine use of pain medications, such (NSAIDs)

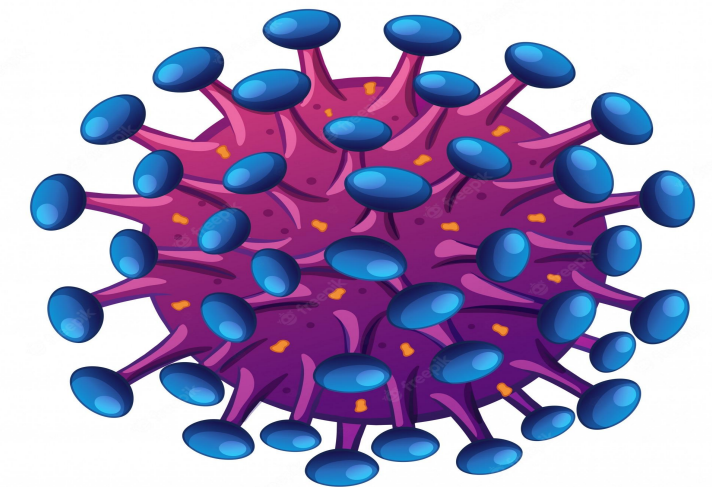




Risk factors (Contd)



- Regularly taking medications such as prescription steroids, chemotherapy, potassium, supplements, and iron.
- Being an older adult
- swallowing corrosives or foreign objects
- vitamin B12 deficiency
- HIV



HIV

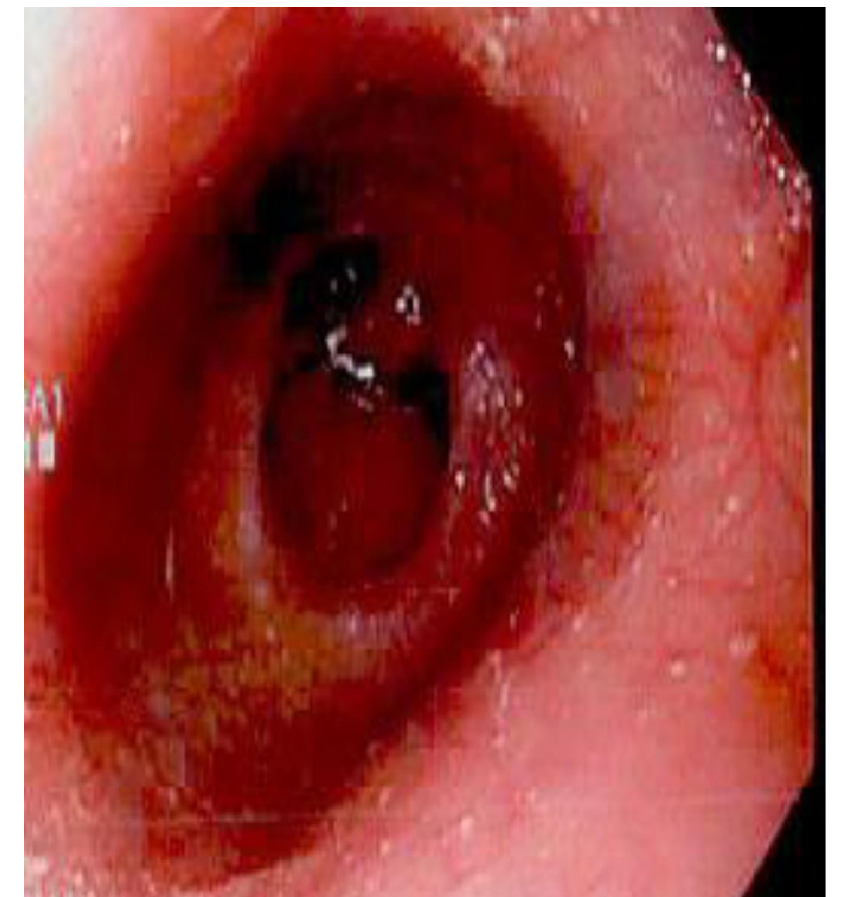


Erosive gastritis



Erosive gastritis:

- ❖ This form of gastritis is severe, and involves both inflammation and the gradual wearing down of the stomach lining.
- ❖ Erosive gastritis usually has a quick onset, but this may take longer with chronic gastritis.



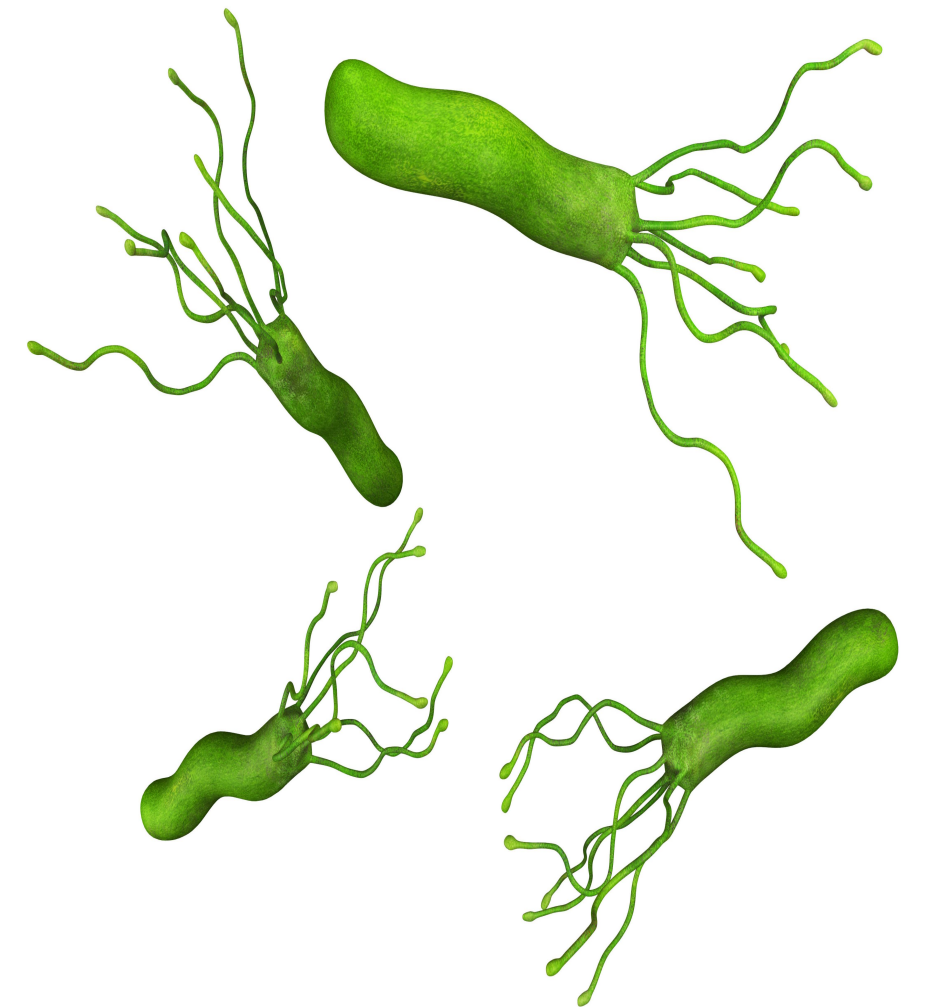


Nonerosive gastritis



◆ Nonerosive gastritis

- ◆ • The nonerosive form of gastritis involves changes in the stomach lining .
- ◆ The most common cause of gastritis is H. pylori infection in the stomach lining.





Post Gastrectomy Gastritis



The stomach lining degenerates after the removal of part of the stomach.

Gastrectomy may cause increased reflux, reactions from the vagal nerve, or reduction in the number of acids triggered by hormones.



Other types of Gastritis



- ❖ **Infectious gastritis not caused by H. pylori:** Viruses or fungi can cause gastritis in people with immune difficulties or long-term illnesses.
- ❖ **Radiation gastritis:** Exposure of the abdominal area to radiation can irritate the stomach lining.
- ❖ **Eosinophilic gastritis:** This form of gastritis can occur due to an allergic reaction.
- ❖ **Ménétrier disease:** This disorder is rare and involves the development of thick folds and cysts on the stomach wall.



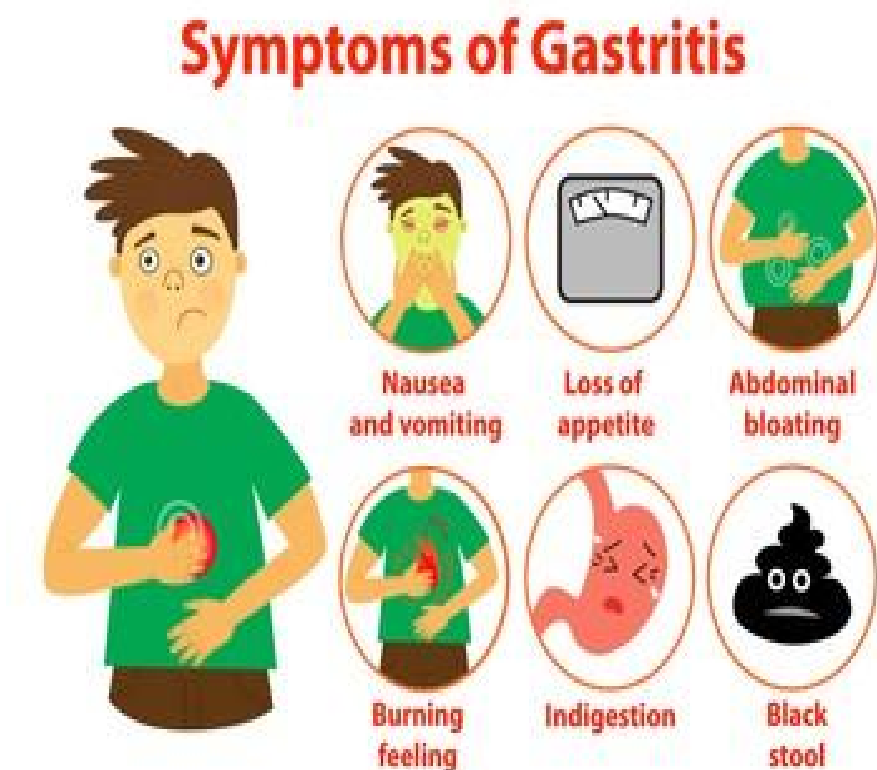
Risk factors (Contd)



- Crohn's disease
- bile reflux after undergoing stomach surgery
- a history of chronic vomiting.
- exposure to radiation, either by radioactive treatment or contamination.
- Food allergies.
- Other infections that can increase the risk of gastritis include tuberculosis and syphilis.

Presenting Signs & Symptoms

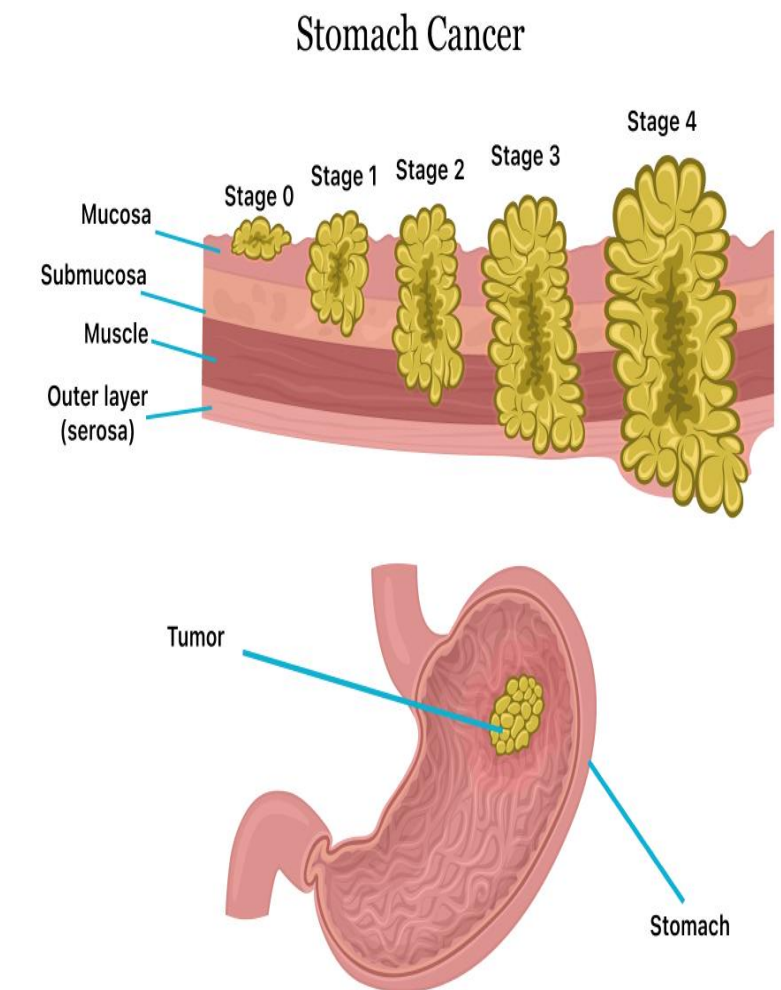
- vomiting blood, bringing up excessive amounts of yellow or green vomit, black or bloody bowel movements.
- abdominal pain with fever
- dizziness and fainting, rapid heartbeat
- excessive sweating, shortness of breath
- Gastritis may occur without any symptoms



Complications

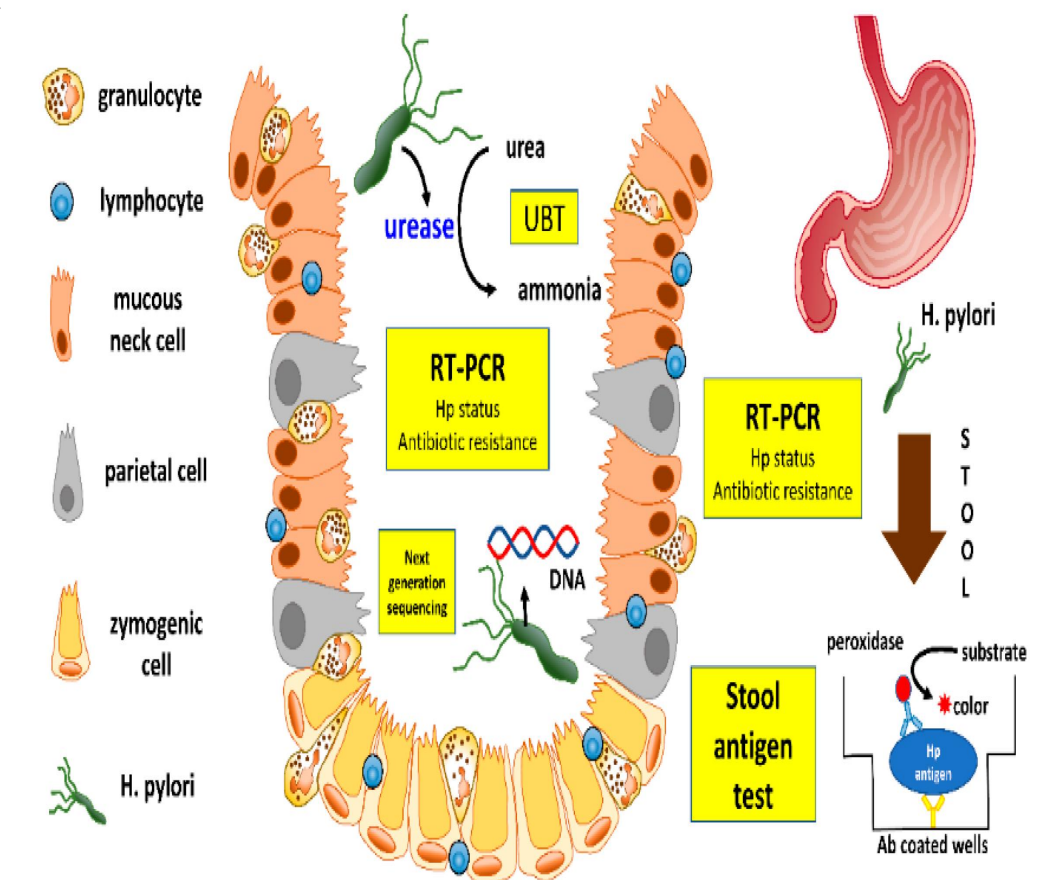
Stomach bleeding and ulcers can occur in people with gastritis who are yet to be treated.

- Chronic gastritis can sometimes increase the risk of developing stomach growths and tumors.



Diagnosis

- Physical examination
- medical history of an individual and their current symptoms
- evaluation for *H. pylori*
- Stooltesting,
- Endoscopy





DIAGNOSIS



- ✓ • X- rays of the esophagus, stomach, and small intestine
- ✓ • Barium swallow.
- ✓ • Barium is a white, metallic liquid that is sometimes swallowed before a scan to help highlight any abnormalities.





Diagnosis

- Blood tests urine tests
- Evaluations of kidney and liver function checks for anemia
- Gallbladder and pancreas function tests
- pregnancy tests
- stool evaluation



ASSESSMENT



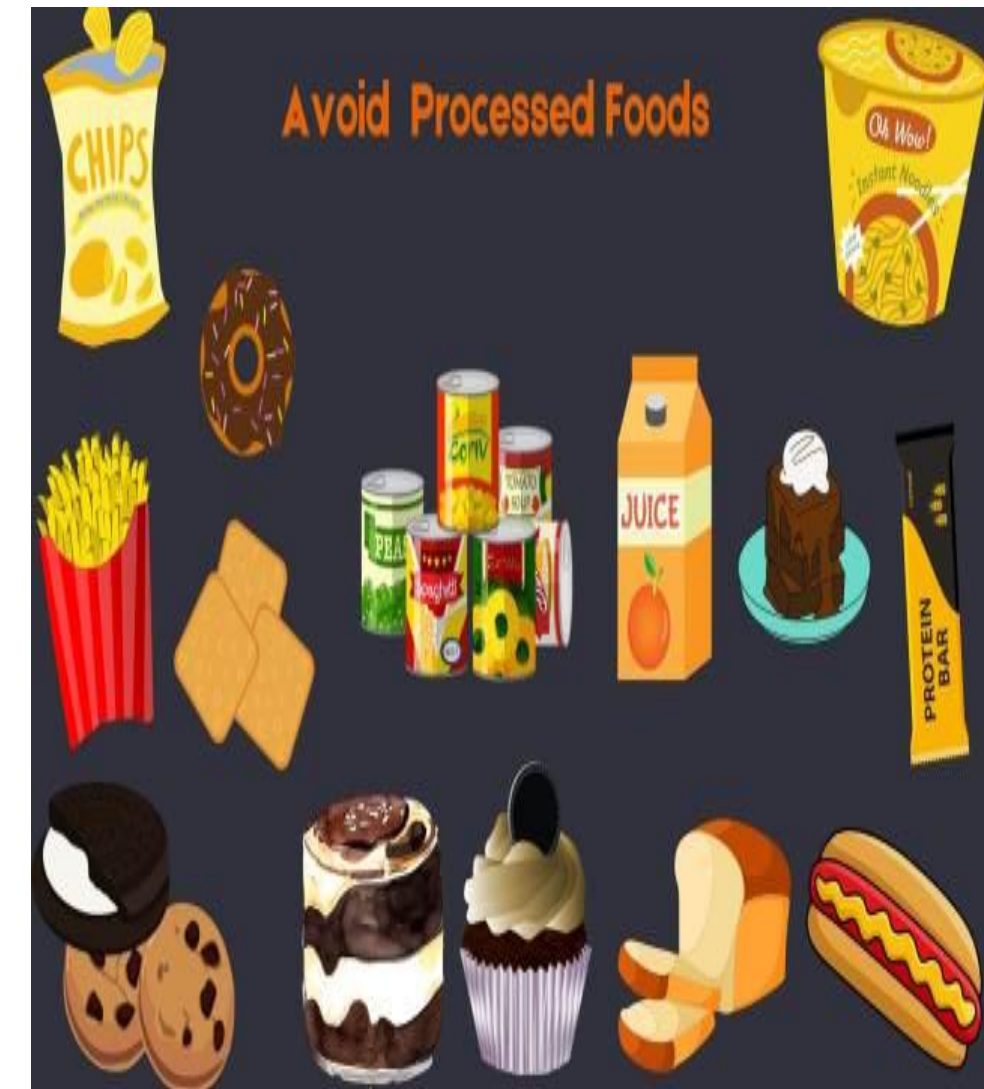
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- 1. List out different Types of Gastritis with its causes?
- 2. Recall the complications of Gastritis
- 3. What is Barium swallow? why is it used ?



Foods to avoid:



- ❖ caffeinated drinks, regular and decaffeinated
- ❖ coffee, mint, green, and black teas orange and grapefruit juices alcohol beverages
- ❖ spicy foods, such as chili powder, hot peppers, nutmeg, and black pepper
- ❖ dairy foods made from whole milk and strong or spicy
- ❖ Cheeses, tomato products chocolate





Treatment



▪ **Antibiotic medications:** A 10-to-14-day course of antibiotics can directly attack *H. pylori*.

▪ Regimens may include clarithromycin and metronidazole.

▪ **Proton pump inhibitors:** These include omeprazole and lansoprazole. Proton pump inhibitors block the production of acid and aid healing.

▪ **Histamine (H-2) blockers:** Histamine blockers, such as famotidine, can decrease acid production.





Treatment



Antacids: These can neutralize stomach acid.

- **Coating agents:** Sucralfate or misoprostol can coat and protect the stomach lining.
- **Anti-nausea medications:** This type of medication can reduce sickness symptoms.
- **The treatment depends on the cause.** For example, if the cause of gastritis is not bacterial, antibiotics will have no effect.





REFEENCE



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