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A clinical audit of endoscopy procedures in a Tertiary Care Hospital in Pakistan

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ABSTRACT

Background and Objective: Endoscopy is considered the gold standard for evaluating and managing gastrointestinal (GI) disorders. It serves both diagnostic and therapeutic purposes in patients presenting with upper GI symptoms. This study aimed to audit the common indications for upper GI endoscopy and their associated endoscopic findings at Dr. Akbar Niazi Teaching Hospital, Islamabad, Pakistan.

Methods: This cross-sectional study was conducted on 374 patients presenting with upper GI symptoms (including dyspepsia, dysphagia, epigastric pain, and hematemesis) between January 2021 and April 2024. Patients were recruited from both inpatient and outpatient settings. Demographic and clinical data were recorded. Endoscopic findings were documented and categorized according to indication. Descriptive statistics were applied for frequency distribution. The chi-square test was used to assess associations between presenting symptoms and endoscopic findings, with a p -value <0.05 considered statistically significant.

Results: Of the 374 patients, 62% were male and 38% female. Common indications included dysphagia (29%), epigastric discomfort (21%), dyspepsia (15%), hematemesis (13%), and chronic liver disease (5%). Endoscopic findings revealed esophagitis and gastritis predominantly in dyspepsia and epigastric pain cases, variceal bleeding in CLD and hematemesis cases, and esophageal growth in most dysphagia cases. The association between presenting complaint and endoscopic diagnosis was statistically significant ($p < 0.05$).

Conclusion: Upper GI endoscopy remains an indispensable tool for accurate diagnosis in patients with persistent upper GI symptoms.

Keywords: Endoscopy, audit, dyspepsia, gastrointestinal tract.

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