



Journal Homepage: - [www.journalijar.com](http://www.journalijar.com)

## INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/10267

DOI URL: <http://dx.doi.org/10.21474/IJAR01/10267>



### RESEARCH ARTICLE

#### PREVALENCE OF HEMORRHOIDS AND ASSOCIATED COMPLICATIONS IN KINGDOM OF SAUDI ARABIA

Masoud Ahmad Al-Ghamdi<sup>1</sup>, Hoda Jehad Abousada<sup>2</sup>, Sarah Mohammed Awadh Al-Qahtani<sup>3</sup>, Rahaf Faiz Ali al-Asmari<sup>3</sup>, Ohoud Abdullah Al-Otaibi<sup>3</sup>, Marwa Waleed A. Mohammed Al-Hassan<sup>4</sup>, Shimaa Fahd ALrdadi<sup>4</sup>, Ibrahim Kamil Alsulimani<sup>5</sup> and Nawaf Khaled Andijani<sup>5</sup>

1. Consultanat General, Laproscopic And Colorectal Surgery At The Surgery Department in King Fahad General Hospital, Jeddah.
2. BSHC, KSA (postal Address: jeddah, Al-Thaghr Neighborhood 22338).
3. Medical Interns, Ibn Sina National College, KSA.
4. Medical Intern, King Faisal University, KSA.
5. Medical Student, Taif University, KSA.

#### Manuscript Info

#### Abstract

#### Manuscript History

Received: 15 November 2019

Final Accepted: 22 December 2019

Published: January 2020

Copy Right, IJAR, 2020,. All rights reserved.

#### Introduction:-

Hemorrhoids are swollen veins located around the anus or in the lower rectum. About 50 percent of adults experienced the symptoms of hemorrhoids by the age of 50. Hemorrhoids can either be internal or external. Internal hemorrhoids develop within the anus or rectum.

#### Rationale:

This research will add new findings on the prevalence of hemorrhoids in the general population to this time and the associated complications. Also, it is important to know the extent of intellectual awareness of this subject, as shyness from a clinical medical examination may increase the incidence of complications.

#### Research question:

Questionnaire.

#### Aim :

To determine the prevalence of hemorrhoid and associated complications.

#### Objective:-

##### The main objective:

To determine the prevalence of hemorrhoid and associated complications

##### The sub- objectives:

- 1- To identify the most gender affected.
- 2- To identify the most affected type of hemorrhoids.

**Corresponding Author:- Hoda Jehad Abousad**

Address:- BSHC, KSA (postal address: jeddah, Al-Thaghr neighborhood 22338).

- 3- To identify the most symptoms associated with hemorrhoids.
- 4- To see how much the general public expresses intellectual awareness about the:
  - a) Most common cause of hemorrhoids.
  - b) Do not go to the doctor because of feeling ashamed.

### **Method and Design:-**

#### **Study design:**

Cross sectional study.

#### **Study area:**

Kingdom of Saudi Arabia

#### **Study setting:**

The study will be carried out by questionnaire.

#### **Study population:**

#### **Inclusion criteria:**

Adult general population

#### **Exclusion criteria:**

non

### **Data Collection Methods:-**

#### **Data collection tool:**

Self-administered questionnaire partially constructed by the researcher with reference to already made questionnaire in another study .Validity will be checked by at consultant.

#### **Data collection technique:**

The researcher will distribute the questionnaire.

#### **Study sample and technique:**

Questionnaire from the general adult population

#### **Sample size:**

1172

#### **Sample technique:**

Questionnaire.

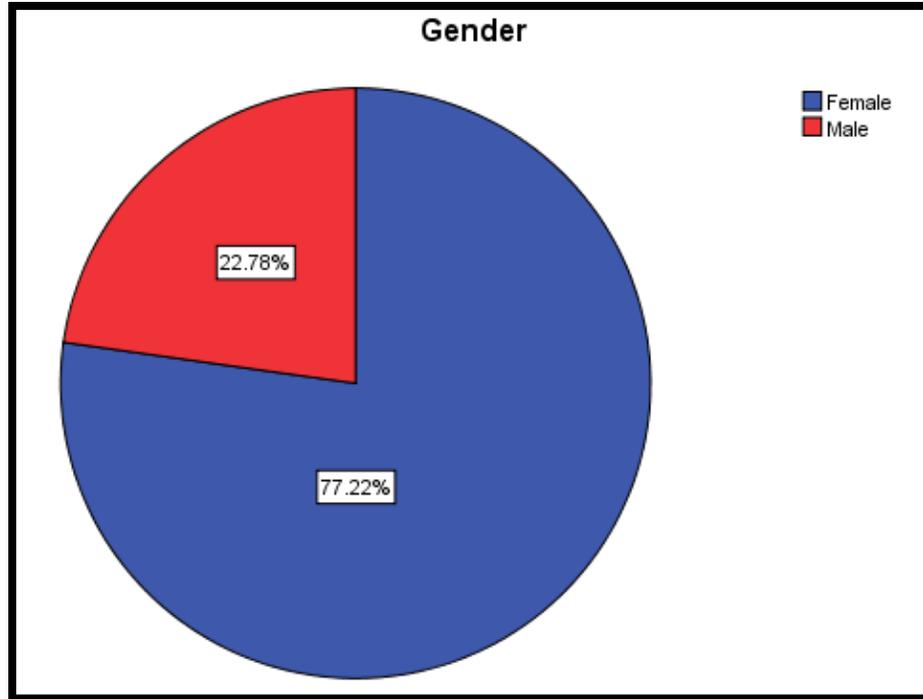
#### **Data entry and statistical analysis:**

The data will be entered into a personal computer and it will be analyzed using Statistical Package for the Social Sciences (SPSS).

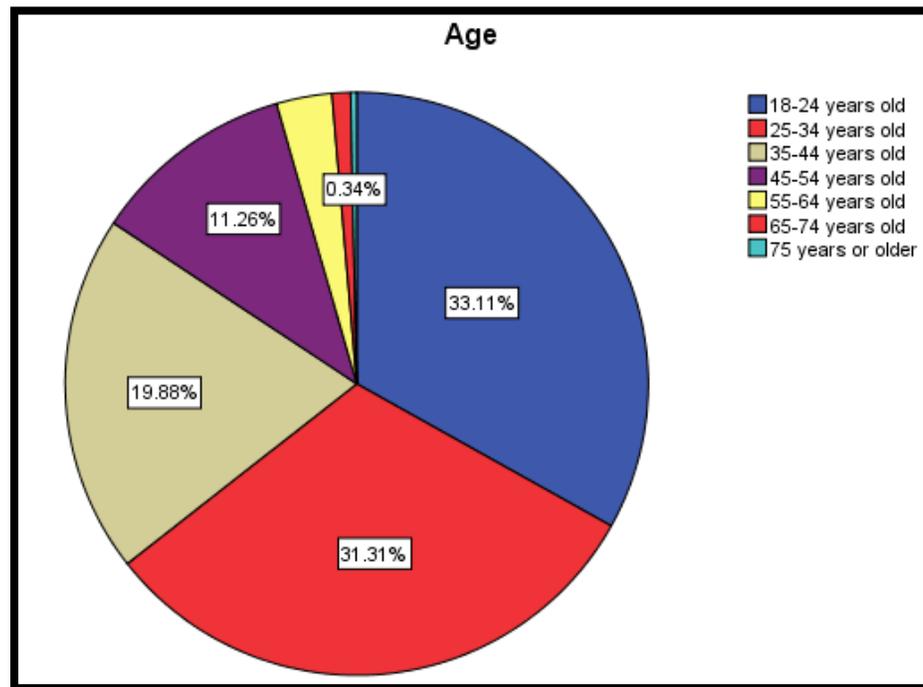
### **Results:-**

Questionnaire of the prevalence of hemorrhoids and associated complications in an adult general population.

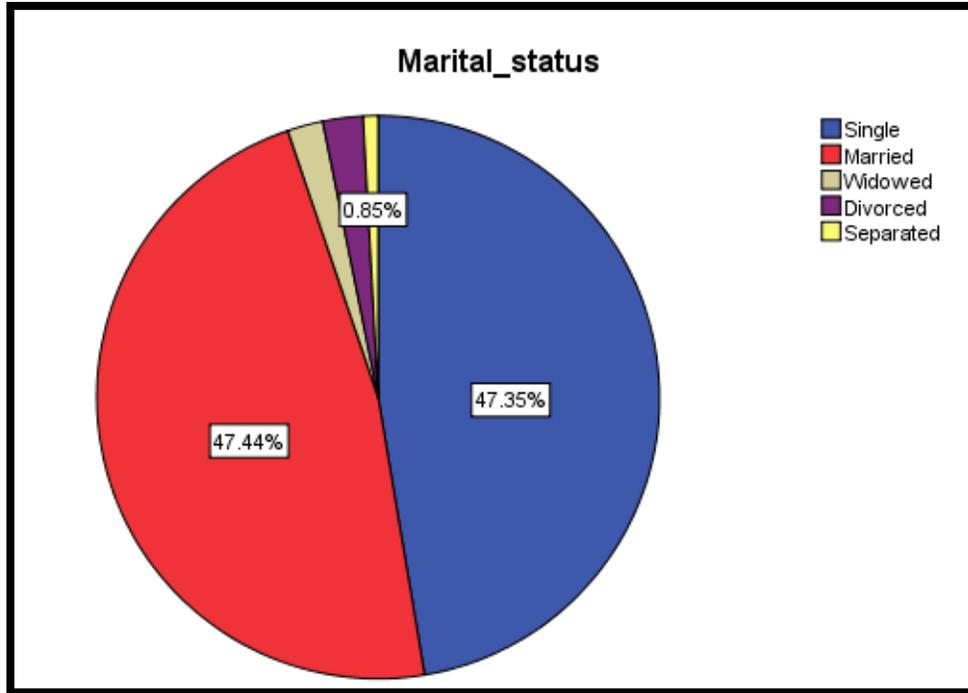
1172 responses were collected showing the following results and conclusion :



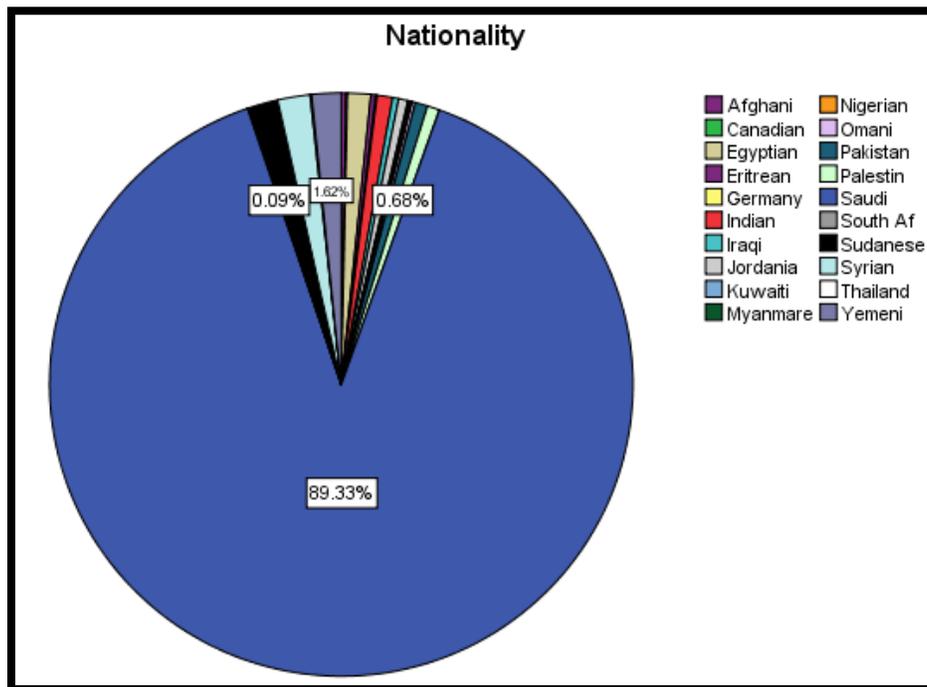
The results indicate that most respondents are females.



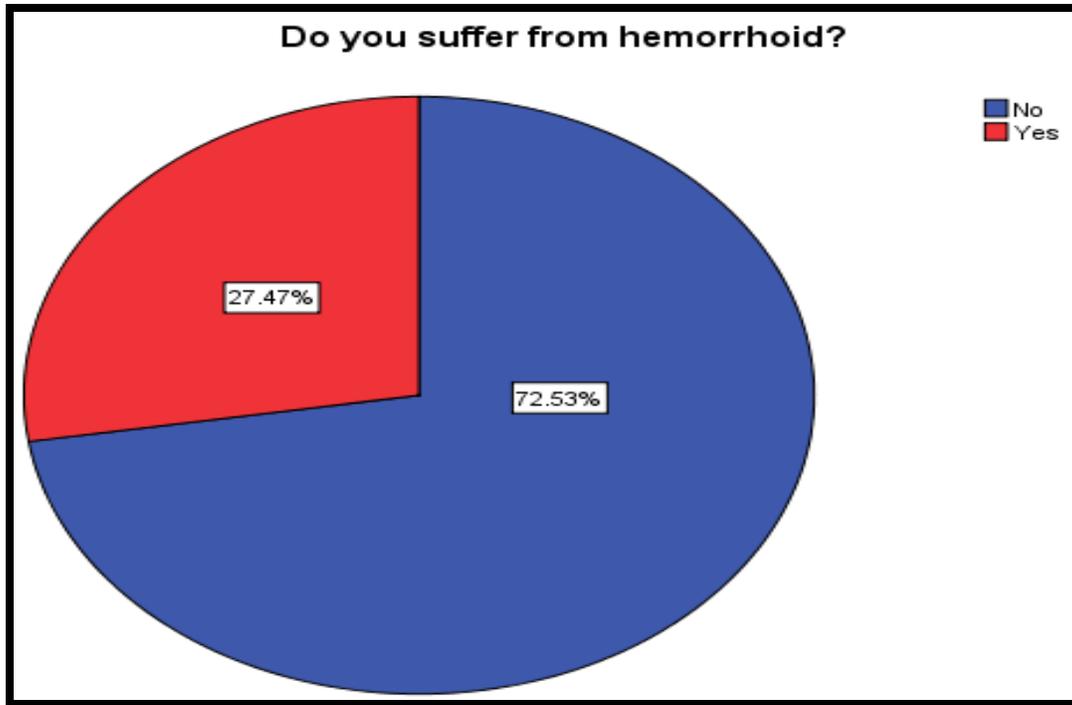
The results show that most of the respondents are between 18-34 years old.



The results showed that the majority of the marital status of the respondents are either married or single in equal proportions.



The results show that most of the respondents are Saudis.



The results showed that 27% of the respondents had hemorrhoids.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Internal hemorrhoid	112	9.6	31.9	31.9
	External hemorrhoid	223	19.0	63.5	95.4
	Thrombosed hemorrhoid	16	1.4	4.6	100.0
	Total	351	29.9	100.0	

The results showed most of the respondents who have hemorrhoids they suffer from external hemorrhoid.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	143	12.2	37.0	37.0
	Yes	244	20.8	63.0	100.0
	Total	387	33.0	100.0	

The results showed most of the respondents who have hemorrhoids feel pain.

<b>Do you feel itchy?</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	171	14.6	44.3	44.3
	Yes	215	18.3	55.7	100.0
	Total	386	32.9	100.0	

The results showed most of the respondents who have hemorrhoids feel itchy.

<b>Do you feel burning sensation during micturition?</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	269	23.0	70.1	70.1
	Yes	115	9.8	29.9	100.0
	Total	384	32.8	100.0	

The results showed most of the respondents who have hemorrhoids do not feel burning sensation during micturition.

<b>Since when you suffer from it?</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	< 6months	80	6.8	22.0	22.0
	1-2 years	86	7.3	23.7	45.7
	> 2years	197	16.8	54.3	100.0
	Total	363	31.0	100.0	

The results showed that most of the respondents suffering from hemorrhoids had suffered from it for more than two years.

<b>Do you suffer from complications of hemorrhoids?</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	168	14.3	44.0	44.0
	Yes	88	7.5	23.0	67.0
	I don't know	126	10.8	33.0	100.0
	Total	382	32.6	100.0	

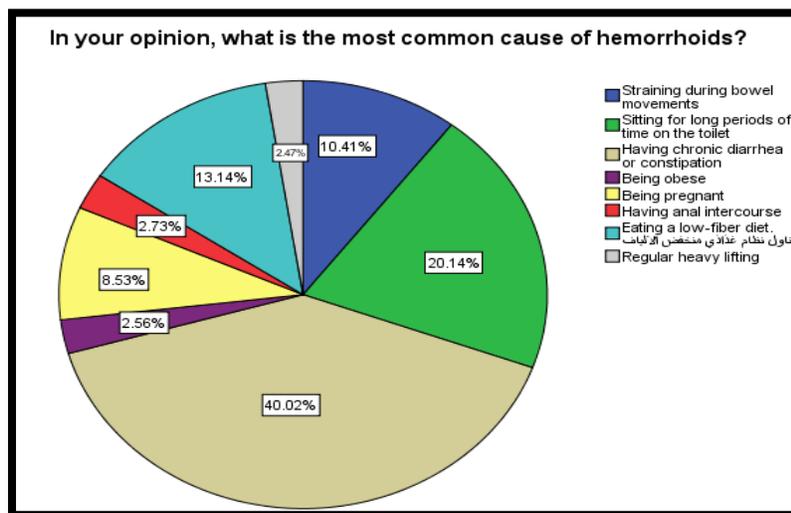
The results showed that most of the respondents suffering from hemorrhoids do not suffer from complications of hemorrhoids.

Determine the complications you are experiencing?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Nothing لا شيء	208	17.7	59.8	59.8
	sever hemorrhage	43	3.7	12.4	72.1
	Anemia	21	1.8	6.0	78.2
	strangulated hemorrhoid	28	2.4	8.0	86.2
	Ulceration	41	3.5	11.8	98.0
	Fibrosis تكليف	7	.6	2.0	100.0
	Total	348	29.7	100.0	

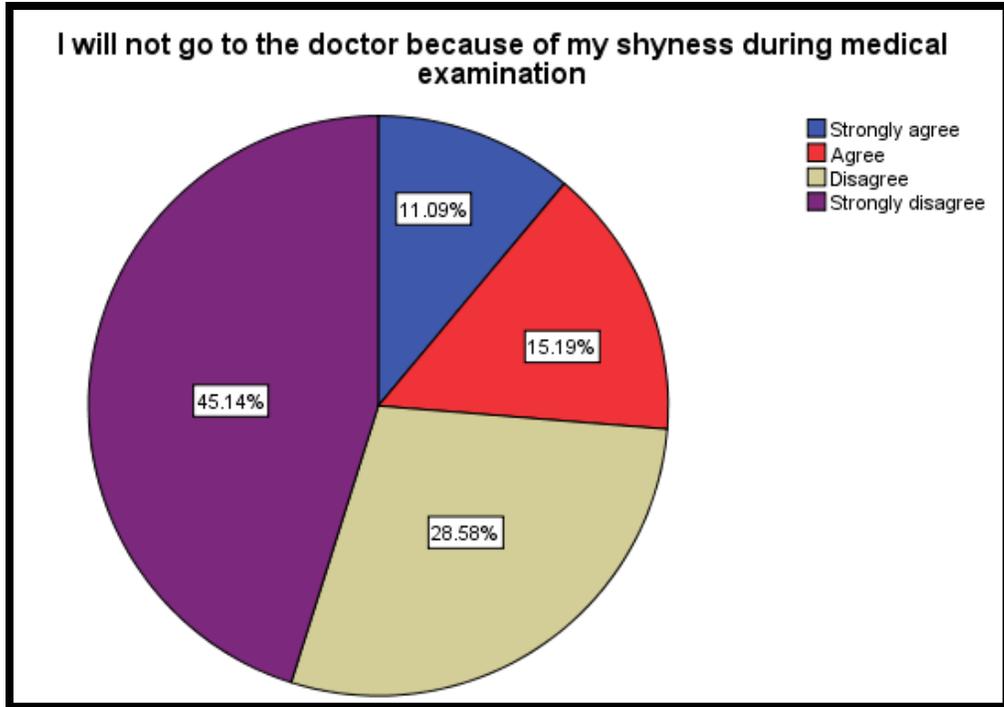
The results showed that the most common type of complication in patients with hemorrhoids is ulceration and sever hemorrhage.

What is your treatment plan?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I didn't treat that	197	16.8	52.5	52.5
	By medication	120	10.2	32.0	84.5
	By surgery	58	4.9	15.5	100.0
	Total	375	32.0	100.0	

The results showed that most of the respondents were not treated and those who were treated were treated with medication.



The results showed that most of the respondents believed that the most important reason behind hemorrhoids is chronic diarrhea or constipation.



The results showed that the majority of respondents did not find any embarrassment in going to the doctor for examination.

**Correlations:**

Correlations			
		What is your treatment plan?	Do you feel burning sensation during micturition?
What is your treatment plan?	Pearson Correlation	1	.122*
	Sig. (2-tailed)		.019
	N	375	369
Do you feel burning sensation during micturition?	Pearson Correlation	.122*	1
	Sig. (2-tailed)	.019	
	N	369	384

\*. Correlation is significant at the 0.05 level (2-tailed).

P value is 0.019 which means there is a strong relationship between the treatment plan and feeling burning sensation during micturition.

Correlations			
		Do you feel pain ?	Do you feel itchy?
Do you feel pain ?	Pearson Correlation	1	.351**
	Sig. (2-tailed)		.000
	N	387	381
Do you feel itchy?	Pearson Correlation	.351**	1
	Sig. (2-tailed)	.000	
	N	381	386

\*\* . Correlation is significant at the 0.01 level (2-tailed).

P value is 0.000 which means there is a strong relationship between feeling pain and itchy.

Correlations			
		Do you feel pain ?	Do you suffer from hemorrhoid?
Do you feel pain ?	Pearson Correlation	1	.260**
	Sig. (2-tailed)		.000
	N	387	387
Do you suffer from hemorrhoid?	Pearson Correlation	.260**	1
	Sig. (2-tailed)	.000	
	N	387	1172

\*\* . Correlation is significant at the 0.01 level (2-tailed).

P value is 0.000 which means there is a strong relationship between feeling pain and suffering from hemorrhoid.

Correlations			
		Do you suffer from complications of hemorrhoids?	Do you feel pain ?
Do you suffer from complications of hemorrhoids?	Pearson Correlation	1	.194**
	Sig. (2-tailed)		.000
	N	382	378
Do you feel pain ?	Pearson Correlation	.194**	1
	Sig. (2-tailed)	.000	
	N	378	387

\*\* . Correlation is significant at the 0.01 level (2-tailed).

P value is 0.000 which means there is a strong relationship between feeling pain and suffering from complications of hemorrhoid.

Correlations			
		Do you suffer from hemorrhoid?	What is your treatment plan?
Do you suffer from hemorrhoid?	Pearson Correlation	1	.155**
	Sig. (2-tailed)		.003
	N	1172	375
What is your treatment plan?	Pearson Correlation	.155**	1
	Sig. (2-tailed)	.003	
	N	375	375

\*\* . Correlation is significant at the 0.01 level (2-tailed).

P value is 0.003 which means there is a strong relationship between suffering from hemorrhoid and the treatment plan.

Correlations			
		What is your treatment plan?	Age
What is your treatment plan?	Pearson Correlation	1	.263**
	Sig. (2-tailed)		.000
	N	375	375
Age	Pearson Correlation	.263**	1
	Sig. (2-tailed)	.000	
	N	375	1172

\*\* . Correlation is significant at the 0.01 level (2-tailed).

P value is 0.000 which means there is a strong relationship between receiving the treatment plan and the age.

**Discussion:-**

This study was based on a number of 1172 participants, from this study as the number of females is 905 and males is 267 and , 322 of them suffer from hemorrhoids which is considering as unhealthy sign requires going to the doctor for a health check-up,.

The current study showed statistically significant (P value is 0.000) which means which means there is a strong relationship between feeling pain and itchy, (P value is 0.019) which means there is a strong relationship between the treatment plan and feeling burning sensation during micturition.

(P value is 0.000) which means there is a strong relationship between feeling pain and suffering from hemorrhoid.

**Conclusion:-**

The results showed very positive results due to the low percentage of people with hemorrhoids. People with hemorrhoids experience many symptoms, including itching and pain.

Hemorrhoids cause many complications, including severe bleeding and ulceration. Most people with hemorrhoids have been treated with medication.

40% of the respondents think that the most important cause of hemorrhoids is having chronic diarrhea or constipation.

### **Recommendation:-**

We recommend setting up health education programs about the hemorrhoids, This health problem must be presented broadly and beneficially and, in a way, that everyone understands, as most deal with the hemorrhoids by ignoring and not being important, work should be done on health conferences and medical discussions on that.

### **Acknowledgement:-**

The authors would like to thank the participants We thank the data collectors: Dr. Taghreed Faisal Alawi for her great cooperation, Participants will be carried out by questionnaire.

### **Ethical consideration:**

- Individual consent from participants ( written on the front page of the questionnaire).
- All information will be kept confidential.

### **Budget:**

Self funded

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

### **Appendices:**

( Questionnaire )

Questionnaire of the prevalence of hemorrhoids and associated complications in an adult general population.

1- Gender: الجنس

- Female / أنثى
- Male / ذكر

2- Age: العمر

- 18-24 years old
- 25-34 years old
- 35-44 years old
- 45-54 years old
- 55-64 years old
- 65-74 years old
- 75 years or older

3- Marital\_status: الحالة الاجتماعية

- Single اعزب
- Married متزوج/ة
- Widowed ارملة/ة
- Divorced مطلق/ة
- Separated منفصل/ة

4- Nationality : الجنسية

5- Do you suffer from hemorrhoid? هل تعاني من البواسير?

- Yes / نعم
- No / لا

If your answer is (YES), go to section (2) then (3) \ if your answer is (NO), go to section (3) direct.

إذا كان جوابك ( نعم ) ، انتقل الى القسم ( ٢ ) ثم ( ٣ ) / إذا جوابك ( لا ) انتقل الى القسم ( ٣ ) مباشرة .

6- What type of hemorrhoids infected ? مانوع البواسير المصاب بها ؟

- Internal hemorrhoid البواسير الداخلية
- External hemorrhoid البواسير الخارجية
- Thrombosed hemorrhoid البواسير المختثرة

7- Do you feel pain ? هل تشعر بالألم ؟

- Yes / نعم
- No / لا

8- Do you feel itchy ? هل تشعر بالحكة ؟

- Yes / نعم
- No / لا

9- Do you feel burning sensation during micturition? هل تشعر بحرقان اثناء التبول ؟

- Yes / نعم
- No / لا

10- Since when you suffer from it? منذ متى وانت تعاني من ذلك ؟

- < 6months
- 1-2 years
- > 2years

11- Do you suffer from complications of hemorrhoids? هل تعاني من مضاعفات بسبب البواسير ؟

- Yes / نعم
- No / لا
- I don't know لا اعلم

12- Determine the complications you are experiencing? حدد المضاعفات التي تعاني منها ؟

- sever hemorrhage نزيف حاد
- Anemia فقر الدم
- strangulated hemorrhoid بواسير مختنقة
- Ulceration تقرح
- Fibrosis تليف
- Nothing لا شيء

13- What is your treatment plan? ماهي خطة العلاج التي اتبعتها ؟

- By medication عن طريق الأدوية
- By surgery عن طريق الجراحة
- I didn't treat that لم اعالج ذلك

These are general questions, please answer them whether you are suffer from hemorrhoids or don't suffer.

هذه أسئلة عامة يرجى الإجابة عليها ما إذا كنت تعاني من البواسير أو لا تعاني من البواسير .

14- Since when you suffer from it? منذ متى وانت تعاني من ذلك

- Straining during bowel movements. إجهاد خلال حركة الأمعاء
- Sitting for long periods of time on the toilet. الجلوس لفترات طويلة على المراض
- Having chronic diarrhea or constipation. وجود إسهال مزمن أو إمساك
- Being obese. البدانة
- Being pregnant. الحمل
- Having anal intercourse. وجود الجماع الشرجي
- Eating a low-fiber diet. تناول نظام غذائي منخفض الألياف
- Regular heavy lifting . رفع الأثقال .

15- I will not go to the doctor because of my shyness during medical examination انا لن اذهب الى الطبيب بسبب الشعور بالخجل اثناء الفحص الطبي

- Strongly disagree لا اوافق بشدة
- Disagree لا اوافق
- Strongly agree اوافق بشدة
- Agree اوافق

Thank you..