

Prevalence, Treatment Outcomes and Factors Associated with Upper-Gastrointestinal Bleeding Among Adult In-Patients Receiving Care in Amolatar District

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Background: Upper gastrointestinal bleeding is a very prevalent condition and its prevalence in Uganda is about 20.3%. Many studies have not yet identified prevalence, treatment outcome and factors associated with upper gastrointestinal bleeding in Amolatar and these necessitated this study.

Objective: This aimed at determining the prevalence, treatment outcome, and factors associated with upper gastrointestinal bleeding among adult patients in Amolatar District, Northern Uganda.

Methods: A cross-sectional study design was performed between January 2021 and December 2022 in five selected health facilities. Data was collected using a data extraction form on socio-demographic characteristics, health related factors and treatment outcomes. Data was entered and analyzed using SPSS version 20 at the level of univariate, bi-variate and multivariate to identify variables that were significantly associated with UGIB.

Results: According to the study, the prevalence of upper gastrointestinal bleeding in Amolatar was found to be 24.5%. with all patients who were treated for UGIB (73.8%) treated and improved, (24.6%) were referred and (1.6%) patient died. Alcohol consumption (AOR: 2.261; CI 95%, 1.089-4.634; $p=0.026$) and previous history of UGIB (AOR: 13.01; CI 95%, 6.723-25.512; $p=0.001$) are factors found to be associated with UGIB.

Conclusion: The prevalence of Upper gastrointestinal bleeding was at 24.5%, with all patients treated for UGIB, (73.8%) treated and improved, 24.6% were referred and the mortality rate stood at 1.6%. previous history of UGIB and alcohol consumption were independently significantly associated with Upper gastrointestinal bleeding.

Recommendations: Further study on outcomes and factors associated with Upper gastrointestinal bleedings. Provision of health educations and sensitizations to the community on the causes, risks factors and the health outcomes of Upper gastrointestinal bleedings need to be undertaken.

Keywords: *Prevalence, Treatment Outcomes, Upper-Gastrointestinal Bleeding, Adult In-Patients*