Gastroesophageal reflux disease and Its related factors among women: Korean Nurses’ Health Study

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Introduction

Gastroesophageal reflux disease (GERD) is a common, chronic condition caused by the retrograde flow of gastric contents into the esophagus. It affects the patient’s quality of life and its prevalence has been increasing not only in Western countries, but also in Korea. Changes in dietary preferences and development in endoscopic examination. Health related quality of life among women, which refers to the physiological, psychological and social domains, is recognized as an important outcome for women with chronic disease.

Purpose

The purpose of this research was intended to assess GERD of women working as hospital nurses and to investigate its related factors. Factors were composed of four factors as like demographic characteristics, age, education level, marital status, physiological factors: BMI, sleep disturbance, fatigue, psychological factors: depression, anxiety, and perceived health status factors: smoking, status, drinking status, perceived health status.

Method

Data were collected from July, 2013 to Oct, 2014 by the Korean Nurses’ Health Study (KNHS). A total 15,237 data were analyzed using SPSS PC+ win 20.0 according to aim of statistical examination as descriptive analysis, χ2 test, multivariate logistic regression analysis.

Results

Women having GERD were 2219 nurses(14.6%) of total 15,237 nurses. Table 1-1, 1-2, 1-3. Multivariate logistic regression found significant effects for GERD at age of thirty(OR 1.5 [95% confidence interval 1.3-1.7], p<.001) because of changes in dietary preferences and development in endoscopic examination. Health related quality of life among women, which refers to the physiological, psychological and social domains, is recognized as an important outcome for women with chronic disease.

Conclusion

This study showed that the major factors influencing on GERD among women nurses were age, marital status, smoking, perceived health status. For evidence based practice, the educational program that prevent GERD of women considering risk factors will be developed.

Reference


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