

Clinical Profile of Alcoholic Patients Admitted in Medical Wards or Medical Intensive Care Unit in a Tertiary Care Hospital

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Abstract

Introduction: Number of alcoholic patients coming to a general hospital is very high. Acute alcohol intoxication as well as other alcohol related health problems are responsible for a large number of admissions. **Aim:** To study the clinical profile of alcoholic patients admitted in medical wards or ICU in a tertiary care hospital. **Methods:** Total 150 patients who gave history of alcohol consumption at least thrice a week for minimum 6 months in continuation were included in this study and Clinical proforma was filled for each patient noting details of—history of present illness, details of alcohol consumption (duration, frequency, quantity and type of alcohol), clinical features, investigations and final diagnosis. Patients were categorized as harmful drinkers or otherwise by applying CAGE and AUDIT-C questionnaire. **Results:** Most common abnormality encountered in USG was ascites, portal hypertension, cirrhosis (n=47, 31.4%). Decreased haemoglobin was encountered in 129 patients (86%). 57 patients (38%) were diagnosed with cirrhosis, out of which majority had daily intake of alcohol (n=44), <180 ml/day (n=36), total duration for majority being in the range 16-25 years. Same scenario was encountered in patients diagnosed with alcoholic hepatitis. **Conclusion:** Increasing alcoholism in young age group is worrying finding.