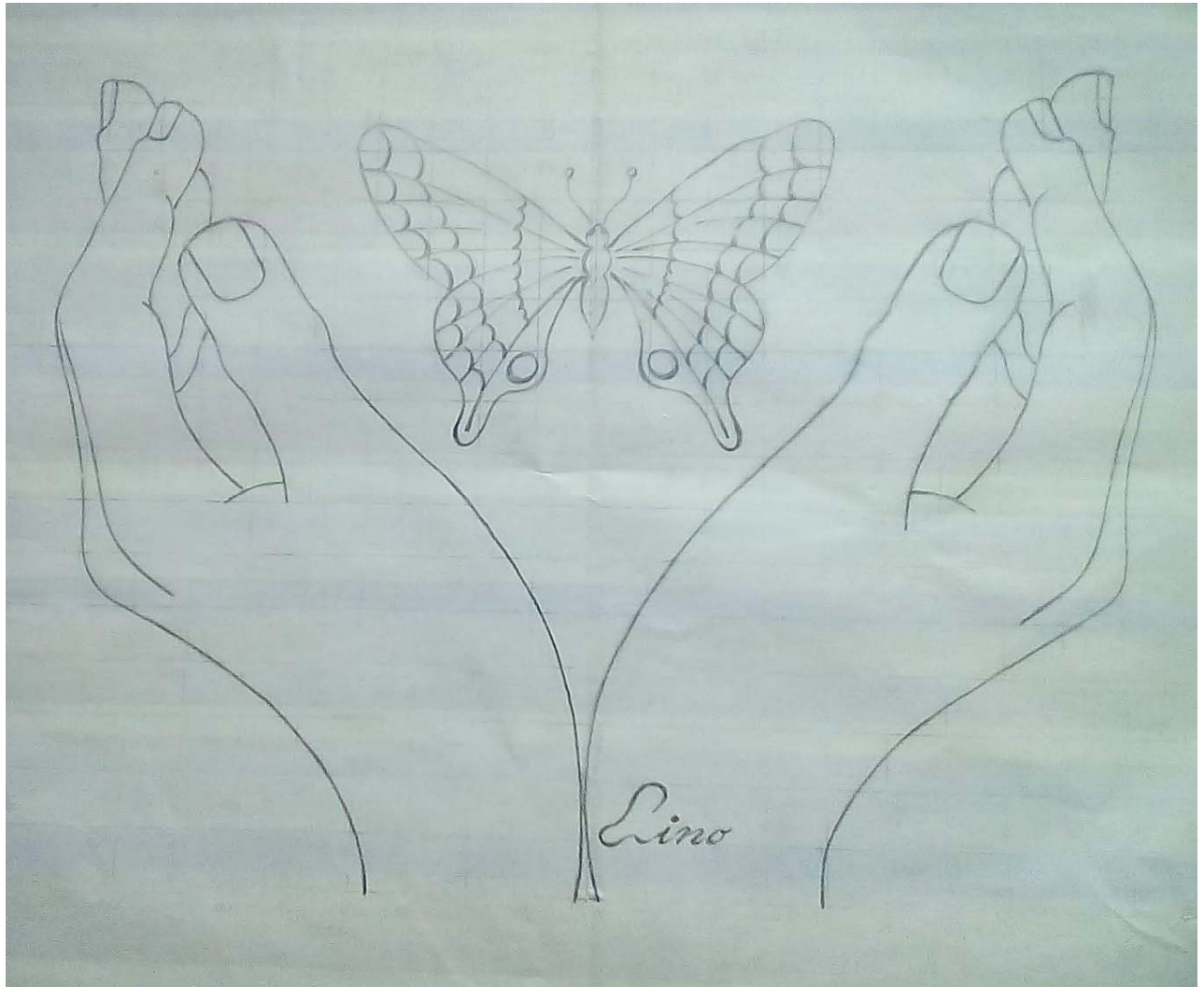


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ULCERATIVE COLITIS: MEDICAL ENA NURSING ASPECTS.

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KEYWORDS: ulcerative colitis, comorbidity, medical aspect, nursing aspect.

ABSTRACT

Background: Ulcerative colitis is an inflammatory bowel disease characterized by phases of activity and quiescence with possible hemorrhagic complications. Ulcerative colitis and Crohn's disease are currently classified as IBD or Inflammatory Bowel Disease because they present similar symptoms of onset and determine similar evolution of the digestive system characterized by digestive disorders and inflammation of various degrees and extension along the gastrointestinal tract. **Aim:** The aim of this study is to review the scientific literature regarding Ulcerative Colitis by querying the database present on pubmed, relating to the last 5 years and including articles available in full text in order to optimize the medical management of the pathology in patients attending the General Medicine Department of the Fondi hospital. **Materials and Methods:** In the international literature, analyzing the last 5 years, there are numerous cases of new-onset or recurrent ulcerative colitis in all age groups of the population. The scientific work of the author Seyed Saeid Seyedian entitled “A review of the diagnosis, prevention, and treatment methods of inflammatory bowel disease”, Journal of Medicine and Life Vol. 12, Issue 2, April-June 2019, pp. 113–122), focuses on the prevention, diagnosis and treatment of chronic inflammatory bowel diseases. **Results:** Many different factors can be attributed to the prevalence of ulcerative colitis and Crohn's disease including geographic differences, inappropriate diet, and alterations in the immune system response to endogenous or exogenous agents. Both forms of inflammatory bowel disease are diagnosed with a prevalence in urban areas compared to rural areas and both diseases present extreme peculiarities with regard to the evolution of the disease and the possibility of complications mainly of hemorrhagic type with a significant effect on the quality of life of the patients. **Discussion:** Due to the

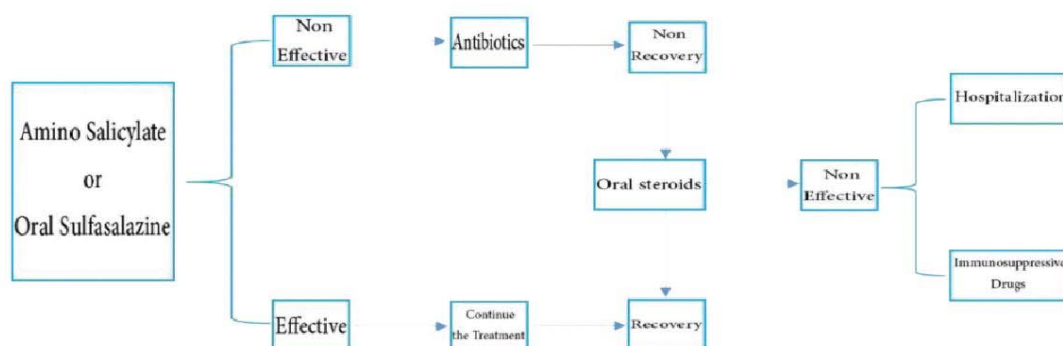
prevalence of inflammatory bowel diseases in young and old people and the higher frequency of complications in adulthood, these pathologies represent one of the major health problems in the immediate future, especially for the industrialized countries. **Conclusions:** The study by Seyed Saeid Seyedian et al provides to researchers and to patients new indications to facilitate diagnosis and facilitate access to new treatments even for patients living in the most rural areas or that are difficult to reach by the health system.

the objectives of the medical treatment were described as follows:

1. Clinical treatment and improvement of the individual's clinical condition,
2. Reducing the clinical side effects of the patient,
3. Improving the quality of life,
4. Reducing the drug poisoning,
5. Nutritional support for the patient, and
6. Restricting the patient's need for admission or surgery.

Tab. 1: extrapolated from “Seyed Saeid Seyedian et al. “A review of the diagnosis, prevention, and treatment methods of inflammatory bowel disease”, Journal of Medicine and Life Vol. 12, Issue 2, April-June 2019, pp. 113–122).

Journal of Medicine and Life Vol. 12, Issue 2, April-June 2019



Tab. 2: extrapolated from “Seyed Saeid Seyedian et al. “A review of the diagnosis, prevention, and treatment methods of inflammatory bowel disease”, Journal of Medicine and Life Vol. 12, Issue 2, April-June 2019, pp. 113–122).

Table 1: Treatment proposed by Mesuri et al. (1994) for ulcerative colitis

Mild to moderate	
Distal colitis	Oral or rectal aminosalicylates (suppository), rectal corticosteroid
Extensive colitis	Oral aminosalicylates
Medium to severe	
Distal colitis	Oral corticosteroid, rectal corticosteroid
Extensive colitis	Oral corticosteroid
Chronic or critical	
Extensive colitis	Intensive corticosteroid colitis, intravenous cyclosporins
Recovery	
Distal colitis	Oral or rectal aminosalicylates, oral azathioprine or mercaptopurine
Extensive colitis	Oral aminosalicylates, oral azathioprine or mercaptopurine

Tab. 3: extrapolated from “Mesuri et al. “Treatment proposed for ulcerative colitis” (1994).

Reference:

Abstract created from the synthesis of the experimental section of the thesis. [Corallo Elide](#) e-mail: corallo.1951186@studenti.uniroma1.it

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