DETERMINING THE KNOWLEDGE AND ATTITUDE OF INTERNSHIP STUDENTS OF MEDICAL COLLEGE IN ZANJAN IN RELATION WITH HELICOBACTER PYLORI

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ABSTRACT

Background and purpose: Due to the indisputable role of Helicobacter pylori in Pathogenesis of gastrointestinal diseases which nowadays isn’t hidden on anyone and the paramount importance of appropriate diagnosis and treatment of this infection, this research was designed in order to determine the interns’ knowledge and attitude in the field of Helicobacter pylori infection.

Methodology: this is a descriptive, cross-sectional study. The population of the research included 45 interns of medical sciences university in Zanjan were selected by using of simple sampling. Data were collected by using of questionnaire. Their reliability was confirmed through calculating the Cronbach’s alpha coefficient and they were analyzed by using of related statistical tests in spss software.

Results: 45 interns with an average age of 25.76 took part. 4.4% of interns were categorized with low knowledge, 62.2 medium knowledge and 30.1 had highly knowledge. 8.9 had a weak attitude whilst the other 91.1 had strong attitude.

Conclusion: the average scores of interns with regards to knowledge and attitude were in order 62.8 and 53.03 percent, the knowledge and attitude level of interns was medium. In fact, this level needs further development. Therefore, according to past studies suggesting the significance of education on physicians’ knowledge and attitude, it seems vital to formulate more precise and consistent educational programs which can lead to knowledge and attitude development of interns in this field.

Key words: Helicobacter pylori, Knowledge, Attitude, Intern, Zanjan.

Introduction

Helicobacter Pylori is the most prevalent chronic infectious disease which can cause gastritis, peptic ulcer, Adenocarcinoma and B cell gastric Lymphoma in humans. There are different methods for diagnosing this bacteria in persons which include rapid urease test, breath test, serology and finally stomach tissue histology. Treating the Helicobacter Pylori isn’t easy and generally needs multi-drug combination. This drug combination usually includes one or two antibiotics with one or two additional or non-antibiotic drugs. Ideal medication regimen should have high effect, low complications, low cost and easy prescription. Currently, the recommended regimen for eradication of Helicobacter Pylori is AFOB regimen. Despite of high prevalence of Helicobacter in the world, only about 10 percent of infected persons in their life time may be affected by related complications therefore all infected persons don’t need to be treated. Unfortunately, it seems that in our society the test & treatment method is used a lot in patients with or without gastrointestinal diseases symptoms.

In addition, in many cases, dose and duration of treatment and also drug combination is improper which can lead to create resistant infection in the
society and its development in the society\textsuperscript{(11)}. On the other hand, with regard to the programs of mass media devices and the anxiety created in the society about Helicobacter Pylori complications and creating wrong beliefs and insisting on treatment to negate the serology tests without considering chronological factor, high costs are imposed on the society and government\textsuperscript{(12)}.

Therefore with regard to the extent of the issue, the need to knowledge and correct attitude, diagnose and treatment about Helicobacter Pylori and reform its cultural procedure in the society seems absolutely necessary that general information in the fields of epidemiology, prevalent symptoms, treatment indications, treatment stages and prognosis of this disease is needed. With regard to this issue that the general course training is effective in creating this knowledge therefore, this study was accomplished in order to study the knowledge and attitude rate of medical students in internship course about Helicobacter Pylori infection so that their knowledge and attitude rate about Helicobacter Pylori can be monitored and if necessary proper educational plans in educational topic can be exerted.

**Methodology**

This study is a descriptive and cross-sectional research which was accomplished with the purpose of studying the knowledge and attitude of medical students about Helicobacter Pylori in 2016. The research population included all medical interns of medical sciences university in Zanjan (45 interns) with simple sampling. The data were collected by using of research-made questionnaire which included three parts: demographic specifications, knowledge questions and attitude about H.Pylori infection. In designing the questionnaire, similar studies were used and in terms of validity and reliability through calculating Cronbach’s Alpha coefficient was confirmed.

The questions related to knowledge and attitude were in order 30 & 22 cases that according to the scores taken by studied persons, the knowledge rate was considered in three groups: «‘good knowledge, obtaining the score higher than seventy percent», «‘medium knowledge, obtaining the score between 40 to 70 percent» and «‘weak knowledge, obtaining the score lower than 40 percent».

Also about attitude, a 5-degree Likert scale was used, those who had more than 70% of attitude score were considered with strong attitude, lower than 70 to 40 percent had medium attitude and the ones who had taken lower than 40 percent of the attitude score were considered as weak attitude. The obtained information, obtained data with spss 21 software, statistical t-tests and Chi-square were analyzed.

**The research findings**

The research samples that totally were 45 persons included 20 men, with mean age range of 25-29 years. the age average of interns was 25.76 years and the standard deviation was equal to 2.49.

5 persons of samples had passed infection section, 18 persons had passed internal section and 19 persons had passed both internal and infection sections and 3 persons had passed none of two infection and internal sections Table 1.

<table>
<thead>
<tr>
<th>Attitude status</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weak (22 to 49)</td>
<td>4</td>
<td>8.9</td>
</tr>
<tr>
<td>Strong (50 to 110)</td>
<td>41</td>
<td>91.1</td>
</tr>
<tr>
<td>Total</td>
<td>45</td>
<td>100</td>
</tr>
</tbody>
</table>

*Table 1: frequency distribution of interns’ attitude status to Helicobacter Pylori.*

8.9% and 91.1% had weak and strong attitude . 93.3% of them in question 23 (antibiotic treatment which is monotherapy form) selected “wrong” option and 6.7% selected “right” option. In contrast in question 25 (after treating Helicobacter pursuit is needed) 93.3% of them selected “righ” option and 6.7% selected “wrong” option.

4.4%, 62.2% and 33.3% had weak, medium and good knowledge (table 2).

<table>
<thead>
<tr>
<th>Knowledge status</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weak (0-10)</td>
<td>2</td>
<td>4.4</td>
</tr>
<tr>
<td>Medium (11-20)</td>
<td>28</td>
<td>62.2</td>
</tr>
<tr>
<td>Good (21-30)</td>
<td>15</td>
<td>33.3</td>
</tr>
<tr>
<td>Total</td>
<td>45</td>
<td>100</td>
</tr>
</tbody>
</table>

*Table 2: frequency distribution of knowledge status of interns about Helicobacter Pylori.*
Discussion

At current study, 45 interns with average age of 25.7 years took part. Totally 4.4% ,62.2% and 33.3% had weak, medium and good knowledge. In Ghanei research 67.1% of general practitioners and 91.7% had medium to high knowledge. In Moghaddam study, the average of knowledge scores of general practitioners and internists was 45.8% and 81.5% respectively. In Fani research, the average of knowledge level of different medical groups, before training was 49.64 and at most 58.75 that in this case the average of knowledge scores of interns with 62.8% has been higher than the domain calculated by Fani and it was different with their results. In Morgan study , 72% of local residents believed to treat Helicobacter with two-drug and three-drug regimen. In Huang study, 56%, 32%, 25%, 33% and 2% of physicians selected in order Endoscopy, biopsy, urease breath test, serology, excremental antigen methods for diagnosis of Helicobacter Pylori.

The findings of mentioned study were different with the results of this research.

In Canbaz study, The results of this study were somewhat similar to the results of current study. In interns of Zanjan University, 8.9% and 91.1% had weak and mmedium attitude. none of them had good attitude to it. In Moghaddam study, 25.4% acquired the attitudinal questions score. In Garza-E study, all general practitioners and 84.6% of interns believed that the contagion way of Helicobacter Pylori is excremental-mouth that this result also conformed to our study result.

Conclusion

With regard to the medium level of knowledge and attitude among the medical students, compiling more accurate and cohesive educational plans can lead to increase the knowledge and attitude level of interns about Helicobacter Pylori.

References

11) Sezam; R; Ali; H; Khag; Mahboubeh; T; Mehdi; P; Hossein; M; Sadegh; Iranian physicians knowledge in relation with Helicobacter Pylori role in peptic ulcer ethiology and the manner of treating it, deep distance between scientific knowledge and practice.


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