



Tehran University of Medical Science

International Campus

Nursing and Midwifery School

TITLE:

**Assessing The Life Style Patients With Cholecystectomy In Al
Diwaniyah Teaching Hospital In Qadisiyah Province, Iraq In
2022-2023**

**“A thesis submitted as partial fulfillment of the requirement for Master of Science
(MSc) Degree”**

In

Medical-Surgical Nursing

By

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Abstract

Background: Cholelithiasis is a highly prevalent condition worldwide and a frequent cause of abdominal operations such as cholecystectomy. Age, sex, and hereditary predisposition are among the most important and well-known non-changeable risk factors that play a role in gallstone formation or cholecystectomy. The aim of this study was to determine the lifestyle of cholecystectomy patients at Al-Diwaniyah Teaching Hospital in Qadisiyah Province, Iraq, in 2022–2023.

Methods : This descriptive cross-sectional study was conducted on 385 cholelithiasis patients admitted to the surgery ward at Diwaniyah Teaching Hospital in Qadisiyah Province, Iraq. After obtaining permission to conduct the study and controlling the inclusion criteria, the researcher provided questionnaires related to information (the sociodemographic questionnaires and the Lifestyle cholecystectomy patient questionnaires) in parts: nutritional habits, Exercise, Smoking, Sleep pattern, and vaccination. All questionnaires were translated into Arabic. For the reliability of the questionnaire, a pilot study was conducted. The results of the pilot study showed that the questionnaire was reliable, with an internal reliability of Cronbach's alpha. SPSS software version 23 was used for data analysis, which included descriptive and inferential statistics. The collected data was examined using descriptive and analytical statistics in SPSS version 23.

Results : The study's results showed that 295 patients (76.6%) were female and mean age (42.265). The mean body mass index BMI (29.3947), and (35.6%) history oral contraceptive use. The result Mean \pm SD of Nutritional with healthy lifestyle (47.1828 \pm 5.34922), the Mean \pm SD Exercise with healthy lifestyle (28.2208 \pm 7.46628), the Mean \pm SD Smoking with healthy lifestyle (74.9784 \pm 16.67208), Mean \pm SD Sleep Pattern with healthy lifestyle (64.8751 \pm 8.80443) and Vaccination with healthy lifestyle Mean \pm SD (73.9610 \pm 14.50883), results of lifestyle overall Mean \pm SD (57.7800 \pm 19.94535).

Conclusion: This study concluded that cholecystectomy occurs more frequently in females based on age, BMI, overweight to Obese class I, female multiparty, housewife, low education levels, and history of oral contraceptive use. History of a very low-calorie diet (Rapid Weight Loss) and a sedentary lifestyle with eating habits that include high intake of

refined sugar and fried foods, low vegetable and fruit consumption, and excessive saturated fat consumption coupled with inactive physical activity.

It is recommended to reduce the prevalence of the disease by taking into account the common risk factors with excessive control of drug use, especially OCP in obese and multiparous women, weight loss and fat control, especially in the elderly.

Keywords: Lifestyle , Cholecystectomy, Iraq