

**A CROSS SECTIONAL STUDY ON PATTERNS AND
OUTCOMES OF SELF POISONING AMONG ADULT
POPULATON ADMITTED IN A TERTIARY CARE
HOSPITAL.**

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INTRODUCTION



- ❑ Attempted suicide or deliberate self-harm by self-poisoning among adult males and females are a major public health problem to be addressed like any other medical condition.
- ❑ In this study adult self- poisoned patients have been focused which is a significant issue among the adult males and females of Bangladesh.

OBJECTIVES OF THE STUDY



General: To find out pattern and hospital outcome of self poisoning among the adult population.

Specific:

- To find out common substances those are used in self poisoning.
- To find out the reasons behind self poisoning.
- To find out association between self poisoning and preexisting psychiatric co morbidities.
- To find out hospital outcomes of various self poisoning.

METHODOLOGY

- Study Design : Descriptive type of cross-sectional study / cross sectional hospital based observational study.
- Place of Study : All medicine units of Dhaka Medical College Hospital
- Study population : Patients (> 14 years) with features of self poisoning.
- Study period: six months (From 01.08. 2015 to 31.01.2016)
- Sample size : 100
- Sampling technique : Non probability technique.

METHODOLOGY



Selection criteria:

Inclusion Criteria:

- All adult male and female patients admitted in medicine units of Dhaka Medical College Hospital with a history of self poisoning.
- Self-poisoned adults who gave written consent .

Exclusion Criteria:

- Patients with accidental, homicidal, travel related poisoning.
- Unwilling to give informed consent by patients or patient's legal guardians

METHODOLOGY

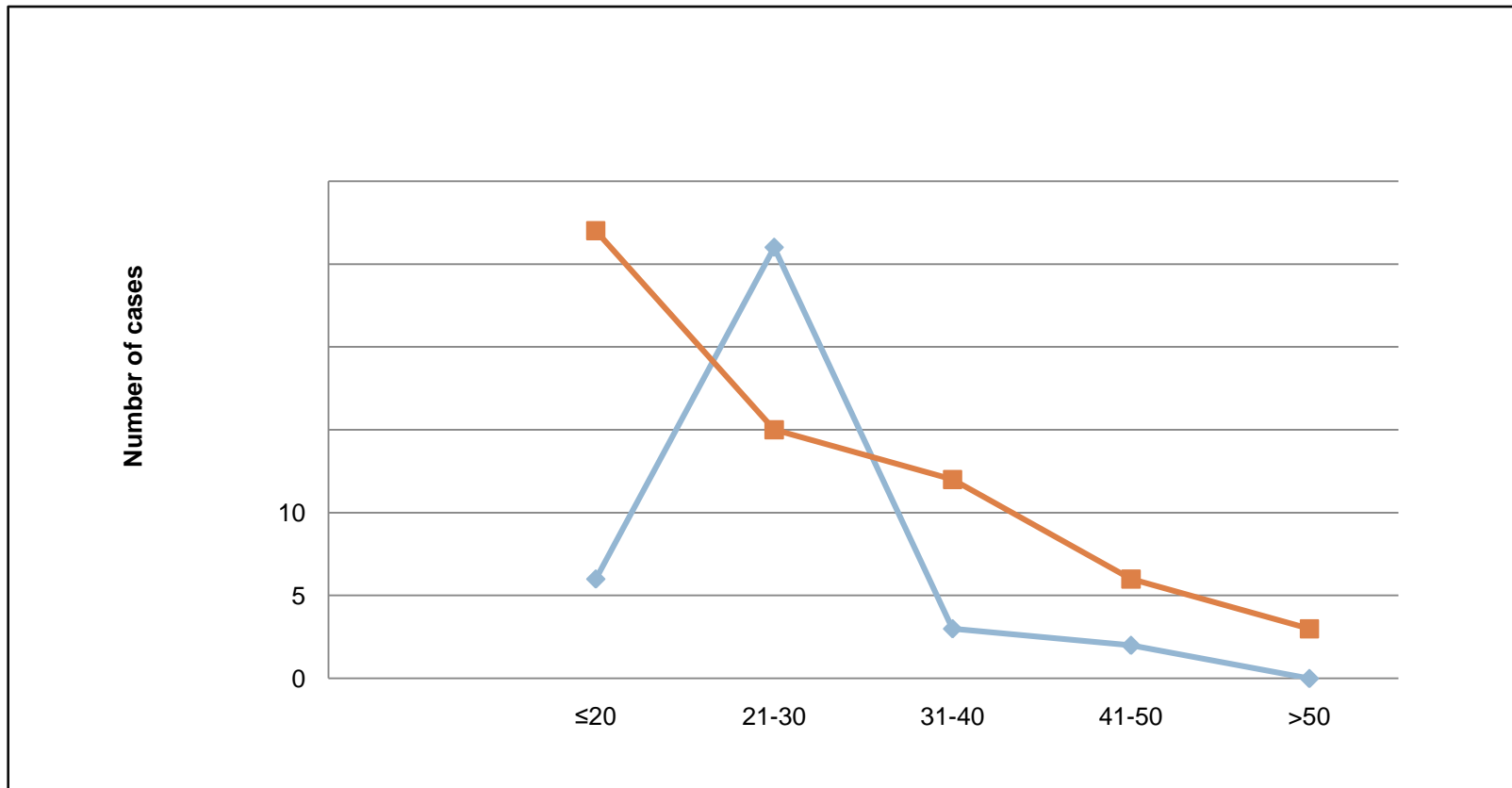


STUDY PROCEDURE :

- Approved by ethical review committee of DMCH.
- A semi structured questionnaire was used for collection of information by interviewing patients.
- After collecting data they were checked, verified , edited , coded and directly entered into computer by using SPSS version 6.
- The result was presented in different tables and charts .

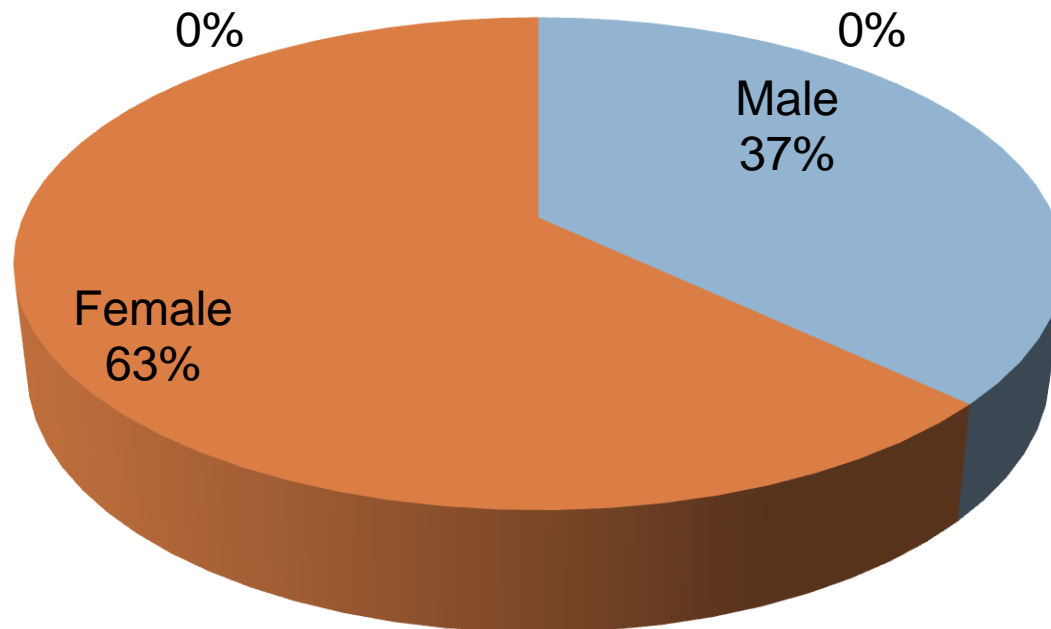
RESULT

Age distribution of the patients (n=100)



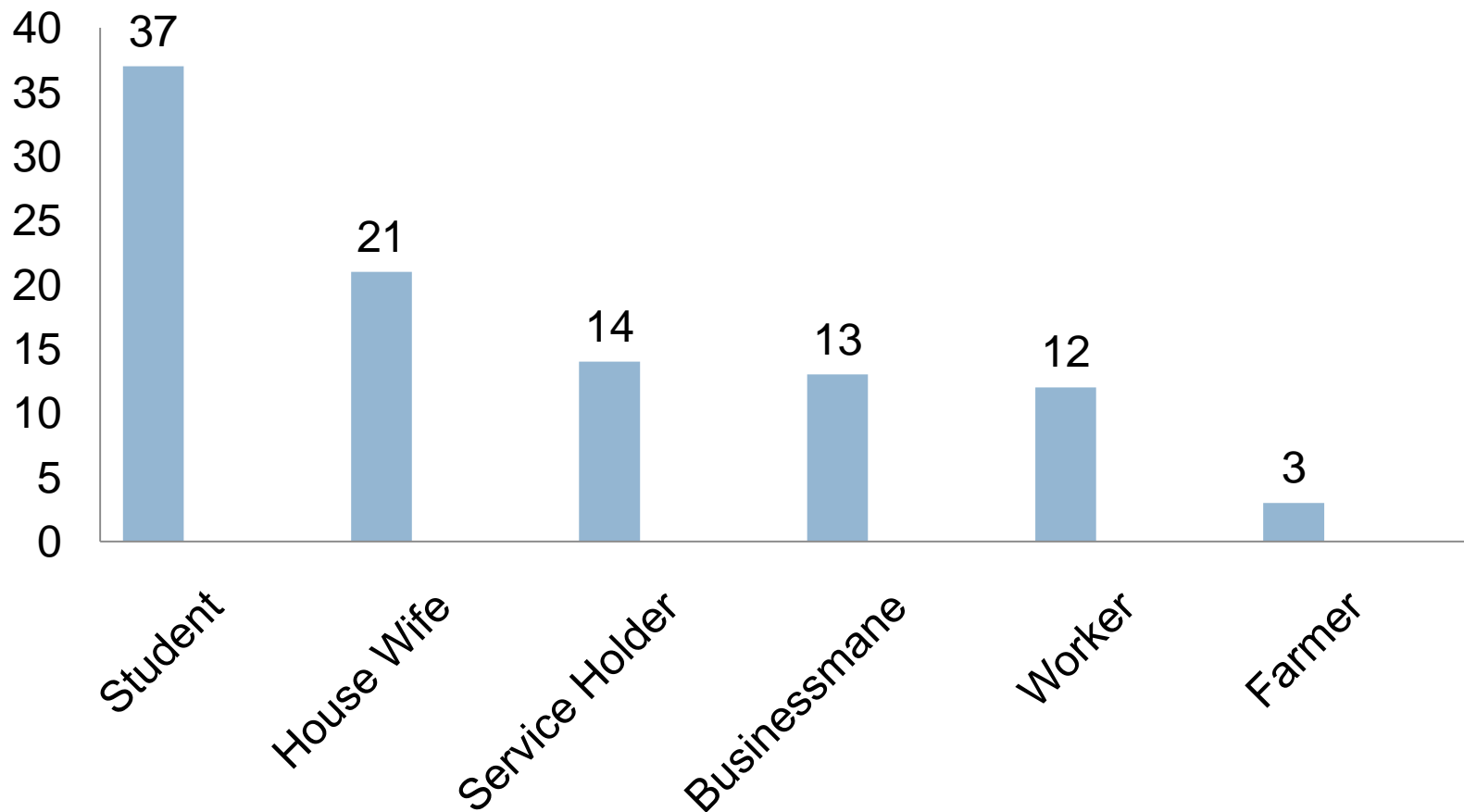
RESULT

Sex distribution of the patients (n=100)



Result Cont..

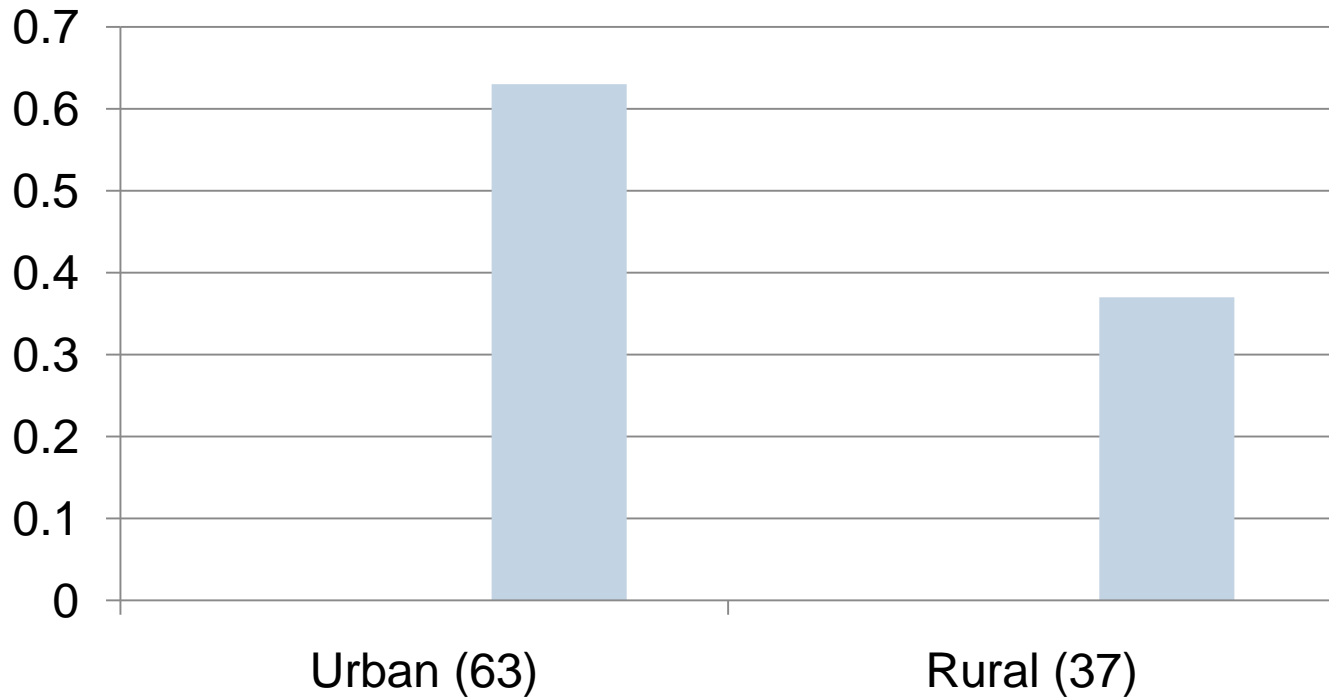
Distribution of the patients according to occupation category



Result Cont..

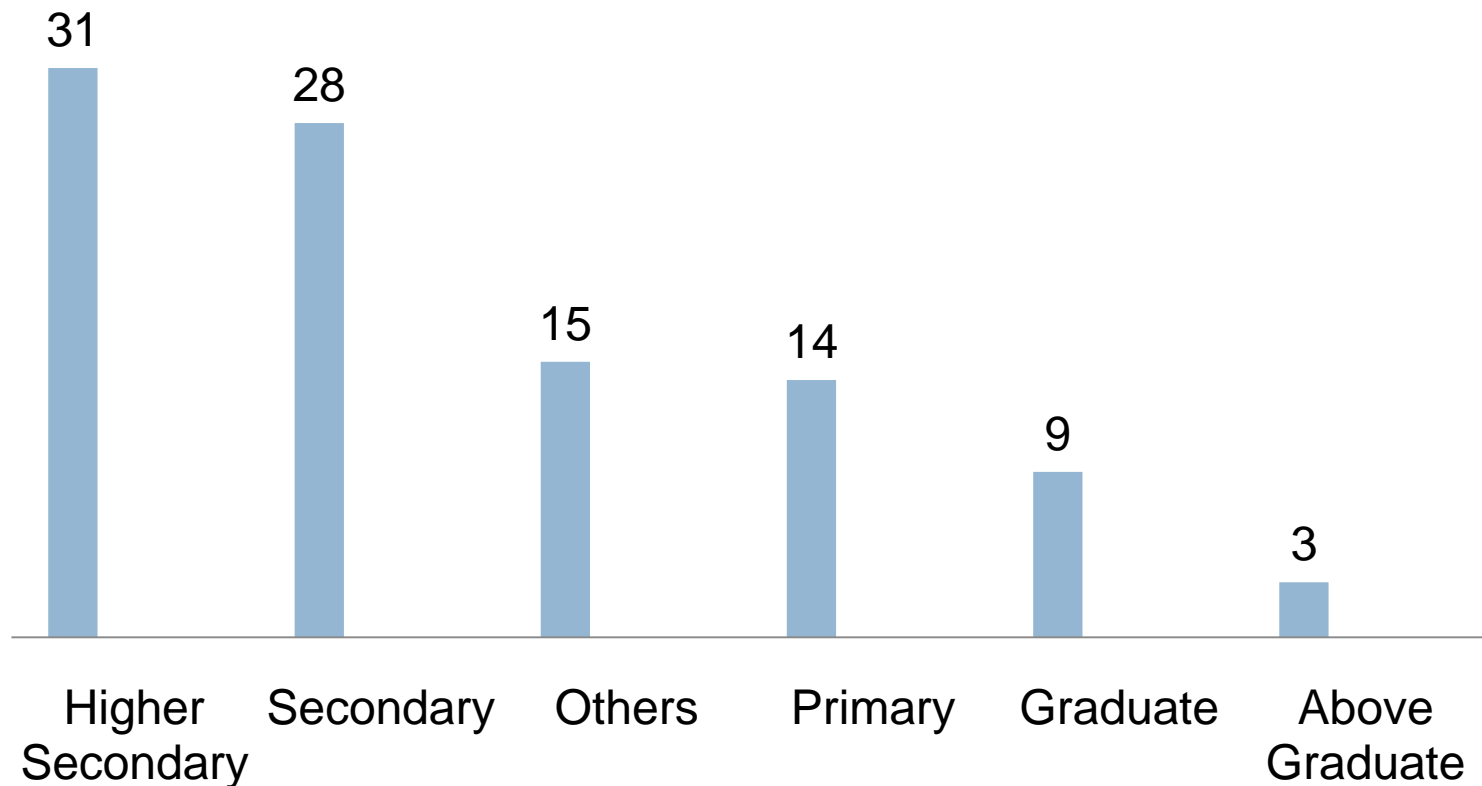


Column showing distribution of self poisoning patients in urban and rural area



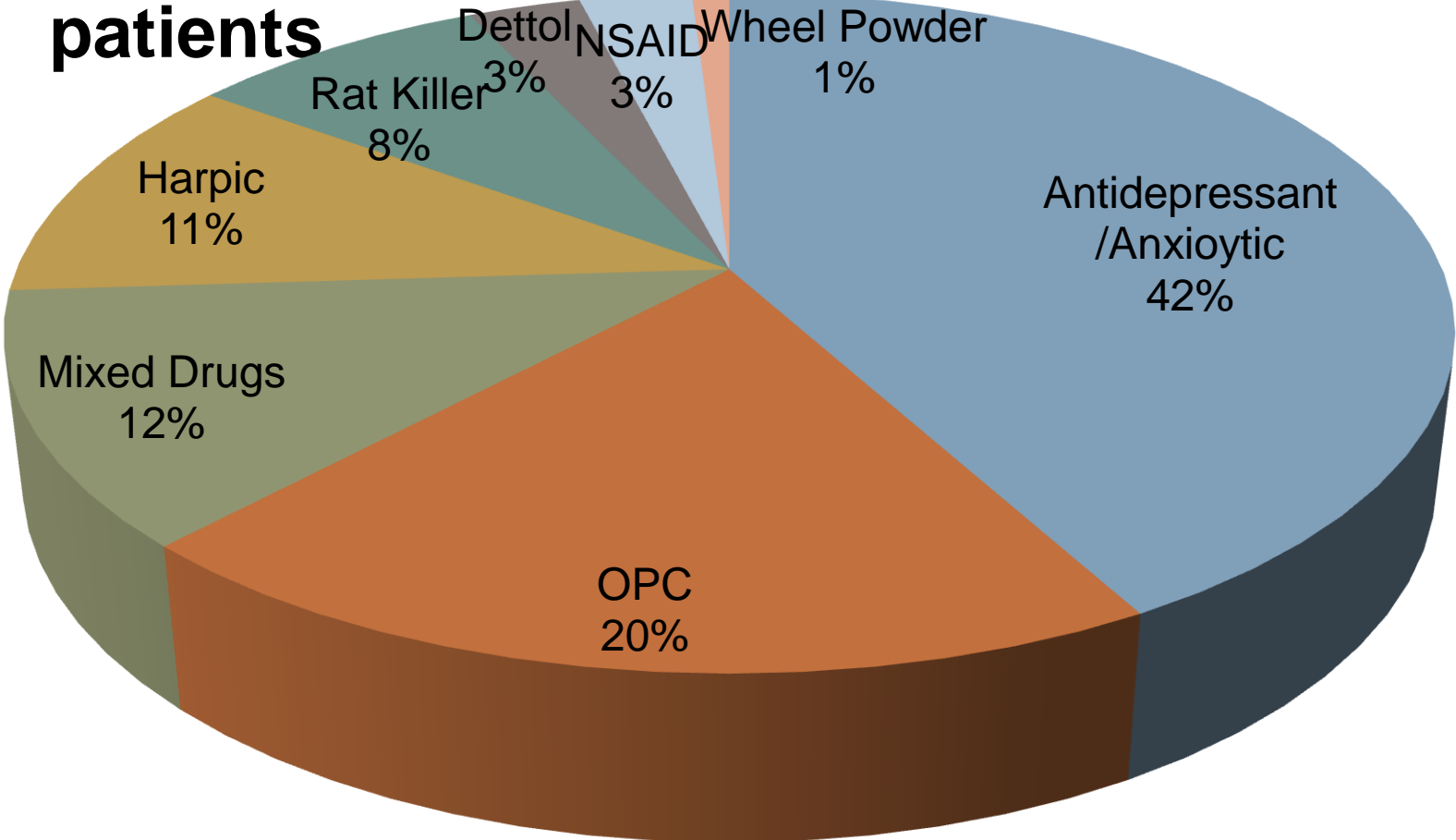
Result Cont...

- **Distribution of patients by educational level**



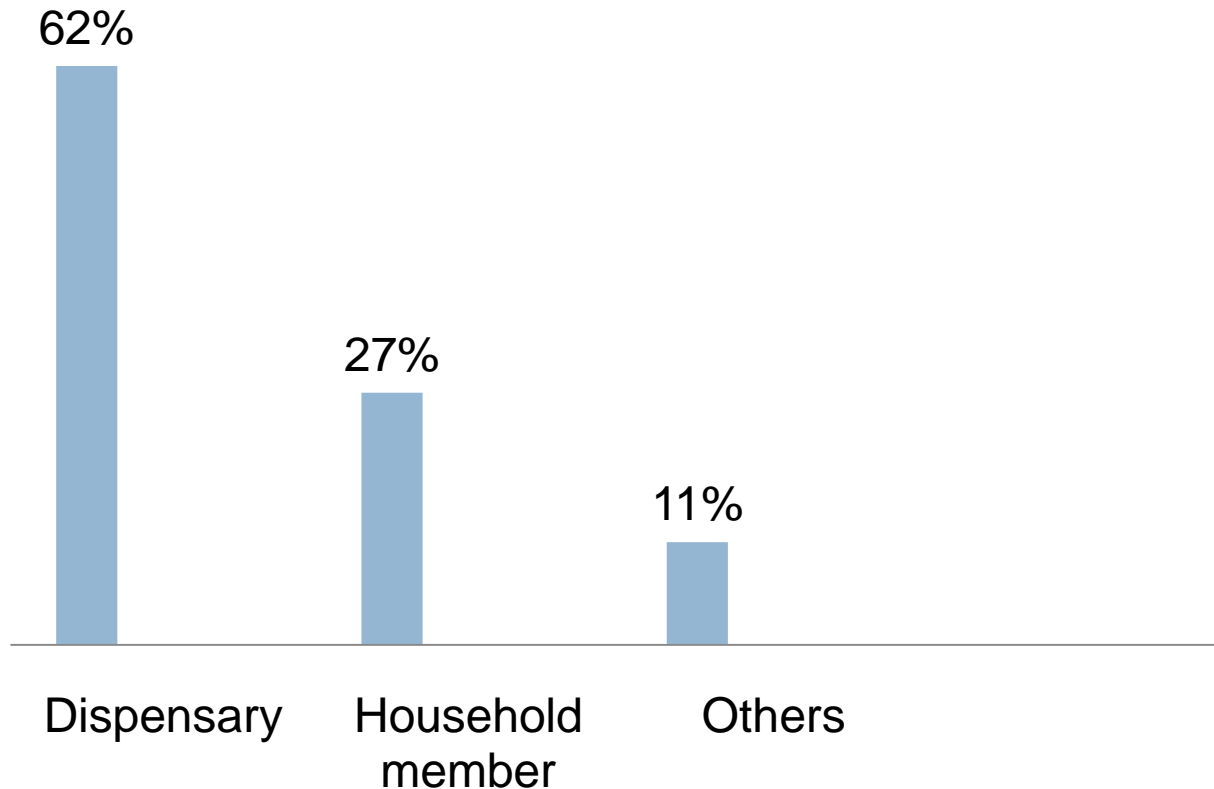
Result Cont..

Substances used by self-poisoned patients



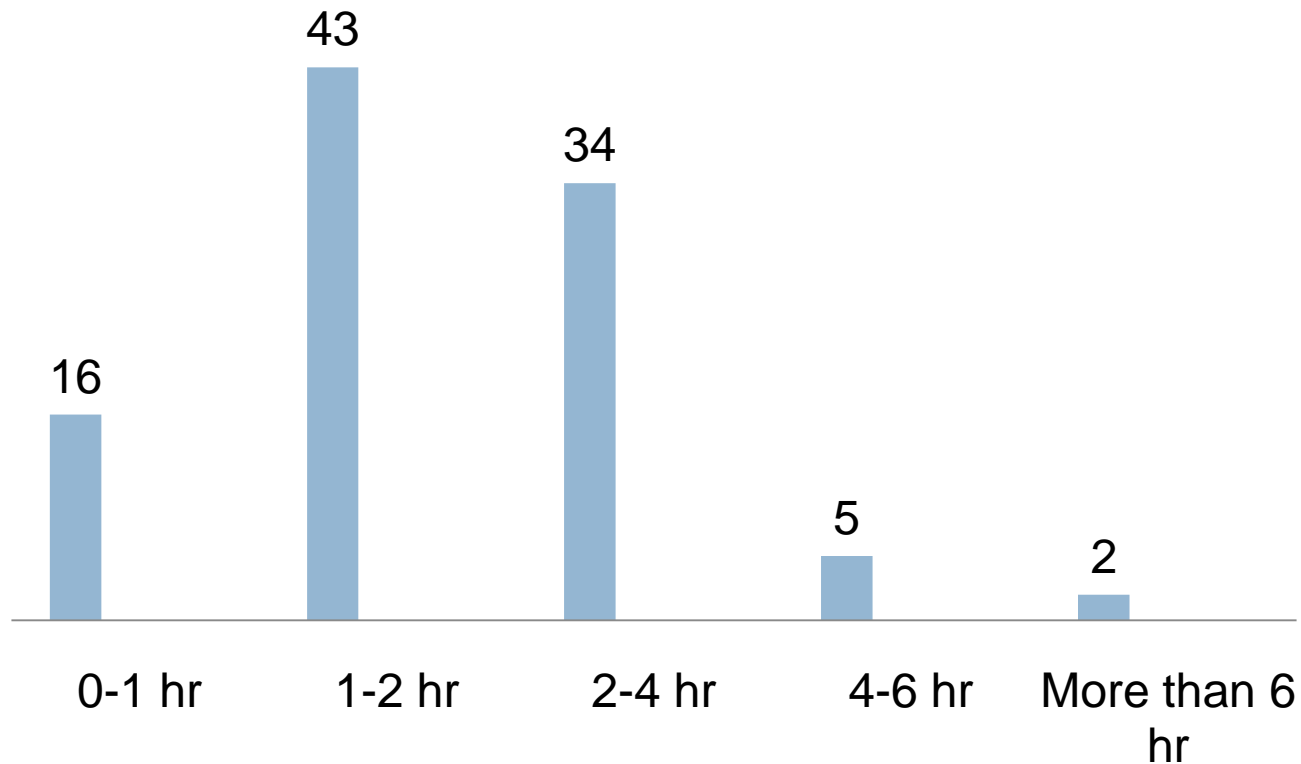
Result Cont...

□ Source of collection of poisoned substances



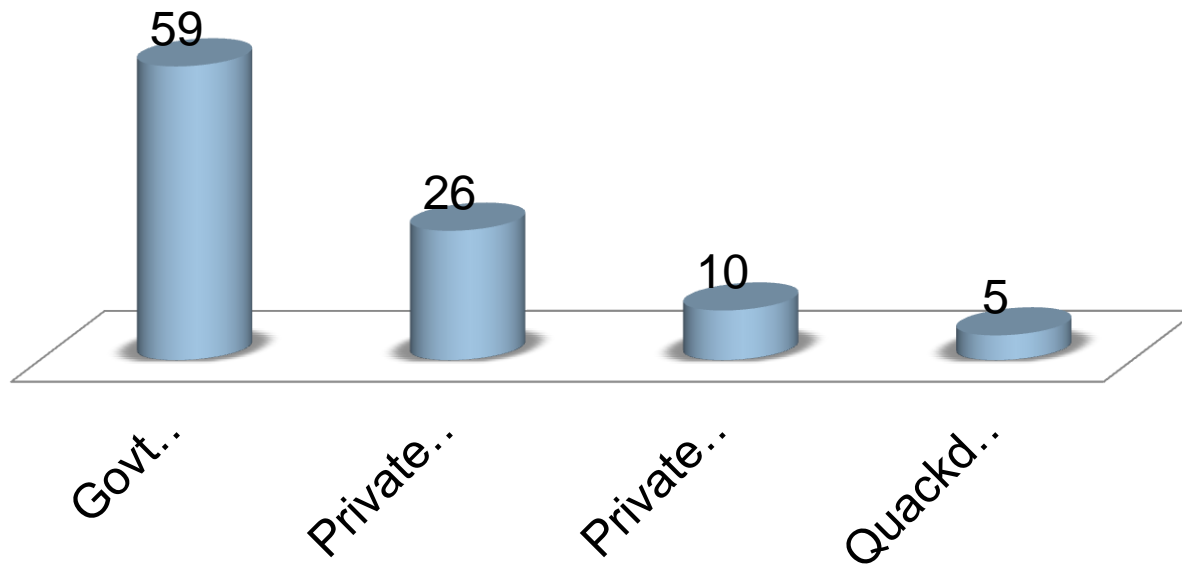
Result Cont..

- **Time interval between poisoning & treatment seeking**



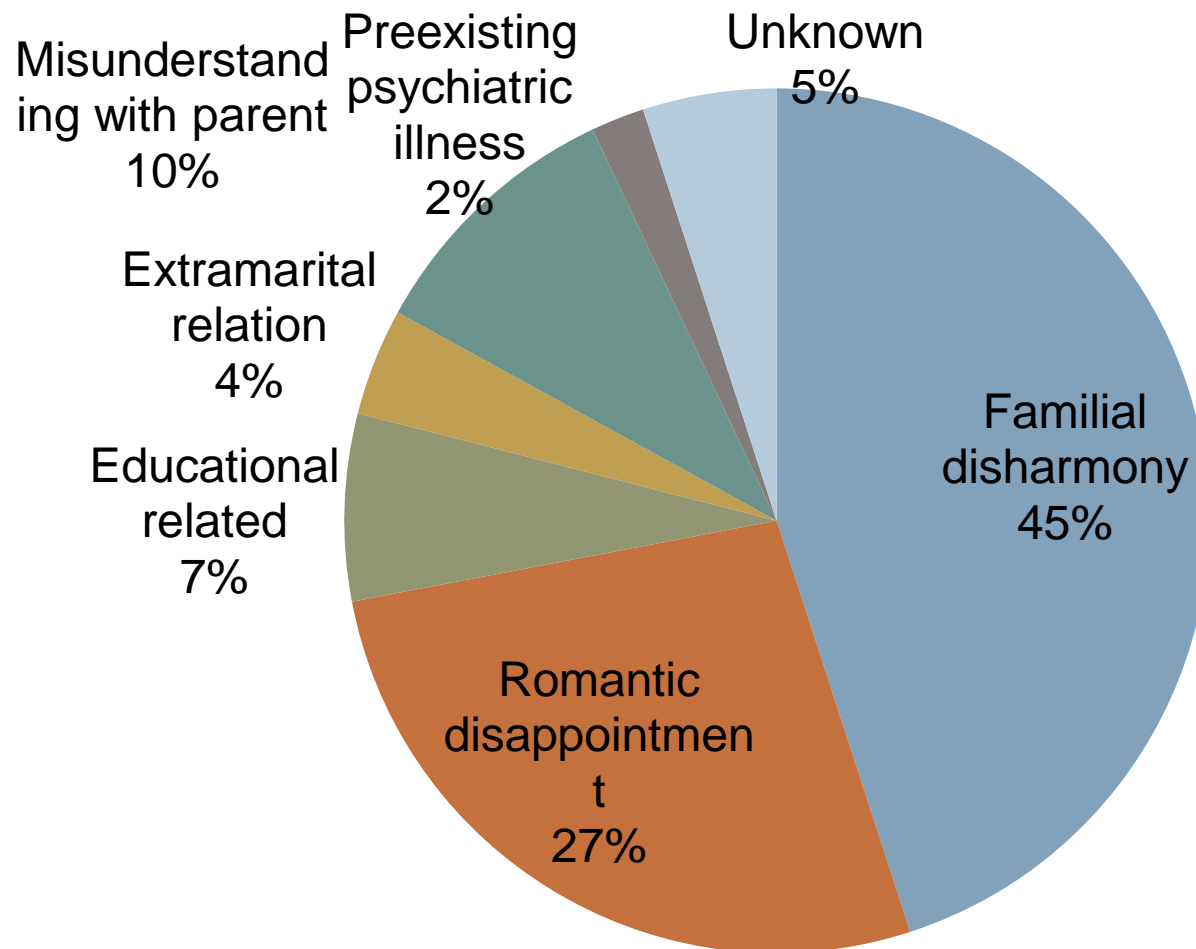
Result Cont...

Distribution of respondents by where they got primary treatment



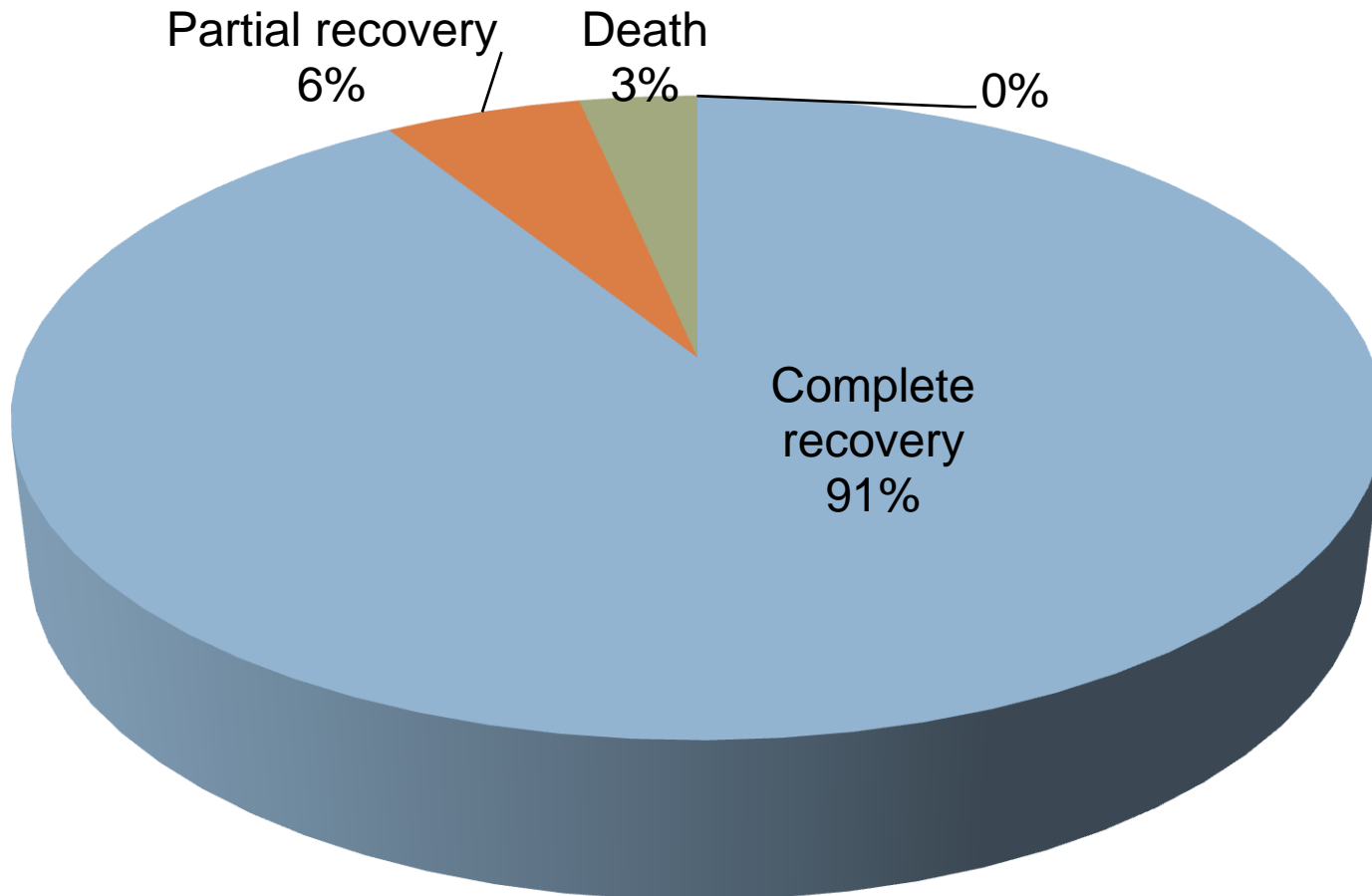
Result Cont..

Distribution of the study patients according to causal factors



Result Cont..

Hospital Outcome and fate of cases during discharge (n=90)



DISCUSSION

- In our study young group 21-30 was the most common 41%
- 63% were female.
- Most patients were from Dhaka city, Urban 63 % and Rural 37%.
- Multiple factors reportedly increase the risk of suicide and self poisoning . Family disharmony 45% was the commonest.
- The substance most commonly ingested for self poisoning was pharmaceutical drugs, Anxiolytics were the commonest 42 %, OPC 20%, mixed drugs 12%, harpic 11%, rat killer 8%, NSAIDs 3%, Dettol 3%, Wheel powder 1%.

DISCUSSION

- Nearly half 43 % sought medical care within 2 hours in nearby Gov. hospital.
- Out of 90 patients 91.11% patients recovered completely, 5.56 % recovered partially and 3.33% died of OPC poisoning with history of ingestion of large amount and starting delayed treatment. No death from other poisoning.

LIMITATIONS OF THE STUDY

- This study has several limitations.
- Small sample size of the study population.
- It was a single centre study. Only patients admitted in Dhaka Medical College Hospital (DMCH) were taken for the study. So this will not reflect the overall picture of the country as well as the picture in primary and secondary care centers.
- Study period was also short.

CONCLUSION AND RECOMMANDATONS

- Early diagnosis and prompt institution of appropriate supportive therapy can make a favorable outcome in poisoning patient.
- It would be better if a complete poisoning unit / Toxicology unit could be established in tertiary care hospitals.

CONCLUSIONS AND RECOMMENDATIONS

- At the same time, proper psychiatric evaluation and mental support from family and friends and awareness program should be provided for prevention of self poisoning.
- Rules and legislation should be formulated so that nobody can purchase drugs without prescription.
- Strengthening community based support system can combat against self- poisoning



THANK YOU