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الملخص العربي

مقدمة :

مشكلة الأمساك شائعة في الأطفال فهي تعد ثاني أكثر الحالات في أمراض الجهاز الهضمي وهناك إحصائية تبين أن معدلات انتشار الأمساك تتراوح ما بين ١-٣٠% وان مشكلة الأمساك تمثل حوالى ٣-٥% من إجمالي الزيارات للأطباء بخصوص الأمساك وحوالى ٣٥% من إجمالي مشاكل الجهاز الهضمي للأطفال.

وأجريت الدراسات الحديثة في بعض الدول مثل سيرلانكا. حيث وجد ان مدى انتشار مشكلة الإمساك عند الأطفال حوالى ١٠% . وكذلك ارتفاع معدلات انتشار الإمساك في الولايات المتحدة الأمريكية .

وكذلك أجريت الدراسات في اليابان وأوضحت أن مدى انتشار الإمساك في اليابان حوالى ١٨%.

الهدف من الدراسة :

الهدف من الدراسة هو دراسة وبائية لمرضى الإمساك المزمن غير معلوم السبب عند الأطفال مع الأخذ في الاعتبار العوامل الإجتماعية البيئية لهؤلاء الأطفال .

خطة العمل :

أشتملت الدراسة على ١٠٠ طفل تتراوح أعمارهم ما بين (٦-١٢) سنة من المترددين على العيادات الخارجية للأطفال بمستشفى بنها الجامعي. والذين يعانون من مشكلة الإمساك وذلك من خلال عينة عشوائية في الفترة ما بين أبريل ٢٠١٠ حتى يناير ٢٠١١ بإستخدام استبيان في شكل أسئلة هذه الأسئلة تشمل أسئلة عن الحياه الإجتماعية البيئية للطفل بالإضافة إلى أسئلة عن عادة التبرز .

النتائج :

- من خلال تحليل الإجابات وأجراء الكشف الطبى علي هؤلاء الأطفال وجد أن:
- نسبة الإمساك تزيد في الإناث (٦٣ %) عن الذكور (٣٧ %).
- نسبة الإمساك تزيد في الأماكن ذات المستوى البيئى والإقتصادى المنخفض (٦٤ %).
- نسبة الإمساك تزيد في الاطفال الذين لهم تاريخ مرضى للإمساك في الأسرة وخصوصا إذا كان أحد الوالدين .

- نسبة الإمساك تزيد في الأطفال الذين يتناولون أدوية بها حديد أو أدوية مضادة للحموضة لمدة طويلة وأيضا الأطفال الذين يعانون من الحساسية .
- نسبة الإمساك تزيد في الأطفال الذين يفضلون تناول أطعمة لا توجد بها ألياف كثيرة أو يفضلون تناول الشاي بكميات كبيرة .
- نسبة الإمساك تزيد في الاطفال الذين يعانون من ضغوط نفسية أو مشاكل أسرية .
- نسبة الإمساك تزيد في الأطفال الذين يعانون من شرخ في فتحة الشرج .
- الأطفال الذين يعانون من الإمساك المزمن يكونون أقل في نسبة التحصيل الدراسي عن زملائهم .

التوصيات :

- ١- شكوى الإمساك لابد ان تؤخذ بعناية فقد تحتاج إلى فحوصات وعلاج لفترة طويلة .
- ٢- ننصح بتناول الأغذية الغنية بالألياف والإقلال من تناول الشاي للوقاية والعلاج من الإمساك .
- ٣- ننصح أيضا بممارسة الرياضة للوقاية والعلاج من الإمساك .
- ٤- ننصح أيضا لمزيد من الدراسات لبحث العلاقة الوراثية للإمساك .
- ٥- الطفل المريض بالإمساك يحتاج لمتابعة بعد العلاج لفترة طويلة لمنع تكرار المشكلة .

الخلاصة :

نستخلص مما سبق ان الإمساك مشكلة ليست بسيطة فلها علاقة قوية بالحياة البيئية الإجتماعية كما ان لها ايضا جوانب وراثية .