



ISSN: 2395-7476

IJHS 2023; 9(2): 27-29

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[www.homesciencejournal.com](http://www.homesciencejournal.com)

Received: 03-02-2023

Accepted: 04-03-2023

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## To study on nutritional status in patients with gallbladder inflammation

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**DOI:** <https://doi.org/10.22271/23957476.2023.v9.i2a.1461>

### Abstract

The gallbladder is a small hollow organ about the size and shape of a pear. It is a part of the biliary system, also known as the biliary tree or biliary tract. The biliary system is a series of ducts within the liver, gallbladder, and pancreas that empty into the small intestine. There are intrahepatic (within the liver) and extra hepatic (outside of the liver) components. The gallbladder is a component of the extra hepatic biliary system where bile is stored and concentrated. Bile is a fluid formed in the liver that is essential for digesting fats, excreting cholesterol, and even possesses antimicrobial activity. The gallbladder lies in the right upper quadrant of the abdomen affixed to the undersurface of the liver at the gallbladder fossa. It is attached to the rest of the extra hepatic biliary system via the cystic duct. The liver produces bile that is drained into the gallbladder and stored until needed for digestion. A total of 60 respondents were interviewed for Gallbladder inflammation. A predesigned and pretested was used to collect the information about the participants. For the research survey method was used for the collection of data. Results shows that mostly 60 (%) respondents were aware of Gallbladder inflammation and 40 (%) respondents were not aware of Gallbladder inflammation. In conclusion that studies gallbladder.

**Keywords:** Gallbladder inflammation, biliary, liver, system, extra hepatic

### Introduction

The gallbladder is a small organ that holds bile from the liver and releases it into the small intestine to help with digestion. Causes Gallstones, Tumor, Bile duct blockage, Infection, Severe illness. Symptoms Severe pain in your upper right or centre abdomen, Pain that spreads to your right shoulder or back, Tenderness over your abdomen when it's touched, Nausea, Vomiting, Fever, food to eat, Avocados, Beans. Citrus fruits. Dark greens, including arugula, dandelion and kale, Eggs, Fatty fish, Low-fat dairy, Nuts, particularly almonds and peanuts, Olive oil, Peas, Seeds, Whole grains, including whole-wheat bread, brown rice, oats, bran cereal, food to avoid, Fried foods, Fatty or processed meats, Full-fat dairy foods, Eggs, Cream-based foods, Pizza, Mohammad Bagher Jahantab, VahidSalehi, *et al.*, (2013) [6]. Chronic cholecystitis or symptomatic gallbladder is a prolonged mechanical or functional disorder of abnormal gallbladder emptying. Most of the patients have recurrent pain attacks (acute biliary colic), but when pain lasts more than 24 hours, it requires urgent surgical intervention (acute cholecystitis). Chiemi Ogawa, Shunichiro Tsuji, *et al.*, (2016) [7]. Gallbladder torsion is a rare disease that causes acute abdominal pain. Patients are generally over 60 years; 79% are women, and the general mortality rate is 6% (Reilly *et al.* If cholecystectomy is delayed, there is a risk of gallbladder perforation, peritonitis, and sepsis Kleiss *et al.* Since gallbladder torsion in pregnancy may cause maternal and/or fetal death, immediate diagnosis and surgery are necessary.

### Material and Method

Scientist methodology is necessary for successful study as it directly toward to detail of method and technique device and procedure applied conducting research. "To study on nutritional status of Gallbladder in Sultanpur district."

### Research design

The area of sultanpur districts was purposively selected because study has been easily accessible for the researchers for collection data.

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**Selection of area**

Sultanpur district will be selected for primary data collection.

**Selection of sample size**

Total 60 respondents will be selected for primary data collection.

**Method of collection of data**

Survey method will be adopted in order to collection of data from the selection respondent with the help of the survey with

questionnaire schedule. The schedule will include aspect which led to the fulfilment of the objective of this study. Schedule will include the following.

**Statistical analysis**

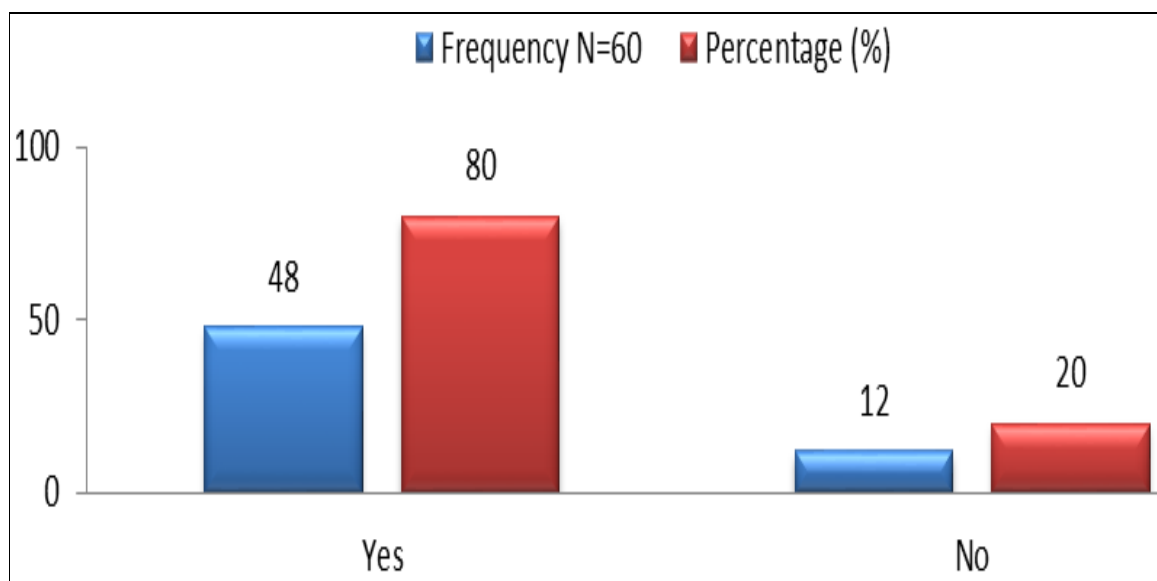
The data obtained from various parameters will be analyzed be appropriate statistical method.

**Result and Discussion**

**Table 1:** Distribution of respondent on the basis of their feel severe dehydration

| Feel severe dehydration | Frequency N=60 | Percentage (%) |
|-------------------------|----------------|----------------|
| Yes                     | 48             | 80             |
| No                      | 12             | 20             |
| Total                   | 60             | 100            |

Above shows the table that (80%) respondent were Yes whereas, (20%) respondent were No.

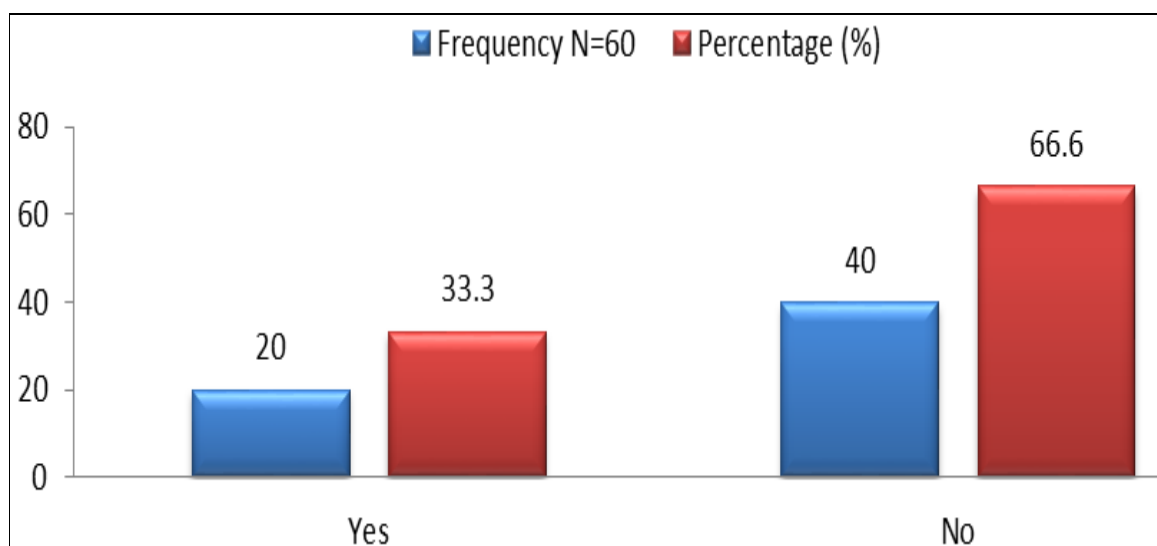


**Fig 1:** Distribution of respondent on their feel severe dehydration

**Table 2:** Distribution of respondent on the basis of their smoke

| Smoke | Frequency N=60 | Percentage (%) |
|-------|----------------|----------------|
| Yes   | 20             | 33.4           |
| No    | 40             | 66.6           |
| Total | 60             | 100            |

Above shows that (33.4%) respondent were Yes, whereas 66.6% respondent No.



**Fig 2:** Distribution of respondent on the basis of their smoke

### Conclusion

The presence of stones in the gallbladder is referred to as cholelithiasis with three types-cholesterol, pigment & mixed. Mostly detected incidentally during surgery or evaluation for unrelated problems. Nursing care & patient education is of utmost importance for preventing gallstones & related complications.

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