

Abstract

Occupational distribution of urolithiasis patients presented to Teaching Hospital Peradeniya (THP)

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Abstract**Background**

Ureteric colic is a frequent presentation among surgical admissions in THP. It is commonly caused by urinary tract calculi. Low water intake, increased perspiration and stress are important risk factors for urolithiasis. Occupation has major impact on these factors. The present study was focused to assess the impact of occupation on urolithiasis.

Method

A descriptive cross sectional study was conducted enrolling 191 patients, admitted to the surgical unit THP from May 2014 to May 2015 with ureteric colic symptoms. In all, ureteric colic was confirmed by typical symptoms and other investigations, namely urine full report, X-ray Kidney Ureter Bladder (KUB) and Ultrasound KUB scans. Demographic details including occupation and investigation findings were recorded.

Results

There were 150 males (78.5%) and 41 females (21.5%), respectively in ratio of 3.6:1. Their mean age was 44 years. The majority (80.06%) of urolithiasis patients were outdoor workers. There were 2.88% senior officials, managers and professionals, 2.09% clerks, 7.8% sales, service workers and proprietors, 10.4% skilled agricultural and fishery workers, 18.76% craft and related workers, 23% plant and machine operators and assemblers, 18.3% elementary workers and 16.2% armed forces. When compared with the occupational distribution of general Sri Lankan population given by Central Bank annual Report 2014, there were excess percentages of armed forces, elementary workers and craft related workers in urolithiasis patient population.

Conclusions

Outdoor workers, mainly armed forces, manual laborers and drivers, who produced higher amount of perspiration have restricted water intake and more stress, have higher occupational risk of urolithiasis. Focused preventive methods should be planned.

Key words: Occupation; Urolithiasis; Ureteric colic; Stress; Outdoor workers

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