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Assessment of Risk Factors in Patients with Benign Prostatic Hyperplasia and Co Existing Urinary Tract Infection

¹Akza Marium Reji, ¹Ashwin M, ¹Hisana Nasrin T, ¹C.I. Sajeeth, ¹V. Karthikeyan and
²Dr. S Pravin Dass

¹Department of Pharmacy Practice, Grace College of Pharmacy, Palakkad, Kerala

²Department of Urology Karuna Medical College Hospital, Palakkad, Kerala

Corresponding author Name: Akza Marium Reji, akzamariumreji@gmail.com

Email Id: serviceheb@gmail.com

ABSTRACT

Background of the study: Benign prostatic hyperplasia (BPH) along with coexisting urinary tract infection is a common disease of the aging male population. BPH induced urinary tract infection includes many risk factors. **Aim:** To assess the risk factors in patients with benign prostatic hyperplasia and co existing urinary tract infection. **Methods:** The study was prospective observational study conducted between November 2023 to January 2024. A total of 70 patients who presented with urinary infection suggestive of benign prostatic hyperplasia and satisfied the inclusion criteria were consecutively recruited. Clinical evaluation including ultra sonography reports, culture sensitivity reports etc. was done. Symptoms severity was assessed using the international prostate symptom score (IPSS) questionnaire. Prostate volume was determined by trans rectal ultrasound scan, and prostate specific antigen were noted. Data were analyzed. **Results:** The mean age of the patients was between 70-79 years. Most of patients had severe symptoms (68.5%) on IPSS score. 51.4% (n=36) were having normal body weight while 40% (n=28) were having overweight. **Conclusion:** This study showed a significant relation between the risk factors with the IPSS score in patients with benign prostatic hyperplasia and co existing urinary tract symptoms.

KEYWORDS: *Benign prostatic hyperplasia, Urinary tract symptoms, international prostate symptom score (IPSS), Uroflowmetry*

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