Clinical Presentation and Different Treatment Modalities of Obstructed Jaundice

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Authors’ contributions

This work was carried out in collaboration among all authors. Author AAL designed the study and wrote the protocol. Authors QAL and AAS wrote the first draft of the manuscript. Author AM guideline and author MP managed the literature searches and data analysis. All authors read and approved the final manuscript.

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ABSTRACT

Objective: To determine the clinical presentation and different treatment modalities of obstructed jaundice at tertiary care Hospital.
Study Design: Prospective observational study.
Place and Duration: Present study was conducted in the Department of general Surgery of Liaquat University of Medical and Health Sciences, Jamshoro during two years from July 2015 to June 2017.
Patients and Methods: Total 50 patients having obstructed jaundice and either gender were evaluated after taking history, clinical examinations including specific investigations like ultrasound of abdomen, liver function test (LFT), magnetic resonance cholangiopancreatography (MRCP), computed tomography (CT) endoscopic retrograde cholangio pancreatography (ERCP), magnetic resonance imaging (MRI), percutaneous transhepatic cholangiography (PTC) biopsy, tumor markers and x-ray chest for diagnosis and prognosis purpose. All the data was recorded via self-made proforma.

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Results: Out of all cases, 20 patients were in age group of 30 to 45 year, 21 patients were in age group 46 to 64 years and 09 patients were in age group 65 to 80 year. Thirty one patients were presented with intermittent jaundice and pain, 14 patients had jaundice, pruritus, pale stool, dark urine and 5 patients were presented with jaundice, pruritus, pale stool with dark urine, pain, anorexia and weight loss. Thirty one patients were diagnosed with benign lesions and 19 patients had malignant lesions. Most of the patients (26.52%) were treated by ERCP, stent. Fifteen underwent open surgery, and 9 were treated by palliative procedure, chemotherapy, radiotherapy and gene therapy.

Conclusion: Obstructed jaundice is a critical problem all over the world, in which initially patients present with jaundice, pain, pruritus with pale stool, dark urine and weight loss. Patients can be treated by ERCP, stent. Fifteen patients underwent open surgery and 9 were treated by palliative procedure, chemotherapy, radiotherapy and gene therapy.

Keywords: Obstructed jaundice; clinical presentation; treatment options.

1. INTRODUCTION

Word jaundice means yellowish skin discoloration, mucous membrane due to raised bilirubin concentration in the blood, sclera or failure of bile flow in the intestine; means any pathology arises inside the duct, in the wall or outside of the wall. Obstruction of the biliary tree started from the liver up to second part of duodenum.[1] Obstruction due to stone, sclerosing cholangitis, worm infestation, cystic lesion, secondary due to trauma, ligation, fibrosis, cholangiocarcinoma, adenocarcinoma of gallbladder, periampulery ampulery carcinoma and secondary tumor arises ahead of pancreas.[2] Whatever causes the biliary tree obstruction, in which failure to bile flow in the intestine may lead obstruction of bile. Bile stasis may lead to increased concentration of conjugated bilirubin in the blood, which may result in deep seated jaundice, pale stool, dark urine and pruritus. If obstruction arises due to small stone or infections the patients present with Charcot trade fever along with rigors, pain and jaundice. In obstruction due to malignancy typically, patients present with deep seated jaundice with or without pain, anorexia weight loss and ascites.[3] Obstruction of left and right hepatic ducts and common bile duct (CBD) leads to increase in bilirubin level that subsequently piles up in the skin or mucous surfaces producing jaundice.[4]

There several investigations are introduced in the diagnosis on etiological basis of obstructed jaundice, including laboratory investigations like serum direct and indirect bilirubin levels, gamma glutamyl transferase, coagulation profile, alkaline phosphate, aminotransferases, protein albumin/globulin (A/G) ratio.[4-6] Ultrasonography is best primary test for obstructive jaundice, it can be diagnose several etiologies like calculus in common bile duct and its size including hepatic metastases. After ultrasound some other imaging diagnosis like magnetic resonance colangiopancreatography showing space occupying lesion within the tube, endoscopic retrograde colangiopancreatography for diagnostic or therapeutic purpose for lesion seen in the tube[7], computed tomography for diagnose or staging purpose either pathology in the tube, outside the tube and tumor in head of pancreas[8], magnetic resonance imaging, magnetic resonance angiography for soft tissue involvement[9]. Percutaneous trans hepatic cholangiography for klat skin tumor, upper tract obstruction or drainage of bile[10]. Patients of obstructive jaundice are at high risk of hepato renal syndrome, hepatic encephalopathy, infection, disseminated intera vascular coagulations.[11] Patients admitted with critical conditions will need emergency iv fluid, antibiotics, electrolyte, diuretics (Manitol) lactulose and minimal surgical interventions[12]. During an ERCP, stents can be passed in bile ducts, to allow drainage of bile into intestine and can give the biopsy from bile ducts or the pancreas.[13] Common bile duct, open exploration measured as a standard technique following ERCP failure or lack of the availability of the laparoscopic exploration of common bile duct, it means calculus extraction from the bile duct after opening, then CBD closure with or without T tube insertion.[14] However the treatment of the obstructed jaundice suggests many procedures according to jaundice genesis, its staging, severity and long-term planning etc.[15] The purpose of this study was to determinate clinical presentation and different treatment modalities at tertiary care Hospital.

2. MATERIALS AND METHODS

This prospective observational study was carried out at general surgery department of Liaquat
University of medical and health sciences, Jamshoro. Study duration was two years from July 2015 to June 2017. Total 50 patients having proved obstructed jaundice and either gender were included in the study. Patients less than 12 years of age and those who were not willing to participate in the study were excluded. Patients were assessed after taking medical history, clinical examinations and specific laboratory and radiological investigations like abdominal ultrasound, liver function test (LFT), magnetic resonance cholangio pancreatography (MRCP), computed tomography (CT) endoscopic retrograde cholangio pancreatography (ERCP), Magnetic resonance imaging (MRI), percutaneous transhepatic cholangiography (PTC) biopsy, tumor markers (CA 19-9 _CEA) and x-ray chest for diagnosis and prognosis purpose. After diagnosis, patients underwent different treatment modalities. All the data was collected via self-made proforma. Data was analyzed by using SPSS version 20.

3. RESULTS

Total 50 patients were treated. Twenty patients were in age groups of 30 to 45 years, 21 patients were in age groups 46 to 64 and 9 patients were in age group 65 to 80 years. Males were in majority 62% and females were 38%. (Table 1).

Thirty one patients were presented with intermittent jaundice and pain, 14 patients had jaundice with purities, pale stool and dark urine and 5 patients were presented with jaundice, purities, pale stool, dark urine, pain, anorexia and weight loss. (Table 2).

In this study 31 patients were diagnosed with benign lesions and 19 patients were diagnosed with malignant lesions. (Table 3).

In this study 15 patients underwent open surgery, 26 patients were treated by ERCP with stent and 9 patients were treated by palliative procedure, radiotherapy, chemotherapy and gene therapy. (Table 4)

Table 1. Age and gender distribution n=50

| Age       | No of Patients | %     |
|-----------|---------------|-------|
| 30 t0 45 year | 20            | (40.0%) |
| 46 to 64 year | 21            | (42.0%) |
| 65 t0 80 year | 09            | (18.0%) |
| Gender     |               |       |
| Male       | 31            | (62.0%) |
| Female     | 19            | (38.0%) |

Table 2. Clinical presentation of patients n=50

| No of Patients | Clinical Presentation                  |
|---------------|---------------------------------------|
| 31            | Intermediate Jaundice, pain           |
| 14            | Jaundice. Pruritus, pale stool and dark urine |
| 05            | Jaundice. Pruritus, pale stool. Dark urine, anorexia, weight loss and pain |

Table 3. Patients distribution according to benign and malignant lesions n=50

| No. of Patients | Stage (Open Surgery) | Percentage |
|----------------|----------------------|------------|
| 31             | Benign lesion        | 62.0%      |
| 19             | Malignant lesion     | 38.0%      |

Table 4. Treatment options n=50

| No of Patients | Percentage % | Options       |
|----------------|--------------|---------------|
| 15             | 30%          | Open surgery  |
| 26             | 52%          | ERCP, STENT   |
| 09             | 18%          | Palliative procedure |

4. DISCUSSION

Jaundice is the common manifestation of the biliary tract disorders and the assessment of obstructive jaundice is the common problem faced by general surgeons. Patients of surgical jaundice presented in outpatients department (OPD) at an advanced stage are so difficult to treat and diagnosed. In this study males were 62% and females were 38%, these findings were consistent to the study of Selvasekaran R et al. [16]; as in their study out of 50 patients, 28 were males and Prabakar A et al. [17] also found that male patients were 66.7% and females were 33.3%.

In this study 20 patients were in age groups of 30 to 45 years, 21 patients were in age groups 46 to 64 and 9 patients were in age group 65 to 80 years. Consistently Selvasekaran R et al. [16] reported that most common age groups were 41 to 50 years and 51 to 60 years. However Prabakar A et al. [17] reported that most of the patients 40% were aged 51 to 70 years.

In this study thirty one patients were presented with intermittent jaundice and pain, 14 patients had jaundice with purities, pale stool and dark urine and 5 patients were presented with jaundice, purities, pale stool, dark urine, pain, anorexia and weight loss. Chaliya LP et al.[18]
CONSENT
As per international standard or university standard, patient's written consent has been collected and preserved by the author(s).

ETHICAL APPROVAL
Ethical approval has been taken from the authority to carry out the research.

COMPETING INTERESTS
Authors have declared that no competing interests exist.

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