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ABSTRACT

The study aimed to determine the risk factors of gastroesophageal reflux disease (GERD) among healthcare providers in selected secondary and tertiary hospitals in La Union. The descriptive method of research was utilized, with a researcher made questionnaire administered to 261 staff nurses and nurse aides. Frequency count and percentages were utilized to treat the data.

The analysis of the gathered data yielded the following pertinent findings: (1) The risk factors for GERD among healthcare providers are along lifestyle, obesity and medications; and (2) The most dominant risk factors of GERD among the respondents are along lifestyle while least dominant risk factors are along obesity and medication.

It was concluded that the respondent's lifestyle practices, obesity, and use of medications put them at risk of development of gastroesophageal reflux disease or GERD. Moreover, healthcare providers are at high risk of development of gastroesophageal reflux disease or GERD along lifestyle and a moderate susceptibility along obesity and medication.

Lastly, the researcher recommended that the IEC material should be presented to nurses and nurse aides in secondary and tertiary hospitals for possible adoption and utilization. Parallel study can be conducted in other hospitals of La Union.