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ABSTRACT

This study determined the predisposing factors to peptic ulcer disease among health workers in Baguio City.

The descriptive research design was utilized in this study. A questionnaire was used as the main tool to gather data. Frequency count, percentages, weighted mean, Analysis of the Variance (ANOVA) and t-test were utilized to treat the data.

The salient findings of the study are as follows: (1) majority of the respondents belonged to the middle age, female, nurses and with type O blood; (2) the extent of the predisposition of the respondent to PUD along unhealthy diet is sometimes practiced, seldom practiced along poor lifestyle habits and never practiced in PUD inducing drugs; and (3) there are no significant differences between the profile and the extent of practice of the respondents to the factors that influence PUD.

The study concluded that the profile of the respondents raises likelihood in the predisposition to PUD. The respondents' predisposition on unhealthy diet, poor lifestyle habits and PUD inducing drugs are all elevated and aggravating in acquiring peptic ulcer disease. Moreover, the respondent's profile and the extent of practice on the predisposing factors places them to risk in acquiring PUD.

Based on the findings of the study, a health guide was proposed to mitigate the predisposing factors to Peptic Ulcer Disease.