

The effect of probiotics drugs on treatment for hepatic encephalopathy in chronic liver diseases at Khartoum State

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The probiotics are live microorganisms, have multiple mechanisms of action that could disrupt the pathogenesis of HE and may make them superior to conventional treatment.

Objectives: To study the effect of using probiotics on the outcome of hepatic encephalopathy in cirrhotic patients in Ibn-Sina hospital, Khartoum, Sudan, 2012

Methodology: This is a randomized case-control hospital-based trial study conducted between case group (35 patients) named A and control group (35 patients) named B. Group A received probiotane in addition to the classical treatment, while group B received classical treatment only. All patients were evaluated before and after receiving probiotics by grading of HE, child Pugh classification and psychometrics test. The data collected subjected to analysis by SPSS program, results presented as tables and graphs.

Results: It was found that, the age group 41-50 years was the most common; 24 (34.3%). In group A, male and female ratio was 6:1, while in group B male to female ratio was 2.5:1. HE grade 0 appeared in 15 (42.9%) patients in cases group (A) versus 9 (25.7%) in the control group (B) after use of probiotic, grade I in 10 (28.6%) patients in cases group (A) versus 11 (31.4%) in the control group (B), grade II in 4 (11.4%) patients in case group (A) versus 5 (14.3%) in the control group (B), grade III in 1 (2.9%) patient in case group (A) versus 6 (17.1%) in the control group (B), while in grade IV 5 (14.3%) in case group (A) versus 4 (11.4%) in control group (B), ($P=0.238$). Child Pugh classification of liver cirrhoses after probiotic treatment show that, 8 (24.2%) patients in case group (A) versus 3 (8.6%) in the control group (B) had grade A, 22 (62.9%) patients in case group (A) versus 24 (68.6%) in the control group (B) had grade B, while 3 (9.1%) patients in case group (A) versus 8 (22.96%) in the control group (B) had grade C. Psychometric test was performed after the probiotic treatment for the study groups, showed that 15 (42.9%) patients in case group (A) versus 10 (28.6%) in the control group (B) had normal figure connected test, while 20 (57.1%) patients in case group (A) versus 25 (71.4%) in the control group (B) had abnormal figure connected test ($P=0.212$).

Conclusion: Although the evaluation of the effect of probiotics in patients with hepatic encephalopathy statistical was not significant, normalization of psychometric test and improvement in grade I & II in addition to improvement in child Pugh classification was seen among patients of case group probiotics are safe, natural and well tolerate therapy.

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