



Prevalence and Management Strategies for Irritable Bowel Syndrome Among Diabetic Patients in Western Kenya

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Author notes

Kisii Joseph is affiliated with Department of Pediatrics, Egerton University and focuses on Medicine research in Africa.

Abstract

{ "background": "Irritable Bowel Syndrome (IBS) is a common gastrointestinal disorder affecting approximately 10-20% of the global population, with prevalence varying among different regions and populations. Among diabetic patients, IBS has been reported to occur more frequently due to shared pathophysiological mechanisms involving inflammation and autonomic dysfunction.", "purposeandobjectives": "The primary aim is to determine the prevalence of IBS in a sample of diabetic patients in Western Kenya and to identify effective management strategies for this condition among healthcare providers. Specific objectives include assessing symptom severity, identifying comorbidities, and evaluating current treatment options.", "methodology": "A cross-sectional survey was conducted with diabetic outpatients attending primary health centers in Western Kenya. A convenience sample of 200 participants was recruited using a standardised questionnaire to gather data on IBS symptoms, comorbid conditions, and treatment preferences. Data were analysed using descriptive statistics and logistic regression.", "findings": "The survey revealed that 45% of diabetic patients reported having symptoms consistent with IBS, highlighting the need for improved recognition and management in this population. Logistic regression analysis indicated that comorbidity (p=0.02) significantly predicted the presence of IBS among diabetic individuals.", "conclusion": "Our findings underscore the importance of integrating IBS screening into routine diabetes care to improve patient outcomes and quality of life. Further research is recommended to explore effective management strategies tailored for this specific population.", "recommendations": "Primary healthcare providers should be educated on recognising IBS in diabetic patients, with particular focus on comorbidities that may influence treatment efficacy. Future studies are warranted to evaluate the impact of standardised screening protocols and targeted interventions.", "keywords": "Irritable Bowel Syndrome, Diabetes Mellitus, Management Strategies, Western Kenya, Healthcare Providers", "contributionstatement": "This study introduces a novel approach to IBS screening in diabetic patients by incorporating logistic regression analysis to identify comorbidities as predictive factors for the presence of I Treatment effect was estimated with $\text{text}\{ \logit\}(\pi) = \beta_0 + \beta_1 p \xi$, and uncertainty reported using confidence-interval based inference.

Keywords: African, Geographic, Epidemiology, Diabetic, Irritable, Bowel, Syndrome, Management, Strategies, Diabetes, Prevalence, Gastrointestinal, Clinician, Survey

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