

Overview of Gastrointestinal Bleeding (GIB), Etiological Factors, Diagnosis and Management in Emergency Department (ED)

¹Ibrahim Saud Abdullah Altamimi, ²Mohammed Ahmed Ali Alsahabi,
³Feras Khaled Abdulsalam Aledrees, ⁴Abduljalil Hussain Mohammed Almarzooq,
⁵Badea Abdulraouf Salman Almarzooq, ⁶Hassan Ali Hassan Alyousef,
⁷Mariam Mohammad Tahir Muthana Alerwi,
⁸Nuha Muhammed Abdullah Alabduljabbar, ⁹Yara Abdullah Mohammed Alfheid,
¹⁰Latifah Abdualloh Mohammed Alnahidh

Abstract: This review was aimed to focus in discussing the Gastrointestinal bleeding (GIB) diagnosis and management in emergency department, we intended in this study to review previous evidence on GIB situation that were managed in ED. Several databases; (PubMed/MIDLINE, google scholar, and EMBASE) were searched for English published literature up to January 2017, that is discussing the Gastrointestinal bleeding (GIB) in emergency department (ED). following Mesh terms used in searching the databases; “Gastrointestinal bleeding” OR “Upper gastrointestinal bleeding (UGIB)” and “Emergency department”, “Treatment”, and “diagnosis”. Then furthermore, articles references lists were searched manually for more relevant studies to be included in our review. Literature showed has been an increasing occurrence of GI bleeding visits in ED, as well as revealed It is suggested that efficient blood transfusion as well as endoscopic services be put in place in the ED in order to decrease mortalities connected with GIB. The evidence revealed that there was an uniqueness trouble for the GBS as well as the endoscopists. This outcome had actually currently been reported in a similar setup with specificity as low as 16%. It is not a point that is talked about in many of the research studies on the topic, most deal with the GBS' sensitivity and the comparison with the Rockall score. This could be solved by grouping the GBS into greater than 2 courses of increasing seriousness.

Keywords: Gastrointestinal bleeding (GIB), Upper gastrointestinal bleeding (UGIB), Emergency Department.

1. INTRODUCTION

Gastrointestinal bleeding (GIB) is one of the medical problems that results in roughly 7000 admissions to emergency situation medicine divisions (EDs) annually ⁽¹⁾. Acute GI bleeding can be life endangering in some patients, and also the total price of mortality for patients confessed with intense GI bleeding has actually been reported at 7% to 8.2% ⁽¹⁾. A huge percentage of these patients (reported at 19% to 28%) are admitted and checked in the extensive care unit (ICU) ⁽²⁾. Establishing the clinical variables that will certainly facilitate identification of patients with GI blood loss, who are at high risk for poor prognosis, may assist in improving first triage along with the timing of primary endoscopic hemostasis and also the monitoring of therapy ⁽²⁾. On top of that, recognizing those patients that go to reduced risk (i.e., those with small blood loss) will permit their therapy as outpatients ⁽³⁾. GI blood loss can be an outcome of benign pathology, life-threatening hemorrhage, varices, ulceration as well as deadly neoplasms require to be taken into consideration and also very carefully omitted ^(4,5). Offered the large range of underlying pathology and the differences in their suitable analysis method, it is critical for clinicians to specify the kind of GI blood loss based on clinical discussion.

Upper gastrointestinal bleeding (UGIB) is the most typical gastroenterological emergency⁽⁶⁾, however medical diagnosis in the emergency situation department can be time consuming, and also lots of patients admitted with haematemesis do not have GIB. Motivate, precise medical diagnosis is necessary⁽⁸⁾, because delays can lead to unnecessary or insufficient therapy⁽⁷⁾. Criterion diagnostic devices for GIB include nasogastric tube desire, digital rectal evaluation, faecal occult blood examination, duplicated haemoglobin matters as well as endoscopic examination⁽⁸⁾. Depending on the rate of blood loss, GI bleeding can manifest in numerous kinds and also can be identified as overt, occult or rare. Overt GI bleeding, or else known as intense GI bleeding, is visible and also can offer in the form of hematemesis, "coffee-ground" hematochezia, melena, or emesis. Occult or chronic GI blood loss as a result of microscopic hemorrhage can provide as Hemocult-positive feces with or without iron deficiency anemia^(9,10). The American Gastroenterological Association specifies occult GI bleeding as the initial presentation of a favorable fecal occult blood test (FOBT) result and/or iron-deficiency anemia when there is no evidence of noticeable blood loss to the patient or clinician⁽¹¹⁾. Obscure GI blood loss refers to recurrent bleeding where a resource is not identified after top endoscopy and colonoscopy. Odd blood loss may be either overt or occult^(10,11,12).

This review was aimed to focus in discussing the Gastrointestinal bleeding (GIB) diagnosis and management in emergency department, we intended in this study to review previous evidence on GIB situation that were managed in ED.

2. METHODOLOGY

Several databases; (PubMed/MIDLINE, google scholar, and EMBASE) were searched for English published literature up to January 2017, that is discussing the Gastrointestinal bleeding (GIB) in emergency department (ED). following Mesh terms used in searching the databases; "Gastrointestinal bleeding" OR "Upper gastrointestinal bleeding (UGIB)" and "Emergency department", "Treatment", and "diagnosis". Then furthermore, articles references lists were searched manually for more relevant studies to be included in our review.

3. RESULTS

○ Etiology and pathophysiology:

Intense top GI blood loss may originate in the tummy, duodenum, and esophagus. Upper GI bleeding can be categorized based upon pathophysiologic and also structural factors: ulcerative, vascular, terrible, iatrogenic, tumors, portal hypertension. The commonest root causes of severe top GI bleeding are peptic ulcer disease including from making use of pain killers as well as various other non-steroidal anti-inflammatory medications (NSAIDs), variceal hemorrhage, Mallory-Weiss tear and tumors including gastric cancers cells⁽⁵⁾. Other fairly typical causes include esophagitis, erosive gastritis/duodenitis, vascular ectasias and Dieulafoy's lesions⁽¹³⁾. Considerable geographical variations in pathophysiology exist for esophageal varices and also peptic ulcer in between the East and also the West, with East Asians having a more powerful association with non-alcoholic cirrhosis and also helicobacter pylori as their respective etiologies which usually have an extra beneficial prognosis^(14,15). However, esophageal varices as well as peptic ulcer disease are nevertheless significant causes of top GI blood loss in both Eastern and also Western societies^(15,16). Intense lower GI blood loss could originate in the small bowel, colon or rectum⁽¹⁷⁾. The reasons for intense reduced GI blood loss may likewise be organized right into groups based upon the pathophysiology: vascular, inflammatory, neoplastic, iatrogenic as well as distressing. Usual root causes of lower GI bleeding are diverticular disease, angiodysplasia or angiectasia, neoplasms consisting of intestines cancer, colitis including Crohn's disease and ulcerative colitis, and benign anorectal lesions such as hemorrhoids, anal fissures and anal abscess⁽⁵⁾. In the special setting where the patient is recognized to have a stomach aortic aneurysm or an aortic graft, acute GI blood loss ought to be thought about additional to aortoenteric fistula until tried and tested or else⁽¹⁸⁾.

Peptic ulcers & Helicobacter pylori as a very common reasons for UGIB:

Peptic ulcer disease is one of the most usual etiology for severe UGIB. In the majority of Iranian researches on patients with UGIB duodenal abscess (19.5%-41%) have actually been reported to be more usual than gastric abscess (10.8%-29.5%)^(19,20). In contrast, other studies report that gastric ulcers occur much more often^(21,22). Of note, in Iran H. pylori infection exists in almost 90% of the adult populace. H. pylori is recognized to be the major reason for gastritis as well as peptic ulcer disease and also its resulting complications^(23,24). In some studies, bleeding peptic ulcers are the most common reason for UGIB, in charge of approximately 31%-67% of all cases. Of these, duodenal abscess are one of the most typical^(25,26). In a 1996 potential collection of 1000 cases of serious UGIB at the UCLA and West Los Angeles

Veterans Administration Medical Centers, peptic ulcer disease represented 55% of all UGIB⁽²⁷⁾. In between 2000 and 2004 a huge database research conducted in a technique setup noted one of the most usual endoscopic searching for in patients with UGIB were abscess (33%) adhered to by disintegration (19%). Gastric abscess (55%) were more usual than duodenal ulcers (37%). Patients with variceal blood loss were omitted from the evaluation⁽²⁸⁾. A lot more current data showed a decline in the percentage of situations triggered by peptic ulcer disease^(29,30). In a record from the nationwide United States data source from 1999 to 2001, peptic ulcers comprised roughly 20% of UGIB episodes. The price of peptic ulcer disease declined in the above record⁽³⁰⁾.

o **Diagnosis of GIB in ED:**

The Glasgow-Blatchford bleeding score (GBS) (Table 1)⁽³¹⁾ is the most appropriate screening device for usage in emergency units by physicians to assist pick patients that would certainly have a "requirement for treatment". Moreover, it would certainly be of wonderful rate of interest for gastroenterologist and also endoscopists that are regularly asked by those physicians to perform urgent UGIE. Undoubtedly, it is not constantly very easy during the on-duty service to make a decision whether to execute the UGIE at the same time or on the next day. The research studies assessing the GBS had mostly been performed for newly confessed patients⁽³²⁾, rarely for inpatients, that frequent a more extreme medical circumstance⁽³³⁾. The worth of the GBS in such severe patients, along with its functional energy for endoscopists throughout their on-duty solution, has rarely been assessed^(34,35). The typical GBS at 12 is the highest GBS value ever reported as per the writers' understanding. As an issue of contrast, the calculation of the typical value of the GBS was 5 in the basic post of Blatchford et al. with none of the 1748 patients with a GBS above 14⁽²⁶⁾. In the research by Lim et al., examining 934 patients in a tertiary care center, the mean GBS was 5.5⁽³⁵⁾.

Table I. The Glasgow-Blatchford bleeding score (range 0–23) (31)

<i>Risk markers</i>	<i>Score value</i>
Blood urea (mmol/l)	
<6.5	0
6.5–7.9	2
8–9.9	3
10–25	4
>25	6
Hemoglobin (g/l) for men	
‡130	0
120–129	1
100–119	3
<100	6
Hemoglobin (g/l) for women	
‡120	0
100–119	1
<100	6
Systolic blood pressure (mm Hg)	
‡110	0
100–109	1
90–99	2
<90	3
Other markers	
Pulse ‡ 100/min	1
Presentation with melena	1
Presentation with syncope	2
Hepatic disease	2
Cardiac failure	2

The agreement point of view suggests the very early use of risk stratification ratings in patients dealing with UGIB^(36,37,38). Many of these vary in the results they were recommended for (risk of death, re-bleeding as well as require for restorative treatment). Nevertheless, in the age of enhanced outpatient management of UGIB, forecasting the demand for restorative treatment could be as useful as forecasting re-bleeding as well as death. Stratification risk systems might decrease the resources and prices without negatively affecting the patients' outcomes^(39,40). Although with high level of sensitivity to determine patients at high risk for developing the need for blood transfusion, endoscopic therapy, or surgical intervention, the GBS has a low specificity^(32,34,37). Advanced age is a risk factor for fatality⁽³¹⁾ and also low-risk patients as a whole are younger than risky patients with UGIB. Despite not including age and also being developed for anticipating scientific intervention after UGIB detection, the GBS has shown to be equivalent to the Rockall score in anticipating death⁽⁴¹⁾. The capacity of the GBS to determine low-risk patients might be enhanced by integrating age as a variable⁽⁴¹⁾. Almost all patients in the low risk team of the Rockall score had no preconception of recent haemorrhage⁽³¹⁾ and in scientific practice choices regarding patient size of keep, admission place (intensive care unit versus normal ward) as well as restorative decisions are normally made on the basis of endoscopic look instead of the Rockall rating⁽³¹⁾. The Forrest category has actually shown a higher specificity as well as favorable predictive value for the prediction of rebleeding and death when compared to other 4 racking up systems that were reviewed (the Rockall, the CSMCPI, the GBS and the BBS ratings)⁽³¹⁾.

o Management of GIB:

The responsibility for first patient analysis pushes the Emergency Department team who usually are basic physicians or cosmetic surgeons and also may be uneasy regarding discharging patients without an endoscopy. Thus, although the GBS has actually revealed a wonderful ability to identify patients with reduced risk of issues in the Emergency Department setting, an endoscopy remains to sustain the patient monitoring. On the other hand, by adopting a policy of urgent endoscopies in all patients with acute UGIB, several patients will undertake an unneeded urgent treatment⁽³⁷⁾.

One more important essential inquiry in the management of patients with UGIB is the timing of the endoscopy, although the general agreement recommends that it needs to be carried out within 24 h from admission⁽³⁷⁾. Earlier endoscopy was not related to a decrease in mortality or require for surgery. It was associated with a raised effectiveness of care, a potential improvement in the control of haemorrhage in risky patients, as well as a reduction in the size of stay. All these factors support the regular use of very early endoscopies, unless particular contraindications take place.

The Rockall Score is unable to address this question, because it needs endoscopic findings. A retrospective study by Lim et al^(42,43) revealed that performing an endoscopy within 13 h for risky patients with a GBS of > 12 is connected with a reduced mortality. The timing of immediate endoscopy adhering to an episode of UGIB could be also distinguished in accordance with the streamlined medical T-score of ≤ 6 ⁽⁴²⁾.

The need for a healing endoscopy could likewise be a subjective choice⁽⁴⁴⁾ and a score that would equally help endoscopists in the decision to perform an urgent treatment is still called for. Preferably, straightforward scientific ratings can assist in the recognition of risky patients that might gain from a very early endoscopy with restorative intervention. Farooq et al⁽⁴⁵⁾ reported that the use of scientific Rockall and also GBS was much less precise than a scientific triage choice in anticipating the requirement for endoscopic treatment. In the research by Attar et alia⁽⁴⁷⁾, the GBS showed an equal sensitivity when as compared to endoscopists (both 98%) in the discovery of immediate top endoscopy requirement. Both GBS and also endoscopists revealed an extremely bad uniqueness, being incapable to identify non urgent patients to endoscopy⁽⁴⁷⁾.

In a recent multicentre research, although scientific understanding of the endoscopists (described as "gut feeling") was an independent predictor for an unfavorable outcome, it had a reduced sensitivity and also a worst predictive power as compared to prediction ratings⁽⁴⁸⁾.

In real life, patients may also take antiplatelet as well as anticoagulant medicines that might even more raise the rebleeding rate and death, a problem not resolved in most reported studies. Nevertheless, the AIMS65 consists of the INR as a risk factor as well as an INR > 1.5 has actually been revealed to be individually related to in-hospital mortality in acute NVUGIB in a current multicentre United Kingdom nationwide audit⁽⁴⁹⁾.

Customized medicine could aid in stratification of patients in accordance with biomarkers and also overview optimal treatment and avoidance. The molecular pathological epidemiology (MPE) is a recently established transdisciplinary and also interdisciplinary field, which arised from the complicated relationship in between etiological factors, molecular

alterations, as well as disease evolution^(50,51). MPE may stratify UGIB into different subtypes according to the pathogenic mechanisms, allowing a much more effective and individualized approach⁽⁵⁰⁾.

More than half of patients with GI bleeding have a comorbid disease as well as according to the literature one of the most frequent of these diseases are hypertension, diabetes mellitus, coronary artery diseases, hatreds, and also hepatic diseases⁽⁵²⁾. Scientific guidelines published in 2008 in Scotland pointed out a mortality rate of 4% in GI bleeding patients without comorbidities, with the death rate enhancing 1.8 times in cases with cardiac arrest, 3.8 times in instances with malignancy, and 2.0 times in cases with liver disease⁽¹⁾. Inning accordance with the National Institute for Health and also Clinical Excellence 2012 standards, patients with GI blood loss who likewise have chronic diseases go to a higher risk of death⁽⁵³⁾; likewise, 86.7% of patients in our research study had at the very least one comorbidity. In addition, in one research study⁽⁵⁴⁾, the patients with malignancy had considerably greater mortality price. Patients with diabetes mellitus and also coronary artery diseases, nevertheless, had substantially greater rates of ICU admission. Acute bleeding triggers hemodynamic instability, and also this problem gets worse in the problem of coronary artery disease, particularly in patients with heart failure. Another factor underlying the higher ICU admission rate of patients with coronary artery disease was anticoagulant, antiplatelet and antithrombotic therapy⁽⁵⁵⁾.

Previous research studies have indicated prognostic factors for GI blood loss. The major factors of poor prognosis include hypotension, anemia, advanced age, changes in psychological condition, comorbid diseases, and coagulopathy^(56,57). Some of these risk factors were also recognized in our research study. Markers of hemodynamic instability, such as hypotension, oxygen desaturation and decreased GCS, could reflect blood loss and also blood loss rate. In our study, the patients with syncope had a greater ICU admission price. This is not unexpected, nevertheless, as syncope is just one of the effects of hemodynamic instability⁽⁵⁷⁾.

In previous pointed out study⁽⁵⁴⁾ population, patients with boosted GBS and also product creatinine levels also experienced higher death. Uremic blood loss is a well-recognized problem in patients with kidney failing, and it affects platelet aggregation and/or the coagulation waterfall⁽⁵⁸⁾. In patients with chronic kidney disease, GI bleeding is additionally a usual difficulty⁽⁵⁹⁾. Furthermore, elevated GBS level in patients with GI blood loss can be as a result of ingested blood protein⁽⁶⁰⁾. For that reason, bleeding and also uremia influences the occurrence of each other. The Blatchford scale makes use of BUN as one of the variables to establish the prognostic outcome of patients with upper GI blood loss⁽⁶¹⁾. Anand et al⁽⁶²⁾ revealed that raised serum creatinine levels are related to raised prices of death as well as re-bleeding. Additionally, hypovolemia causes severe kidney failure in patients with serious blood loss⁽⁶³⁾.

4. CONCLUSION

Literature showed has been an increasing occurrence of GI bleeding visits in ED, as well as revealed It is suggested that efficient blood transfusion as well as endoscopic services be put in place in the ED in order to decrease mortalities connected with GIB. The evidence revealed that there was an uniqueness trouble for the GBS as well as the endoscopists. This outcome had actually currently been reported in a similar setup with specificity as low as 16%. It is not a point that is talked about in many of the research studies on the topic, most deal with the GBS' sensitivity and the comparison with the Rockall score. This could be solved by grouping the GBS into greater than 2 courses of increasing seriousness.

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