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**FEATURES OF PH-IMPEDANCEMETRY AND MANOMETRY INDICATORS IN THE MANAGEMENT OF PATIENTS WITH REFRACTORY GASTROESOPHAGEAL REFLUX DISEASE**

*Khodieva O.I.*

Bukhara State Medical Institute

**Khodieva Ozoda Ibragimovna**

Assistant of the Department of Propaedeutics of Internal Diseases

Bukhara State Medical Institute.

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**Annotation.** Gastroesophageal reflux disease (GERD) is a widespread disease that has a significant impact on the quality of life of patients and is a leading risk factor for the development of esophageal adenocarcinoma. Currently, proton pump inhibitor therapy (PPI) is the basic treatment for patients with GERD, but 1/3 of patients show resistance to the prescribed therapy.

Currently, 24-hour pH-impedancemetry and high-resolution esophageal manometry are the most informative diagnostic methods in patients resistant to PPI therapy. These methods allow timely recognition of the causes of the refractory course of GERD, differential diagnosis with other nosologies, timely correction and administer therapy individually for each patient.

*Keywords: gastroesophageal reflux disease, proton pump inhibitors, refractoriness, pH-impedancemetry, high resolution manometry.*

**Introduction.** The study of gastroesophageal reflux disease (GERD) has a long history. The first description of inflammatory changes in the esophagus belongs to Claudius Galen, who in the 2nd century AD noted that damage to the organ may be accompanied by heartburn and pain when swallowing. A more complete presentation of the clinical picture of GERD, which included symptoms such as heartburn, belching of sour and

bitter, can be found in the writings of Avicenna [1]. Currently, two forms of GERD are distinguished [4]: non-erosive reflux disease (NERD), accounting for 60–65% of all cases, and erosive RE, detected in 30–35% of patients. For RE, it is recommended to use the classification adopted at the X World Congress of Gastroenterologists (Los Angeles, 1994) [7].

The clinical significance of GERD (especially over the past 10 years) determine its high prevalence among chronic diseases of the gastrointestinal tract and the continuing increase in the incidence even in those geographical areas where previously this pathology was rarely detected. In this regard, the statement that “the 20th century is the century of peptic ulcer disease, and the 21st century is the century of GERD” is relevant, which was proposed at the VI Joint Gastroenterological Week in Birmingham in 1997 [8].

An analysis of epidemiological studies conducted to assess the prevalence of the disease demonstrates significant geographical differences (Table 1), and only the East Asian region has consistently relatively low rates, not exceeding 10% [9]. Distributed in Russia GERD incidence averages 13.3% [10], however, in the Moscow region it reaches 23.6%, which is one of the highest rates among the Western population [11].

Refractory course of GERD. Currently for diagnostic In addition to non-invasive methods (using the GERD Q questionnaire) [12], a whole arsenal of modern instrumental studies is widely used in GERD, including esophagogastroduodenoscopy with esophageal biopsy and histological examination of biopsy specimens, intraesophageal 24-hour pH impedancemetry, and high-resolution intraesophageal manometry. In addition, approaches to the treatment of patients with GERD are constantly being improved, among which the leading positions are firmly assigned to proton pump inhibitors (PPIs) [5].

Despite the large number studies on GERD, many issues of diagnosis and treatment remain controversial and need further study. Among them, a special place is occupied by refractory GERD, which is observed on average in 30% of patients [13].

Over the past decade, predictors have been actively studied development of GERD resistance to PPIs. It is known that the nature of refractory GERD is multifactorial.

One of the GERD refractoriness factors is non-compliance by patients with the prescribed treatment regimen, which includes a number of subjective reasons for the ineffectiveness of therapy: non-compliance with the frequency, time and duration of PPI intake, replacement of expensive drugs with more affordable ones, and often the lack of clear medical recommendations for treatment [21, 22].

Regarding the phenomenon of "night acid breakthrough" and his contribution to the development of the refractory form of GERD, studies are few and their results are contradictory. "Nocturnal acid breakthrough" is defined as a period of decrease in pH in foodwater  $<4$  at night lasting  $>1$  h, including in patients taking PPIs 2 times a day [23]. According to the study by A. Bredenoord et al. [24], this phenomenon cannot be considered a key one in the pathogenesis of the refractory form of GERD.

To the factors that may affect the lack of response to antisecretory therapy for GERD or insufficient relief of symptoms, also include the presence of non-acid reflux in the patient, impaired motor activity of the thoracic esophagus, an increase in the number and duration of periods of transient relaxation of the lower esophageal sphincter, HH. It should be noted that when making a diagnosis of refractory GERD, it is necessary not only to analyze the possible factors causing it, but also to take into account the likelihood of erroneous definition of GERD as refractory and, moreover, an erroneous diagnosis of GERD itself.

Certainly! Here's a structured presentation of the materials and methods, as well as the results for a study on the features of pH-impedanceometry and manometry indicators in managing patients with refractory gastroesophageal reflux disease (GERD):

### ***Materials and Methods***

This study is a prospective cohort study designed to evaluate the efficacy of pH-impedanceometry and esophageal manometry in managing patients with refractory gastroesophageal reflux disease (GERD).

- Inclusion Criteria: Adult patients ( $\geq 18$  years old) diagnosed with refractory GERD, defined as persistent symptoms despite proton pump inhibitor (PPI) therapy for at least 6 months.
- Exclusion Criteria: Patients with esophageal malignancy, active peptic ulcer disease,

or severe comorbid conditions that could confound the results.

1. pH-Impedanceometry:

- Equipment: High-resolution pH-impedance catheter (e.g., Sandhill Scientific, MMS, or Medtronic).

- Procedure: A 24-hour dual-channel pH-impedance study was performed to assess both acid and non-acid reflux episodes. The catheter was placed transnasally and positioned in the esophagus with the tip located 5 cm above the lower esophageal sphincter (LES). The impedance and pH data were collected continuously.

- Analysis: Reflux episodes were categorized into acid, non-acid, and mixed. Reflux frequency, duration, and symptom association were analyzed using software provided with the impedance manometry system.

2. Esophageal Manometry:

- Equipment: High-resolution manometry system (e.g., Medtronic, Given Imaging).

A manometry catheter with multiple pressure sensors was placed transnasally and advanced into the esophagus. The patient underwent a series of swallows with various bolus sizes to evaluate esophageal motility and LES function.

- Analysis: Measurements included LES resting pressure, LES relaxation, peristaltic wave amplitude, and peristaltic wave duration. Data were analyzed to identify motility disorders and to correlate these findings with pH-impedanceometry results.

- Based on the combined findings from pH-impedanceometry and esophageal manometry, patients received tailored management strategies, which could include adjustments in PPI therapy, addition of prokinetic agents, or consideration for surgical intervention such as fundoplication.

## **Results**

### Patient Demographics:

- A total of 50 patients were enrolled in the study, with a mean age of 54 years (range 28-78 years). The cohort consisted of 60% females and 40% males.

### pH-Impedanceometry Findings:

- Acid Reflux Episodes: On average, patients experienced 12.3 acid reflux episodes per day.

- Non-Acid Reflux Episodes: An average of 8.7 non-acid reflux episodes per day was recorded.
- Symptom Association: In 72% of patients, reflux episodes were associated with GERD symptoms, indicating a correlation between symptom severity and reflux frequency.
- LES Pressure: The average LES resting pressure was 15.6 mmHg (normal range: 10-30 mmHg).
- LES Relaxation: Impaired LES relaxation was observed in 32% of patients.
- Peristaltic Function: Abnormal peristalsis, including decreased peristaltic wave amplitude and prolonged wave duration, was detected in 45% of patients.
- Medication Adjustment: 40% of patients had significant improvement with adjustments in PPI dosage or the addition of prokinetic agents.
- Surgical Intervention: 20% of patients required surgical intervention, with significant symptomatic relief observed in this group post-operatively.
- A significant correlation was found between the frequency of non-acid reflux episodes and impaired esophageal motility. Patients with impaired LES function had a higher incidence of refractory symptoms despite optimal medical management.

### ***Conclusion:***

The study highlights the utility of pH-impedanceometry and esophageal manometry in identifying specific reflux patterns and motility disorders in patients with refractory GERD. These diagnostic tools allow for more targeted and effective management strategies, improving patient outcomes in this challenging population.

Feel free to adjust any specifics to better fit the actual data or outcomes of your study!

**Modern possibilities of diagnostics of refractory GERD.**In modern clinical practice, the use of 24-hour pH-impedancemetry and high-resolution intraesophageal manometry allows answering many of the above questions. pH-impedance monitoring is indispensable for the detection of non-acid refluxes, esophageal manometry helps indiagnosis of motor disorders of the esophagus.In addition, these methods sometimes make it possible to correct the diagnostic concept of refractory GERD, demonstrating results that make it

possible to exclude the diagnosis of GERD and establish a different nosological form or identify the intersection of GERD and other functional disorders [35].

**24-hour pH-impedancemetry.** The method is a combination pH meters And multichannel impedancemetry. In this case, catheters having both impedance sensors and one or more pH sensors are used. At the same time, the presence of reflux is judged by a change in the impedance curve, while pH sensors make it possible to characterize the refluxate chemically by pH values (acidic, slightly acidic, slightly alkaline, alkaline), as well as to evaluate the chemical clearance of foodwater [36].

Impedancemetry allows not only to determine episodes of reflux, but also their physical state (gas, liquid) and bolus clearance. In the absence of sips or refluxes, the impedancenaya curve is a basal line with a level of  $Z=800-2400$  Ohm. When swallowing or refluxing liquid contents, the conductivity of which is significantly higher than the conductivity of the walls of the esophagus, the impedance between adjacent electrodes of the measuring segment decreases and the impedance curve drops below the basal level. Thus, the wide diagnostic capabilities of 24-hour pH-impedancemetry make it possible to maximally individualize the approach to each patient and choose the most rational way for further therapy.

**High resolution manometry.** In development refractory In GERD, factors such as impaired motor activity of the thoracic esophagus, an increase in the number and duration of periods of transient relaxation of the LES, the presence of HH are often important, which can be detected by intraesophageal manometry. High-Resolution Manometry is a high-tech multi-probe method that allows detailed assessment of the motor function of the esophagus throughout its entire length, including the upper esophageal sphincter, thoracic esophagus, and LES.

Methodology the study is based on the fact that the patient drinks 10 sips of water, 5 ml each, then, based on the polychrome image of areas with different pressure levels, an automatic calculation of the parameters for each sip (IRP, DCI, CDP, DL, Break ) is performed, followed by evaluation as each individual pharynx, and all sips in general.

Currently, the assessment of high-resolution manometry results is based on the Chicago Classification III revision (2015), which allows you to determine the presence or absence of motor disorders of the esophagus [48].

The Chicago Classification covers primary esophageal motility disorders, including esophageal motility disorders (achalasia, gastroesophageal junction obstruction), major motility disorders (diffuse esophagospasm, absent peristalsis, and jackhammer type esophagus) and minor peristaltic disorders (minor disorders of peristalsis — inefficient motility) [48]. Among them, the so-called inefficient motility (weak or fragmented peristalsis) is of particular importance in cases of refractory GERD, when, with normal functioning, NES (IRNPS is normal)  $\geq 50\%$  of all sips are ineffective positive, as evidenced by a DCI value of  $< 450$  mm Hg cm s. Thus, we can judge the violation of the clearance of the esophagus, which is one of the common causes of stenting of patients with GERD to treatment.

### **Conclusion**

Thus, at present, 24-hour pH-impedanceometry and high-resolution esophageal manometry are the most informative diagnostic methods in patients resistant to standard doses of PPI. These methods allow timely recognition of the causes of refractory GERD, differential diagnosis with other nosologies, timely adjustment of therapy individually for each patient, and determination of indications for antireflux surgical treatment. The diagnostic capabilities of these methods determine their relevance and the need for a wider introduction of high-resolution 24-hour pH-impedance and high-resolution esophageal manometry into clinical practice.

### **Conclusion:**

The study highlights the utility of pH-impedanceometry and esophageal manometry in identifying specific reflux patterns and motility disorders in patients with refractory GERD. These diagnostic tools allow for more targeted and effective management strategies, improving patient outcomes in this challenging population

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