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### **Nicaraguan war experience during contra-revolution is associated to functional dyspepsia and irritable bowel syndrome. A population-based study in Nicaragua**

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**Background:** Psychosocial and physical trauma are risk factors for functional gastrointestinal disorders(FGID). The most recent war experience in Nicaragua was lived during 1980s. The impact of FGID is poorly knowledge in Central America.

**Aim:** to determinate the association of war trauma and the subsequent development of functional dyspepsia(FD) and irritable bowel syndrome(IBS).

**Methods:** the study was conducted in San Pedro del Norte (rural population with live war experience, total population 4,719) and León (rural/urban population without live war experience, total population 174,051). A random sample was chosen utilizing HDSS from Leon and San Pedro del Norte. The validated Spanish Rome II Modular Questionnaire(R2MQ) was used. The war trauma instrument was previously validated in Nicaragua, with assessment of physical or psychological abuse, trauma, witnessed executions, forced recruitment, economic loss, and experiences of family members.

**Results:** in this population-based survey of randomly selected subjects 1,773 (Leon 1,617, San Pedro del Norte 156), there were (1,067 F, 706 M). Overall, 14.2% had war experiences (24,8% M, 7.2% F). The prevalence of FD and IBS were 13.2% (M 12.1%, F 13,9%) and 13.7% (9.7% M, 16,2 F) respectively. in the logistic regression model adjusted by sex and age we found an association between FD (OR=2.53, 95%IC 1.92 - 3.34) and IBS (OR=1.56, 95%IC 1.08 - 2.26) and having lived in areas with armed conflicts.

**Conclusions:** War trauma was associated with FD and IBS in related to the contra-revolution conflict in Nicaragua. Military conflicts may result in gastrointestinal health care in a long term.

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