

PERFIL CLÍNICO, COMPLICACIONES Y FACTORES ASOCIADOS CON LA HOSPITALIZACIÓN EN PACIENTES ADULTOS CON DIAGNÓSTICO DE INTOXICACIÓN AGUDA ATENDIDOS EN EL SERVICIO DE URGENCIA DE UNA CLÍNICA DE BARRANQUILLA (ATL, CO) 2022-2023

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RESUMEN

Las intoxicaciones agudas representan una causa común de ingreso a los servicios de urgencias, con variaciones en el perfil clínico y las complicaciones según la sustancia involucrada. Comprender estos factores es crucial para mejorar la atención y reducir complicaciones.

Objetivo: Evaluar el perfil clínico, complicaciones y factores asociados a la hospitalización en pacientes adultos con intoxicación aguda atendidos en el servicio de urgencias de una clínica de Barranquilla (Atl, CO) entre 2022 y 2023.

Metodología: Estudio observacional analítico retrospectivo basado en el análisis de historias clínicas. La población incluyó pacientes adultos atendidos por intoxicación aguda, utilizando fuentes de datos primarias y secundarias. Las variables analizadas fueron edad, sexo, tipo de sustancia, gravedad de la complicación y duración de la estancia. Se realizaron pruebas de Chi-cuadrado, Wilcoxon y análisis de regresión logística multivariada, con significancia estadística de $p < 0.05$.

Resultados: En este estudio de 396 pacientes adultos con intoxicación aguda, la edad mediana fue de 30 años, con predominio de hombres (56%) y del régimen de salud contributivo (65%). Los hombres presentaron mayor prevalencia de consumo de SPA, tabaco, cannabis y cocaína, mientras que las mujeres mostraron mayor incidencia de intoxicación por medicamentos y polimedicación ($p < 0.001$). Las intoxicaciones voluntarias fueron más comunes en mujeres y las intencionales en hombres. La vía de exposición oral fue más frecuente en mujeres, y la respiratoria, en hombres. Las estancias hospitalarias y el ingreso a UCI fueron mayores en hombres, siendo factores de riesgo el uso de plaguicidas y la severidad de la intoxicación.

Conclusión: Existen diferencias significativas en el perfil clínico y en las complicaciones asociadas a intoxicaciones agudas según el tipo de sustancia y el género, lo cual puede guiar intervenciones personalizadas y mejorar la gestión de recursos en emergencias.

Palabras clave: Intoxicación Aguda, Servicios de Urgencia Hospitalaria, Hospitalización, Análisis de Factores de Riesgo, Atención de Emergencia.

ABSTRACT

Acute poisoning is a common reason for emergency department admissions, with variations in clinical profiles and complications depending on the substance involved. Understanding these factors is crucial for improving care and reducing complications.

Objective: To evaluate the clinical profile, complications, and factors associated with hospitalization in adult patients with acute poisoning seen in the emergency department of a clinic in Barranquilla, Colombia, between 2022 and 2023.

Methods: A retrospective analytical observational study was conducted based on the analysis of medical records. The population included adult patients treated for acute poisoning, using primary and secondary data sources. Variables analyzed included age, sex, substance type, complication severity, and hospital stay duration. Chi-square, Wilcoxon tests, and multivariate logistic regression analysis were applied, with statistical significance set at $p < 0.05$.

Results: In this study of 396 adult patients with acute poisoning, the median age was 30 years, with a predominance of men (56%) and those under contributory health insurance (65%). Men showed a higher prevalence of psychoactive substance (SPA) use, tobacco, cannabis, and cocaine, while women had higher rates of medication and polypharmacy poisonings ($p < 0.001$). Voluntary poisonings were more common in women, and intentional poisonings were more frequent in men. Oral exposure was more common in women, while respiratory exposure predominated in men. Hospital stays and ICU admissions were higher among men, with pesticide use and poisoning severity identified as risk factors.

Conclusion: Significant differences exist in the clinical profile and complications associated with acute poisonings by substance type and gender, which can guide personalized interventions and improve emergency resource management.

Keywords: Acute Poisoning, Emergency Hospital Services, Hospitalization, Risk Factor Analysis, Emergency Medical Services.

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