FUNCIÓN PULMONAR EN PACIENTES DE 6 A 17 AÑOS CON FIBROSIS QUÍSTICA ENTRE LOS AÑOS 2020-2021 EN LA CIUDAD DE BARRANQUILLA (ATL, CO)

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Resumen

La fibrosis quística es una enfermedad de carácter autosómico recesivo. Su incidencia es variable de acuerdo con la población estudiada. En Latinoamérica la incidencia de esta enfermedad es poco conocida y se estima en uno por cada 6000 recién nacidos vivos. Existe un alto índice de subdiagnostico de esta patología en países en vía de desarrollo. La esperanza de vida de estos pacientes mejora conforme ha mejorado el diagnóstico y tratamiento oportuno.

Objetivo: Evaluar la función pulmonar en la población de 6-17 años con diagnóstico de Fibrosis Quística en seguimiento entre los años 2020-2021 en la ciudad de Barranquilla (Atl, CO).

Materiales y Métodos: Se realizó un estudio de tipo descriptivo transversal, con el fin de caracterizar y evaluar la función pulmonar de los pacientes pediátricos con fibrosis quística en Barranquilla. Se realizó en 19 niños con FQ en seguimiento con neumología pediátrica y cumplieron los criterios de inclusión. Se detalló a través de estadística descriptiva, con medidas de tendencia central y de dispersión, los resultados se mostraron en medidas de porcentaje, media y desviación estándar (SD).

Resultados: Se evaluaron variables sociodemográficas de los pacientes como la edad, sexo, IMC, encontrando como grupo etario predominante los pacientes entre 6 y 10 años, además el sexo predominante fue el femenino con un 52.6% de la población. El 52.6% de los pacientes tuvo un peso bajo para la edad. En los aspectos clínicos el más frecuente fue el hipocratismo digital en un 84% de los casos, el 73.7% tuvo una exacerbación respiratoria, y un porcentaje importante de los pacientes tuvieron infecciones en el último año. Se encontró alteración en la mayoría de las pruebas de función pulmonar.
Conclusión: La fibrosis quística es una patología crónica, que genera gran impacto en múltiples aspectos de la vida de las personas que la padecen, aun en países en vía de desarrollo como lo es Colombia se genera un subdiagnostico importante de esta patología, lo cual nos puede mostrar incidencias menores de las reales, generando consecuencias en el retraso del diagnóstico y tratamiento, lo que se puede relacionar a una mayor tasa de afección pulmonar a futuro.

Palabras clave: función pulmonar, fibrosis quística, niños

Abstract

Cystic fibrosis is an autosomal recessive disease. Its incidence is variable according to the population studied. In Latin America the incidence of this disease is little known and is estimated at per 6000 live newborns. There is a high rate of subdiagnosis of this pathology in developing countries. The life expectancy of these patients improves as timely diagnosis and treatment has improved.

Objective: To evaluate lung function in the population aged 6-17 years with a diagnosis of Cystic Fibrosis under follow-up between the years 2020-2021 in the city of Barranquilla (Atl, CO).

Materials and methods: A cross-sectional descriptive study was carried out in order to characterize and evaluate the lung function of pediatric patients with cystic fibrosis in Barranquilla. It was carried out in 19 children with CF who were being followed up by pediatric pulmonology and met the inclusion criteria. It was detailed through descriptive statistics, with measures of central tendency and dispersion, the results were shown in measures of percentage, mean and standard deviation (SD).

Results: Sociodemographic variables of the patients such as age, sex, and BMI were evaluated, finding patients between 6 and 10 years as the predominant age group, in addition the predominant sex was female with 52.6% of the population. 52.6% of the patients had a low weight for their age. In clinical aspects, the most frequent was digital clubbing in 84% of cases, 73.7% had a respiratory exacerbation, and a significant percentage of patients had infections in the last year. Abnormalities were found in most pulmonary function tests.

Conclusion: Cystic fibrosis is a chronic pathology, which generates a great impact on multiple aspects of the lives of people who suffer from it, even in developing countries such as Colombia, a significant subdiagnosis of this pathology is generated, which can show us incidences lower than the real ones, generating consequences in the delay in diagnosis and treatment, which can be related to a higher rate of lung disease in the future

Keywords: lung function, cystic fibrosis, children

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