

A comparison of Health Related Quality of Life in nurse-led versus conventional Inflammatory Bowel Disease follow-up.

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BACKGROUND

Inflammatory bowel disease (IBD), consisting of Crohn's disease (CD) and Ulcerative Colitis (UC), are chronic disorders known to have a considerable negative impact on Health Related Quality of Life (HRQoL). Specialist nurses have been increasingly involved in the follow-up management of IBD patients by having a consultative and coordinating role, closely cooperating with gastroenterologists. Whether the patients HRQoL differs between nurse-led (NF) and conventional follow-up (CF) is however, relatively unknown. The aim of this study was thus to compare two different follow-up regimes with respect to patients HRQoL: NF versus CF.

METHODS

In this cross-sectional, multicentre study, a total of 312 participants, aged 18 – 80 years, were included. HRQoL was assessed by a single time point measurement using the Norwegian version of the Inflammatory Bowel Disease Questionnaire (N-IBDQ). A one-way between-group analysis of covariance was conducted to compare the mean score in N-IBDQ including sub scores for each domain, adjusted for diagnoses, age and sex. The total possible score is 32 to 224, with a higher score indicating better quality of life. An absolute distinction of 16 points define a minimal clinically important difference in the N-IBDQ total score. The data was analysed using SPSS statistics 24. All tests were two-sided with a 95% confidence interval.

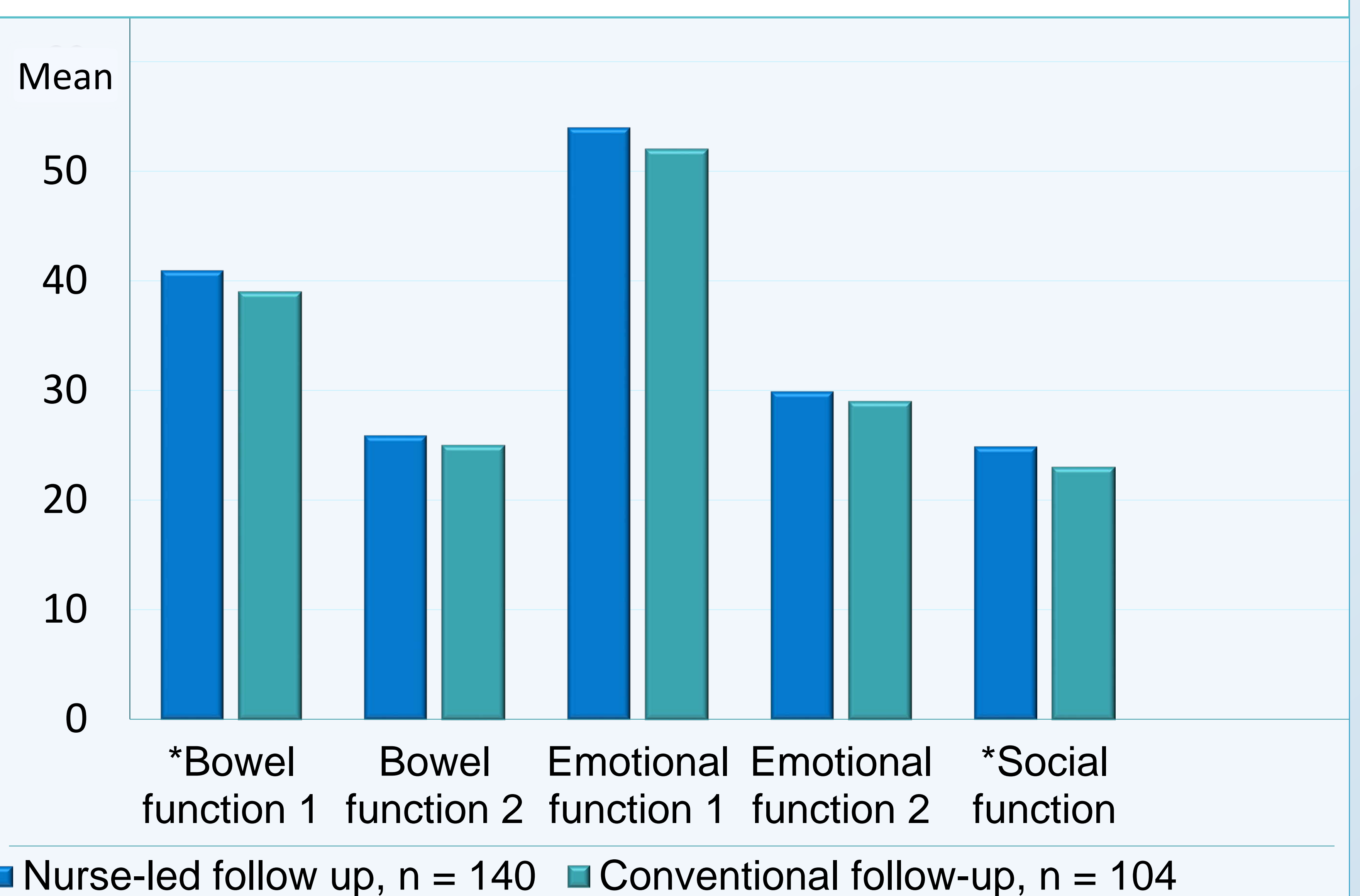
RESULTS

The current results are based on preliminary data from 244 participants. There were no statistically significant differences with regard the N-IBDQ total mean score, between those recruited from the NF – model (mean 176,17) or CF model (mean 168,36). N-IBDQ subscale scores displayed statistically significant differences in two domains:

*Bowel function 1: NF: mean 41.33 (CI: 40.04 – 42.62) and CF: mean 39.24 (CI: 37.72 – 40.75) ($p = 0.047$)

*Social function: NF mean 24.53 (CI: 23.70 – 25.36) and CF mean 22.88 (CI: 21.91 – 23.86) ($p = 0.015$).

Health Related Quality of Life Nurse-led versus Conventional Follow-up Inflammatory Bowel Disease Questionnaire – N-IBDQ



CONCLUSIONS

In this study, significant differences were detected for the Bowel function 1 and Social functions subscales of the N-IBDQ. However, the analysis indicate no overall significant differences in self-reported HRQoL in the nurse-led follow-up versus conventional-follow-up.

