

Quality-of-Life Needs Assessment in Patients with Severe Chronic Pancreatitis Using a Validated Instrument



Niki Shah, RPh; Samuel Han, MD; Raj J. Shah, MD, FASGE, AGAF, FACG



Division of Gastroenterology and Hepatology

Background

- Chronic pancreatitis (CP) is a chronic disease state with limited management options with pain being the most significant and debilitating symptom.¹
- There are limited studies assessing the impact of endoscopic therapies impacting quality-of-life (QOL) in CP patients.²
- **Objective:** Using the **PAN**creatitis **Q**uality **O**f **L**ife Instrument (PANQOLI), the first validated pancreatitis-specific tool we conducted a needs assessment for palliative care (PC) as a management option for CP patients ages 18-80 years experiencing decreased QOL.³

Methods

- COMIRB # 16-1816 approval
- Prior to endoscopic intervention, PANQOLI survey was prospectively administered to 33 CP patients in the Gastrointestinal (GI) clinic at the University of Colorado Hospital.
- Additional post-procedure surveys were administered via telephone or at follow-up appointments at 1- and 3-month intervals and compared to previous survey results.
- PANQOLI four functional domains: physical, role, emotional, and self-worth
- Data summarized using descriptive statistics, test of difference, and content analysis.

Results

Table 1: Patient demographics with at least 1 follow-up visit (n=33)

Variable	Mean (SD) or N (%)
Age (years)	54.5 (15.4)
Female sex	21 (63.6%)
Race	
-White	28 (84.8%)
-Hispanic	3 (9.1%)
-Black	2 (6.1%)
Marital Status	
-Married	18 (54.5%)
-Single	7 (21.2%)
-Divorced	4 (12.1%)
-Unmarried Couple	2 (6.1%)
-Undisclosed	2 (6.1%)
Highest level of education	
-High School	15 (45.5%)
-Associate's degree	9 (27.2%)
-College degree	5 (15.2%)
-Master's degree	3 (9.1%)
-Other	1 (3%)
Employment	
-Job seeking	1 (3%)
-On disability	4 (12.1%)
-Employed (full or part-time)	6 (18.2%)
-Retired	10 (30.3%)
-Unemployed	12 (36.4%)
Current Smoker	6 (18.2%)
Disease duration (years)	6.8 (4.9)
Exacerbations in the past year	4.8 (4.8)
Hospitalizations in the past year	2.3 (2.6)
Family history of pancreatic cancer	3 (9.1%)
Opiate use Morphine (mg/day)	15 (45.5%) 32.7 (22.6)
Diabetes	11 (33.3%)
Osteoporosis	1 (3%)

Table 2: Change in mean scores at 1 month follow-up

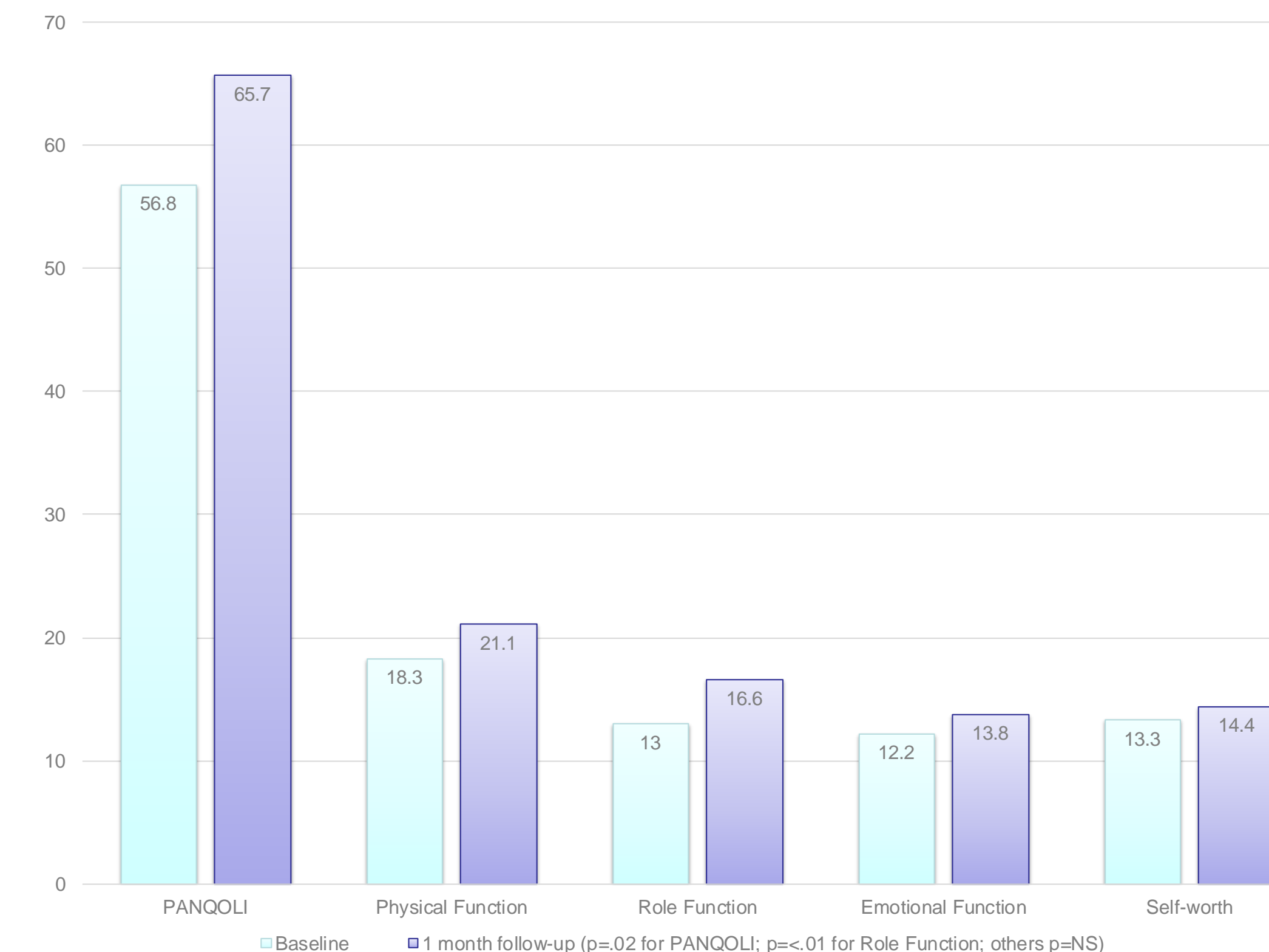
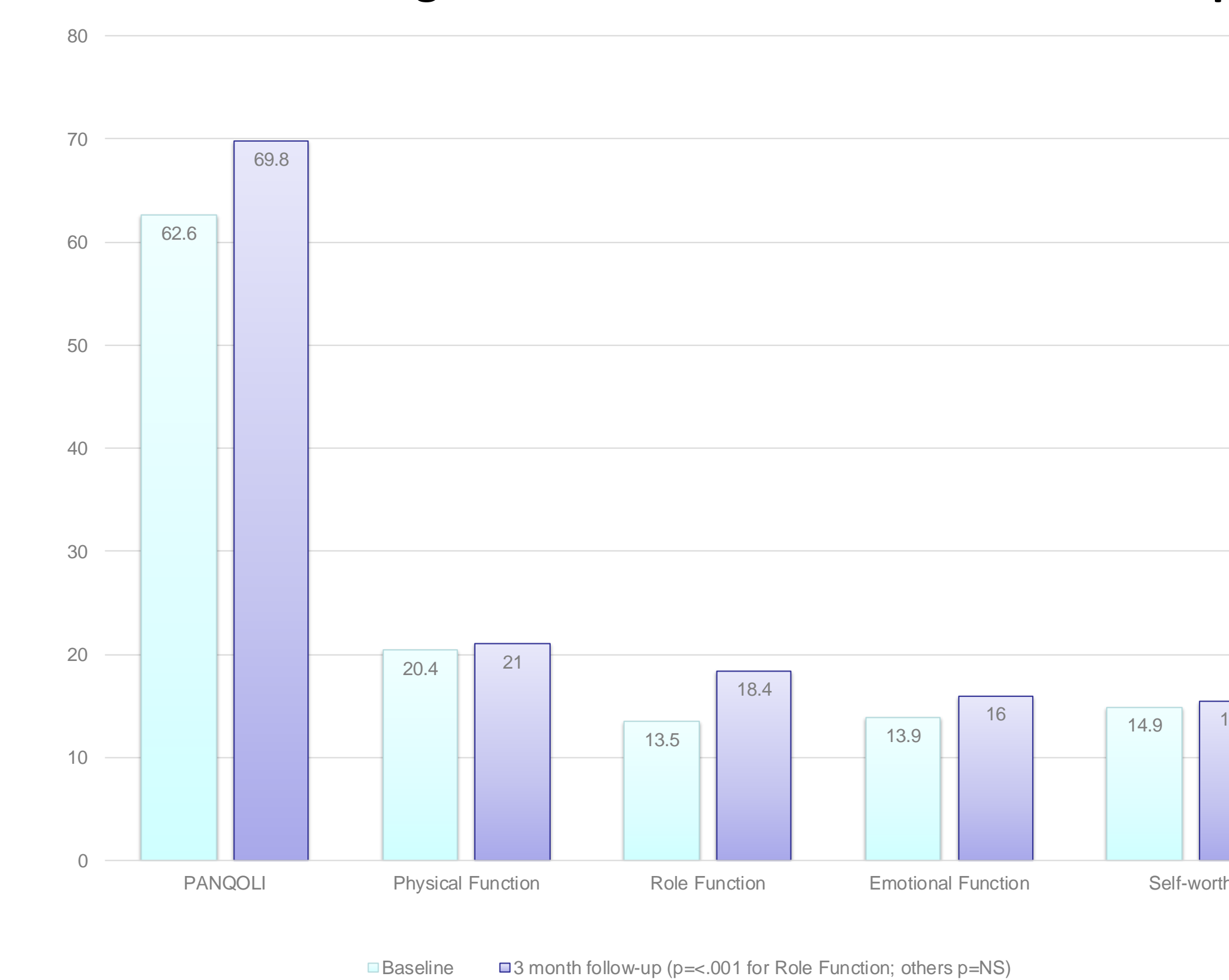


Table 3: Change in mean scores at 3 month follow-up



Take Home Points

- Overall the PANQOLI results showed significant improvement at month ($p=0.02$), however it was not sustained at 3 months.
- Role functions, such as participating in familial community activities, showed significant improvement at both 1-month ($p<0.01$) and 3-months ($p<0.001$).
- There was no significant improvement in QOL in the physical, emotional, and self-worth domains at 1 and 3 months.

Conclusion

- The PANQOLI is a unique tool to detail functional states in CP patients.³
- The majority of the assessed domains (physical, emotional, self-worth) were not positively impacted in this small, select patient cohort.
- These findings show a potential need for PC support to assist patients in managing symptoms that compromise QOL.
- Larger, multi-centered studies utilizing PANQOLI surveys should be performed to understand the need for PC in CP patients.

Limitations

- Results are from a small cohort of patients at a tertiary referral center and may not be widely applicable in community settings.
- Concomitant use of alcohol, marijuana, or illicit drugs were not assessed in the intake survey.
- Surveys were not consistently administered in person which may influence patient responses.

References & Acknowledgments

1. Mokrowiecka A, Pinkowski D, Malecka-Panas E, Johnson C. Clinical, emotional and social factors associated with quality of life in chronic pancreatitis. *Pancreatol.* 2010;10(1):39-46.
2. Bang UC, Benfield T, Hylidstrup L, Bendtsen F, Jensen JEB. Mortality, cancer, and comorbidities associated with chronic pancreatitis: A Danish nationwide matched-cohort study. *Gastroenterology.* 2014;146(4):989-994.
3. Wassef W, Dewitt J, McGreevy K, et al. Pancreatitis quality of life instrument: A psychometric evaluation. *Am J Gastroent.* 2016;111(8):1177-1186.

Mentors: Amos Bailey MD, FACP; Regina Fink PhD, APRN, AOCN, CHPN, FAAN