Recurrent Acute Pancreatitis Significantly Impairs the Quality of Life. Validation of RAP-QOL

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Background

- Recurrent Acute Pancreatitis is a significant clinical problem.
- Symptoms are variable from mild episodic pain to necrotizing pancreatitis.
- May lead to chronic pancreatitis.
- Associated with significant morbidity and health care related costs.
- Natural history data are limited.
- Etiologies of RAP are not identified and may be multifactorial (interplay of genetics and environment.)
- It may impair the quality of life.

Aim

- To assess if Recurrent Acute Pancreatitis impairs quality of life.
- To develop a disease specific quality of life (RAP-QOL) by modifying current instruments.

Development of RAP-QOL

49 subjects with RAP completed the QLQ-C30 + QLQ-PAN26
A semi-structured interview asked the patients to assess for each item:
- Relevance
- Importance
- Redundancy
- Readability
Patients were asked about any missing issues
Also noted were:
- Time to complete
- Need for assistance to complete the questionnaire

Control Groups

49 subjects with RAP completed the QLQ-C30 + QLQ-PAN 26
- 101 normal subjects (median age 40 (20-84) unpublished data
- 66 subjects with chronic pancreatitis Fitzsimmons 2005
- 34 subjects with Pancreas Divisum who participated in Frequency of Recurrence after Minor papilla Endoscopic Sphincterotomy (FRAMES study)

Results

- RAP patients participating in the IRAP study group had at least 2 or more episodes of pancreatitis not related to alcohol or gall-stones.
- Mean age 56.8 years
- 52% of the study population were males
Of the 56 questions in the QLQ-C30 + QLQ-PAN26
Experts identified 22 issues relevant to RAP.
These included:
- Pain
- Fatigue
- Eating/food/GI symptoms
- Bowel function
- Social and Family function
- Financial/Economic impact

Does RAP affect QOL?

- RAP patients reported significant impairment in quality of life in the following domains
  - Role, Emotional, Cognitive, Social & Sexual
- RAP patient reported increase in the following symptoms
  Pain, Altered bowel, Nausea/vomiting, Fatigue & Insomnia
- RAP reduces the overall quality of life similar to chronic pancreatitis

Conclusions

RAP impairs quality of life significantly compared to normal subjects
Quality of life impairment in most domains is similar to that in chronic pancreatitis
RAP-QOL will use a subset of 22 questions from EORTC-QLQ 30 and QLQ-PAN 26 to cover symptoms and quality of life issues in RAP
RAP-QOL can be used to measure disease progression, effects of treatment interventions in future studies.