Abstract Group: 1.5. Diffuse Parenchymal Lung Disease

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Title: Health-related quality of life in patients with idiopathic pulmonary fibrosis

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Body: Background: The aims of the present study were (1) to investigate overall health-related quality of life (HRQOL) in individuals with idiopathic pulmonary fibrosis (IPF), (2) to compare patients’ ratings with the age-matched general German population and (3) to investigate the correlation between HRQOL and vital capacity (VC). Methods: 38 consecutive IPF patients (age 62±10.9 years; 23 male [59%]; 22 [58%] pirfenidon therapy; 3 [8%] nintedanib; 13 [34%] prednisolone and/or N-acetylcysteine; 20 [54%] long-term oxygen therapy; BMI 26.4±3.8kg/m²) were evaluated by the standardized global Short Form-36 health questionnaire. Results: IPF patients were found to have a reduced HRQOL in physical SF-36 domains. In contrast, the socio- as well as the mental health of our IPF patients was good with SF-36 subscales reaching the upper tertile. Compared to the age-matched norm population, HRQOL self-ratings were significant reduced in three of eight SF-36 subscales: “physical functioning” (p≤0.01); “role limitations physical” (p=0.093) and “general medical health” (p=0.3). Only SF-36 subscale “physical functioning” significantly correlated with VC (r=0.564; p=0.01). Conclusion: The study results suggest especially a physical HRQOL limitation for IPF patients. HRQOL adds important patient sensitive information beyond objective clinical data and should be considered for clinical study design.