

# QUALITY OF LIFE AND WELLBEING IN PATIENTS WITH AN ILEOSTOMY: A CROSS SECTIONAL STUDY

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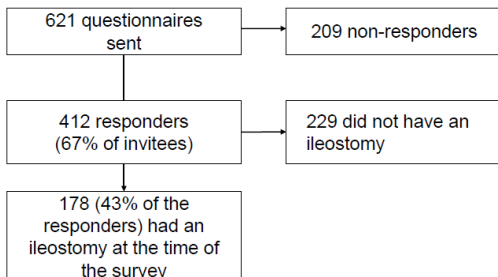
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## Background & Aim

- The impact of a stoma on long-term health-related quality of life (HRQoL) in patients with an ileostomy is not clear.
- We aimed to describe important patient-reported outcomes and HRQoL in patients with an ileostomy.

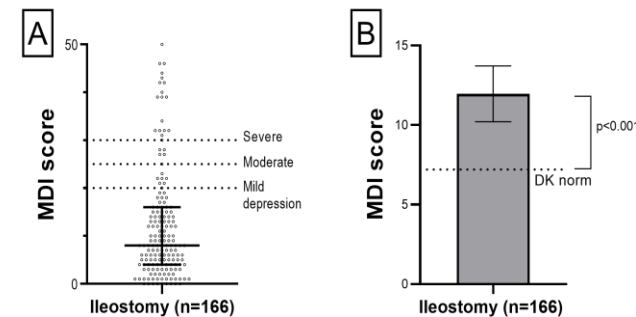
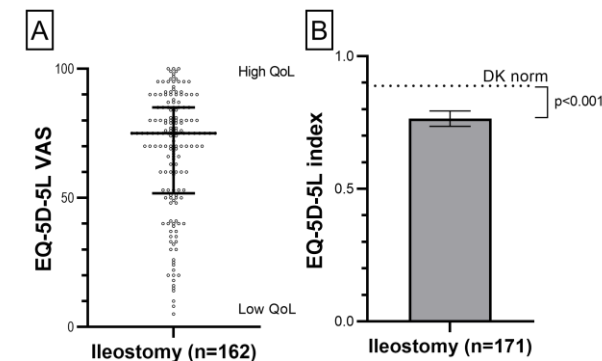
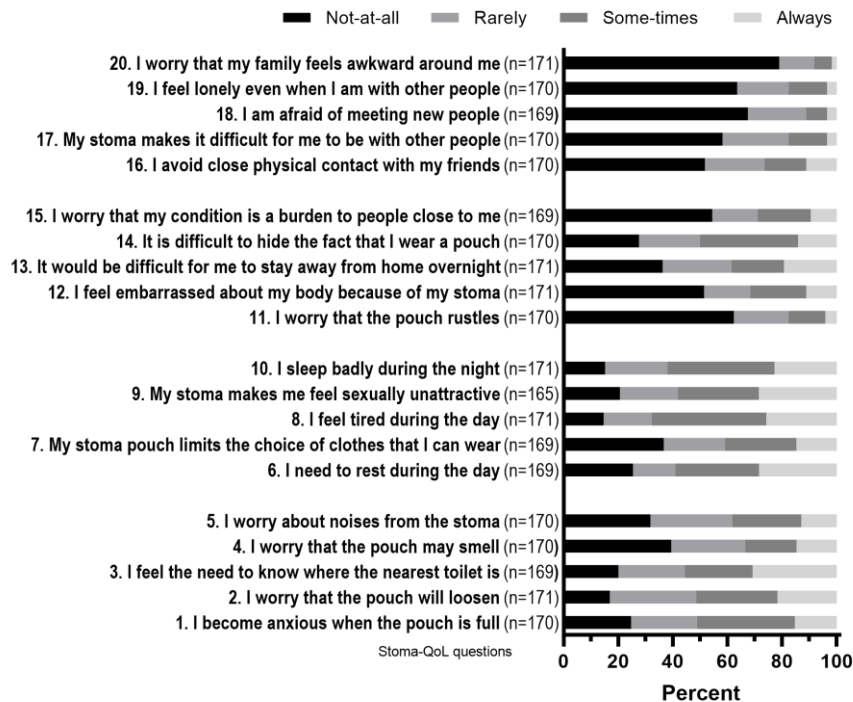
## Methods

- Patients answered generic and stoma-specific questionnaires estimating HRQoL and depression.
- Danish norms were retrieved from reference literature<sup>1,2</sup>.



## Results

- Fatigue is frequent in patients with an ileostomy. Sixty-eight percent (95% CI: 60-75%) reported being tired, and 59% (95% CI: 52-66%) needed to rest during the day.
- HRQoL was lower than the Danish norm ( $p < 0.001$ )
- Eighteen percent (95% CI: 13-25%) scored with depression, which is 2.5 times higher than the background population (7%, 95% CI: 6-9%,  $p < 0.001$ ).



## Conclusion

- Patients with an ileostomy may be fatigued and have low health-related quality of life.
- Addressing fatigue and stoma-specific challenges in patients with an ileostomy is warranted.

## References

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- Olsen LR, Mortensen EL, Bech P. Prevalence of major depression and stress indicators in the Danish general population. Acta Psychiatr Scand. 2004;109:96-103