

# HEALTH IMPACT OF TREATMENT FOR INFLAMMATORY BOWEL DISEASE WITH BIOLOGICAL AGENTS FROM THE PATIENT'S PERSPECTIVE: A CROSS-SECTIONAL STUDY USING PATIENT REPORTED OUTCOME MEASURES (PROMs)

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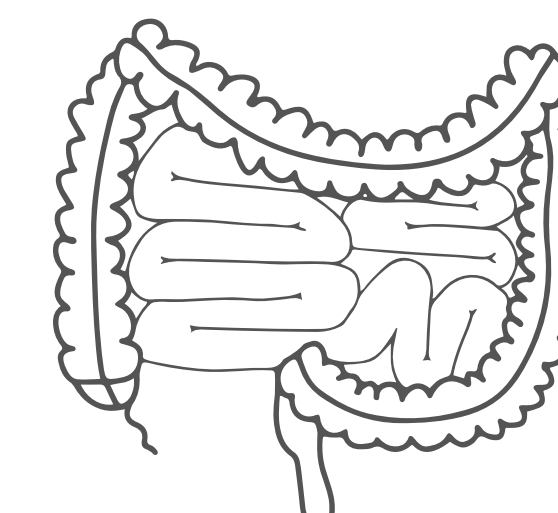
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## Background and importance

The clinical manifestations of inflammatory bowel disease (IBD) compromise patient's daily life. The use of Patient Reported Outcome Measures (PROMs) to determine health status, quality of life and treatment effectiveness from the patient's perspective can add significant value in clinical practice.

## Aim and objectives

Assess disease impact in patients affected with IBDs using PROMs.

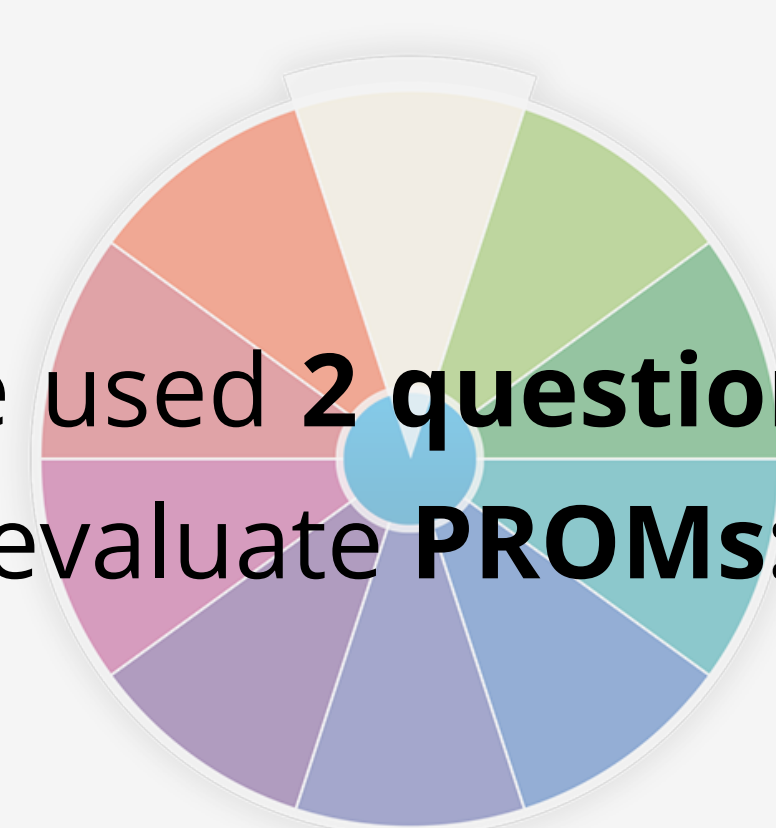


## Materials and Methods

**Cross-sectional study including outpatients treated with biological agents for ulcerative colitis (UC) and Crohn's disease (CD) ≥18 years.**

Socio-demographic and clinical characteristics were collected from clinical records: age, gender, type of IBD, diagnosis year, biological treatment, starting date of biological treatment, previous biological treatment, concomitant immunosuppressive treatment, previous surgeries due to IBD and smoking habits.

We used **2 questionnaires** to evaluate **PROMs**:



- IBD-Control**
- IBD-Control-8 (0-16)
  - Visual analog scale (VAS) (0-100)

*Higher scores represent better disease control*

### IBD-Disk (0-100)

*Higher score represent higher IBD daily-life burden*

## Results

n= 63 patients

 42 Crohn's Disease

 21 Ulcerative Colitis

Mean age= 44.25±14.67 years  
54% men

### Biological treatment

<b>INFLIXIMAB</b>	69.84%
<b>USTEKINUMAB</b>	14.29%
<b>VEDOLIZUMAB</b>	11.11%
<b>GOLIMUMAB</b>	3.17%
<b>ADALIMUMAB</b>	1.59%

### Treatment

- 22 patients were previously treated with biological agents
- 44 patients took oral immunosuppressant
- 60 patients were treated >6months (current biological treatment)

**Diagnosis:** 4 were diagnosed during the last 18 months while others before

### PROMs



#### IBD-Control

- **IBD-Control-8:** mean score 12.41±3.87
- **VAS:** mean score 87.19±18.17

**IBD-Disk:** mean score 33.22±25.95 (69.84% of patients <50 points)

4 out of 63 cases had worse overall measurements (*IBD-Control-8 score ≤7, VAS score ≤60 and IBD-Disk score ≥63*).

- 3 were women with CD and smoking habits
- 3 were treated with infliximab and 1 with vedolizumab (3 requiring concomitant immunosuppressants).
- 2 required previous surgery.

## Conclusions

This study adds novel literature on health status of these patients using PROMs. Measurements were generally favorable but 4 patients out of 63 had worse overall measurements. Literature on this topic is scarce. PROMs are useful tools that could be incorporated in pharmaceutical practice.

