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Introduction

To manage the symptoms of IBD in relation to daily activities self-care is essential.

There is limited knowledge of self-care in relation to disease activity and health-related quality of life.

Aim

The aim was to explore self-care in relation to disease activity and health-related quality of life in patients with inflammatory bowel disease.

Methods

Design and sample

A cross-sectional explorative design was used. Patients from three gastroenterology departments in Southeast of Sweden were asked to participate between December 2015 and April 2017.

Approval was obtained from the Regional Ethical Review Board in Linköping, Sweden

Data collection

Study information was provided by the nurses or the physicians at each gastroenterology clinic. All participating patients completed and sent the informed consent and questionnaires (the self-care questionnaire, symptom registration and Short Health Scale) in a postage-paid return envelope.

Results

In total, 234 adult patients living with IBD completed the questionnaires (49% response rate). The mean age was 48 years and the majority of the patients had a diagnosis of ulcerative colitis (60%).

Of all patients 65 percent, (n=145) were working Fourteen percent (n=33) were smokers and 17 percent (n=40) used snuff.

High frequency of self-care was reported according to symptom recognition (95%), medication adherence (93%), diet adaptation (82%) planning the day (61%) and avoiding activities (58%).

Bivariate correlation showed that higher disease activity was related to avoiding activities (rho 0.414-0.520) and plan my day (rho 0.452-0.580) (Table 1).

Multiple logistic regression analyses showed an interaction effect (p=0.039). The relationship between planning and social function (if bowel interfere) were shown to be different for the diagnosis (Table 2).

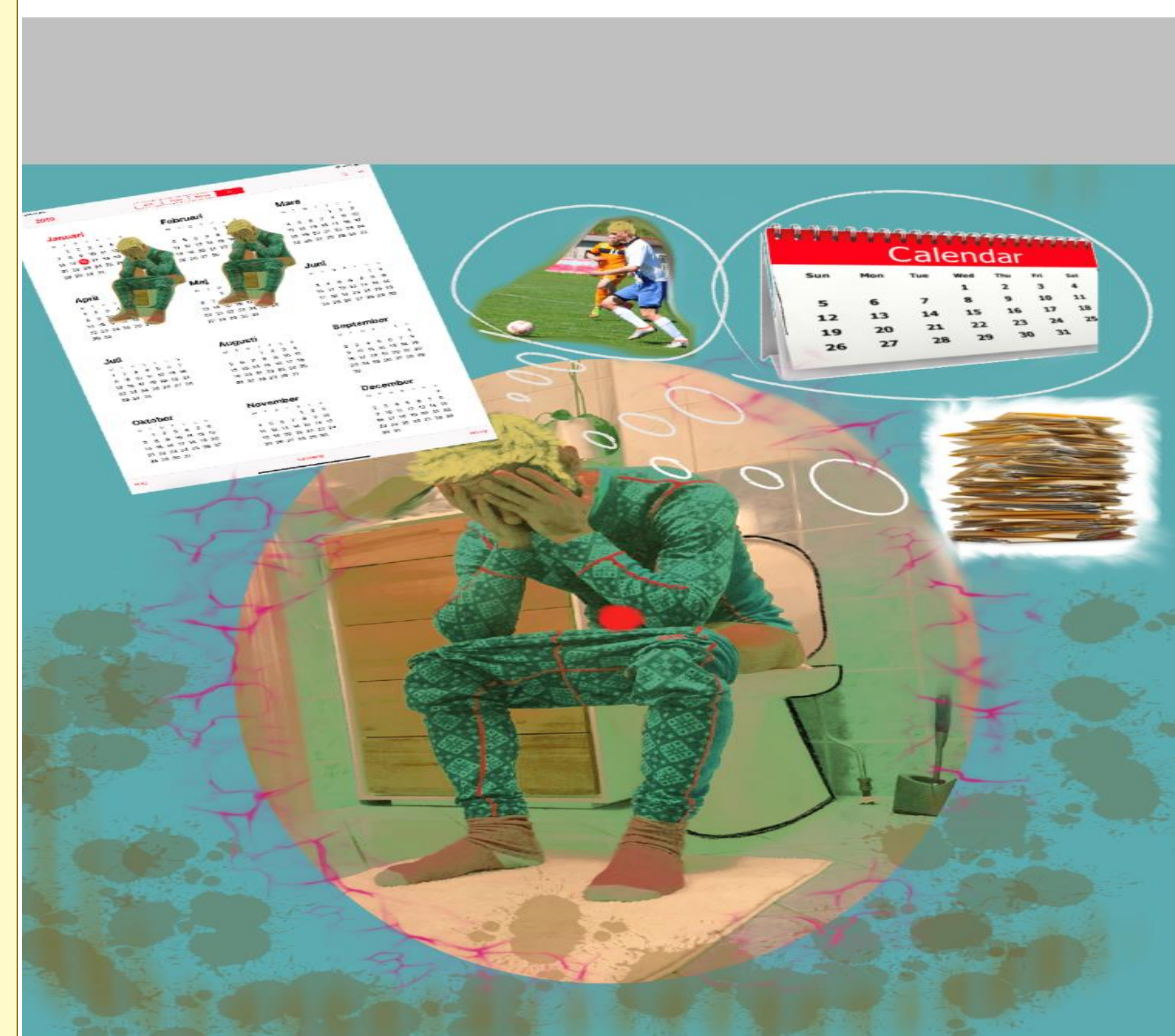
Table 1. Self-care in relation to disease activity in patients with inflammatory bowel disease

Self-care	Crohn's disease (n=93)		Ulcerative colitis (n=137)	
	Rho	p-value	Rho	p-value
Do you pay attention to symptoms of inflammatory bowel disease?				
I pay attention to intestinal symptoms	0.340	0.001	0.429	<0.001
I pay attention to physical symptoms unrelated to the intestines	0.209	0.053	0.390	<0.001
I pay attention to psychological symptoms	0.177	0.111	0.237	0.008
How often do you feel confident that you are able to determine whether your symptoms refer to inflammatory bowel disease?	0.084	0.423	-0.149	0.084
How often do you adapt your day to problems caused by inflammatory bowel disease?				
I adapt my diet	0.242	0.020	0.336	<0.001
I avoid various activities	0.414	<0.001	0.520	<0.001
I avoid sex	0.360	<0.001	0.468	<0.001
I avoid alcohol	0.113	0.291	0.257	0.003
Plan my day so that I am always near a toilet	0.491	<0.001	0.580	<0.001
I plan my day in view of the fact that I have inflammatory bowel disease	0.480	<0.001	0.452	<0.001
Do you take medication for inflammatory bowel disease prescribed by a physician?	-0.186	0.093	-0.012	0.893
How often do you administer self-care to prevent or relieve symptoms of inflammatory bowel disease?				
Self-care to make sure I sleep well	0.334	0.011	0.327	<0.001
Self-care to manage stress	0.384	<0.001	0.346	<0.001
I find out more about inflammatory bowel disease	0.291	0.005	0.431	<0.001
I look for new approaches to living with inflammatory bowel disease	0.330	0.002	0.474	<0.001
I use natural remedies	0.200	0.057	0.066	0.452
Do you know whom to contact if you experience symptoms of inflammatory bowel disease?	-0.058	0.586	0.033	0.703
How familiar are you with the symptoms for which you should contact a health care professional?	0.024	0.822	-0.169	0.048
Do you smoke?	0.120	0.255	-0.208	0.016
Do you use snuff?	0.073	0.502	-0.002	0.982
How often does self-care help you relieve symptoms of inflammatory bowel disease?	0.006	0.956	0.026	0.779

Scored never, sometimes, often, always or not relevant (range 1-4). Three patients were excluded in Simple Clinical Colitis Activity index and one in Harward Bradshaw Index due to incomplete symptoms registration. Internal data missing values 4-8.

Table 2. Multiple logistic regression for planning the day when living with inflammatory bowel disease

Outcome	Odds Ratio (95 % CI)	p-value
Diagnosis	1.628 (0.638-4.154)	0.308
Social function	1.104 (1.038-1.174)	0.002
Diagnosis * Social function	0.966 (0.934-0.998)	0.039



Conclusion

Despite a high degree of self care activities including high medication adherence, diet adaptation and planning of the day, IBD patients frequently need to avoid activities in daily life due to their disease.

Reference

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