

Analysis and description of disease-specific quality of life in patients with anal fistula [Análisis y descripción de la calidad de vida específica en pacientes con fístula anal]

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Introduction: In patients diagnosed with anal fistula, knowing the quality of life specifically related to the disease can help coloproctology specialists to choose the most appropriate therapeutic strategy for each case. The aim of our study is to analyze and describe the factors related to the specific quality of life in a consecutive series of patients diagnosed with anal fistula. Methods: Observational, cross-sectional study carried out from March 2015 to February 2017. All patients were assessed in the colorectal surgery unit of a hospital in southeast of Spain. After performing an initial anamnesis and a physical examination, patients diagnosed with anal fistula completed the Quality of Life in Patients with Anal Fistula Questionnaire (QoLAF-Q). This questionnaire specifically measures quality of life in people with anal fistula and its score range is the following: zero impact = 14 points, limited impact = 15 to 28 points, moderate impact = 29 to 42 points, high impact = 43 to 56 points, and very high impact = 57 to 70 points. Results: A total of 80 patients were included. The median score obtained in the questionnaire for the sample studied was 34.00 (range=14-68). Statistically significant differences between patients with primary anal fistula (n=65) and recurrent anal fistula (n=15) were observed (mean rank=42.96 vs. mean rank=29.83, p=0.048). Furthermore, an inverse proportion (P=.016) between time with clinical symptoms and impact on quality of life was found (<6 months: mean rank = 45.55; 6-12 months: mean rank = 44.39; 1-2 years: mean rank = 37.83; 2-5 years: mean rank = 22; >5 years: mean rank = 19.00). There were no statistically

significant differences ($P=.149$) between quality of life amongst patients diagnosed with complex (mean rank = 36.13) and simple fistulae (mean rank = 43.59). Conclusions: Anal fistulae exert moderate-high impact on patients' quality of life. Shorter time experiencing clinical symptoms and the presence of primary fistula are factors that can be associated with worse quality of life. ©

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Anal fistula

QoLAF-Q

Quality of life

adolescent

adult

cross-sectional study

female

human

male

middle aged

quality of life

rectum fistula

self evaluation

young adult

Adolescent

Adult

Cross-Sectional Studies

Diagnostic Self Evaluation

Female

Humans

Male

Middle Aged

Quality of Life

Rectal Fistula

Young Adult