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THE IMPACT OF COMORBIDITIES ON QUALITY OF LIFE OF IPF PATIENTS

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Objective: Background: Idiopathic pulmonary fibrosis is a chronic interstitial lung disease characterized by progressive loss of pulmonary functions and associated with multiple comorbidities. The aim od this study was to examine the impact of pulmonary functions and various comorbidities on patients' quality of life (QoL).

Methods: We retrospectively analyzed data of 80 patients with IPF at the time of diagnosis, including forced vital capacity (FVC), diffusion capacity (DLco), GAP index, number and type of comorbidities and quality of life score based on EuroQual-5D-3L questionnaire. Summary statistics were used for baseline data, while the relationship between variables was calculated by t-test and Pearson r correlation.

Results: There were 61 male patients and 19 female patients. Median age at time of IPF diagnosis was 69 years (range 64.5-75.0). FVC was 84.84±23.13%. Patients had a mean number of 2.64±1.06 comorbidities. Mean QoL was 0.65±0.30. The average GAP index was 3.81±1.34. The most common comorbidities were gastro-oesophageal reflux (58.76%), pulmonary hypertension PH (30.00%) and emphysema (26.25%). Patients with PH

had significantly lower QoL in comparison with those without PH (p=0.02). There was significant positive correlation between FVC and QoL (r=0.24, p=0.04). Other comorbidities, Dlco and GAP index did not show significant correlation with QoL.

Conclusion: IPF is a complex disease with multiple factors influencing patient's life. Our results show that PH at baseline significantly impaired quality of life of patients with IPF.

Keywords: idiopathic pulmonary fibrosis, QoL, pulmonary hypertension, FVC, GAP index