POSTER P024

Patient Reported Impact of Inflammatory Bowel Disease

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CONCLUSIONS

Understanding the physical, emotional, and quality of life impact of IBD can help gastroenterologists develop the most effective approach to treating their IBD patients. Additionally, helping patients understand what to expect short and longer-term and approaches for managing IBD can help create better patient outcomes.

BACKGROUND

People with Crohn's Disease (CD) or Ulcerative Colitis (UC) often struggle not only with the physical aspects of IBD, but also the mental health, social and economic ramifications of the disease. Understanding the holistic impact of IBD on patients is crucial to enabling IBD patients to live more fulfilling lives.

METHOD

In July 2024, an email invitation to an online survey was sent to US members of MyCrohnsAndColitisTeam, a social network for people living with IBD. In total, 270 members completed the survey regarding experiences with IBD, its impact on everyday life and information needed to help navigate IBD.

RESULTS

The far-reaching impact of IBD was evident in the study. Most respondents reported that IBD has had a negative impact on overall quality of life (87% CD, 91% UC), interferes with their social life (77% CD, 78% UC%), disrupts education/work (65% CD, 59% UC), interferes with relationships (61% CD, 60% UC), and leads to embarrassment (60% CD, 70% UC). (Figure 1)

Patients' own words bring to life the devastating impact of IBD. (Figure 2)

The majority find it easy to access tests, procedure and treatments (74% CD, 65% UC). (Figure 3)

Yet finding a caring doctor (56% CD, 58% UC), affording treatment (42% CD, 37% UC), or finding reliable information about IBD (39% CD, 43% UC) are more problematic. (Figure 4)

When asked what type of information would be most helpful in navigating IBD, top choices were aging with IBD (74% CD, 69% UC), understanding what symptoms indicate about overall health (59% CD, 52% UC), tips for managing IBD (57% CD, 72% UC), medications (55% CD, 68% UC), understanding symptoms of IBD (52% CD, 47% UC), and diet and exercise tips to help manage IBD (51% CD, 67% UC). (Figure 5)



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FIGURE 1. Impact of IBD on Quality of Life (% Strongly/Somewhat Agreeing)

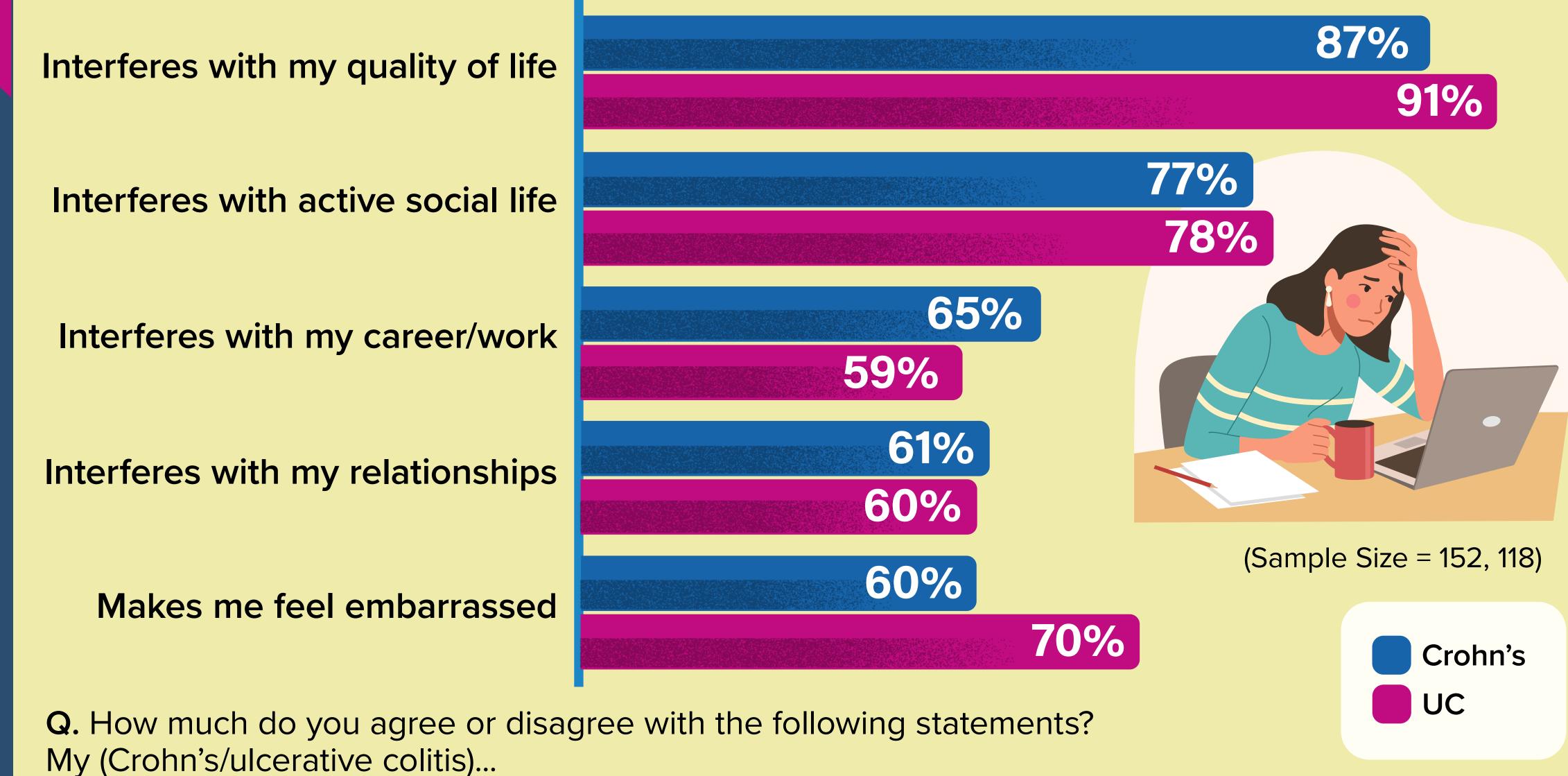


FIGURE 2. Impact of IBD In Patients' Own Words



(Crohn's/ulcerative colitis)? (open ended)

FIGURE 3. Ease of Access to Tests, Procedures or Treatments (% Strongly/Somewhat Agreeing)

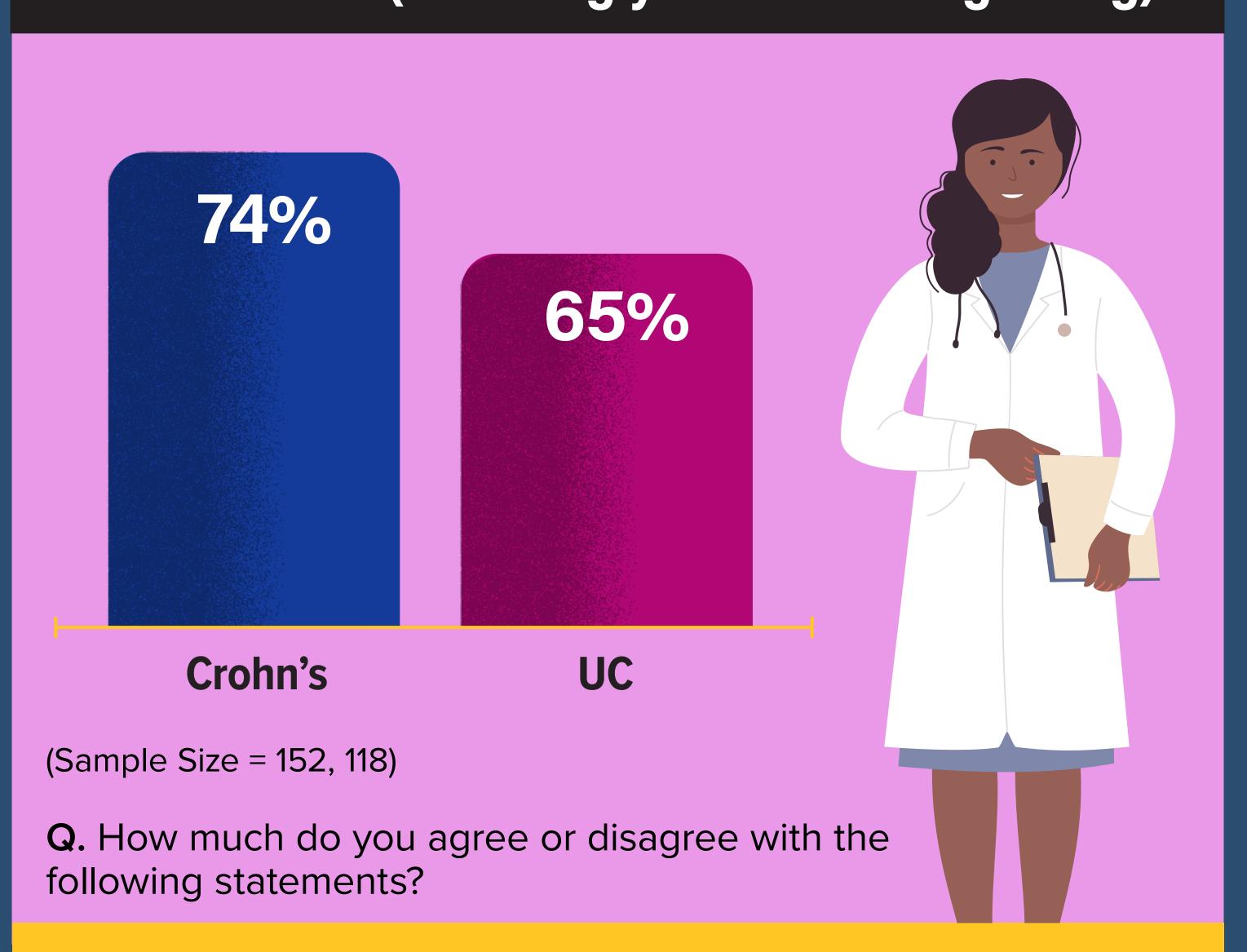


FIGURE 4. Challenges in Addressing IBD (% Strongly/Somewhat Agreeing)

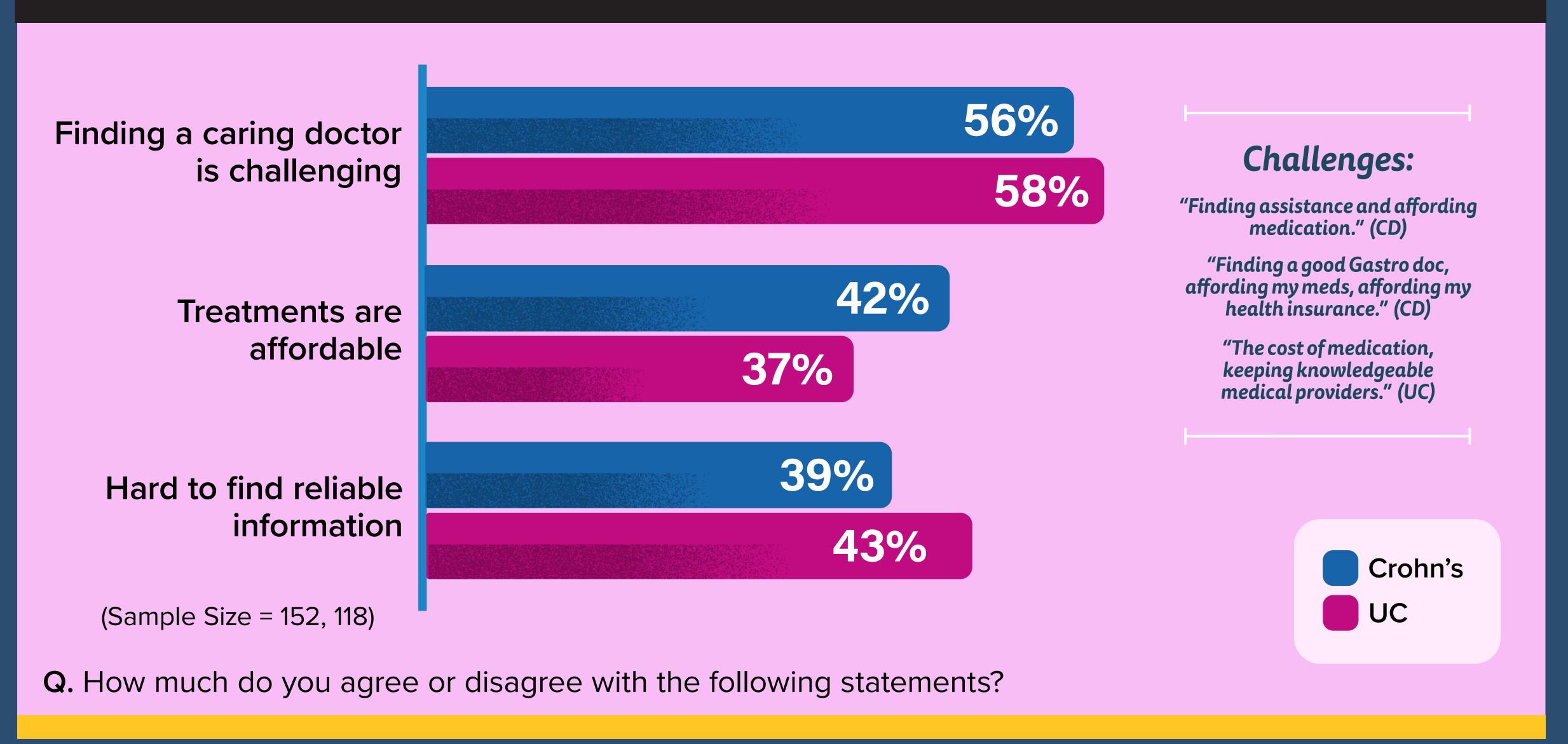


FIGURE 5. IBD Topics of Interest

