

S008 Quality of life in paediatric IBD

*Thomas A.G.*1
1Manchester, UK*

In a meta-analytic review of chronic diseases, IBD had the most profound effect on mental health. The first study on health related quality of life (HRQoL) in children with IBD reported that many had problems with school attendance, sports, holidays and staying with friends. Children on steroids had more depressive symptoms.

An instrument to measure HRQoL in children with IBD (IMPACT) was developed in Canada and there are now over 14 translated versions. Children with IBD attending a one week camp in the USA showed improvement in IMPACT scores and a study of exclusive enteral nutrition in children with active Crohns disease showed that most achieved remission and had improved IMPACT scores after 8 weeks. Adolescents with IBD appear to have better HRQoL when they have a closer social support network and those with recent onset IBD rely more on family members than peers for emotional support. A predictive coping style is associated with better HRQoL.

In view of the considerable psychiatric/psychological morbidity associated with IBD and its treatment, it is important that we consider other ways to improve the HRQoL and coping strategies of affected children. These may include: development of support networks, counseling, psychiatric/psychological support and/or education.

Session : Clinical Session 1 – Specific Care for Pediatric IBD (part I)