

Title: Quality-of-Life Needs Assessment in Patients with Severe Chronic Pancreatitis Using a Validated Instrument

Author: Niki Shah, RPh; Samuel Han, MD; Raj Shah, MD, FASGE, AGAF, FACC

Statement of the Problem: Chronic pancreatitis (CP) is a chronic disease state with limited management options with pain being the most significant and debilitating symptom. Pain often persists despite therapeutic interventions, thus impacting patients' quality-of-life (QOL). CP patients receiving support of an interdisciplinary palliative care (PC) team may see marked improvement in QOL.

Background/Literature Review: Limited studies exist measuring QOL in CP patients. One study utilizes the EORTC QOL, a specific assessment tool for pancreatic cancer; another uses the generic psychometric assessment (SF-36) to measure QOL. Although these studies demonstrate decreased QOL, they do not utilize instruments specifically designed for CP patients. The **PAN**creatitis **Q**uality **O**f **L**ife Instrument (PANQOLI) is the first pancreatitis-specific tool validated for QOL evaluation in CP patients.

Purpose/Objectives: Using the PANQOLI, the objective is to conduct a needs assessment for PC as a management option for CP patients ages 18-80 experiencing decreased QOL.

Methods/Measures/Implementation Timeline: The PANQOLI was administered to 33 CP patients before undergoing endoscopic interventions in the Gastrointestinal (GI) clinic at University of Colorado Hospital. Additional post-procedure surveys were administered for comparison via telephone or at follow-up appointments at 1- and 3-months. All PANQOLI survey results were entered into REDCap. Data are divided into four functional domains: physical, role, emotional, and self-worth and summarized using descriptive statistics, test of difference and content analysis.

Findings/Results: The PANQOLI results showed significant improvement at 1-month ($p=0.02$), however it was not sustained at 3-months. Role functions showed significant improvement at both 1-month ($p<0.01$) and 3-months ($p<0.001$). No significant improvement in QOL was seen in the physical, emotional, and self-worth domains at 1- and 3-months.

Conclusion/Practice Implications: The majority of the assessed domains (physical, emotional, self-worth) were not positively impacted in this small, select patient cohort. These findings illustrate the potential need for PC support in managing symptoms compromising QOL.