



QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

ASSESSMENT AND COMPARISON OF QUALITY OF LIFE IN PATIENTS WITH MELASMA AND VITILIGO

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Introduction: Melasma is an acquired hyperpigmentary condition that is characterized by development of irregular brown to black macules occurring on the foreheads, malar areas of cheeks, chin and the bridge of the nose in a mask like distribution. Vitiligo is an acquired depigmenting skin disease characterized by progressive loss of inherited skin colour, which leads to appearance of white patches. Both the conditions occur more frequently in people with racially pigmented skin resulting in psychological morbidities and impacting the quality of life.

Objectives: The study aimed to evaluate the quality of life in patients suffering from melasma or vitiligo using Dermatology Life Quality Index (DLQI). The same tool was then used to compare the quality of life in the patients suffering from the two conditions.

Material and methods: This was a hospital based cross sectional study that was conducted at the Department of Dermatology and Venereology, Tribhuvan University Teaching Hospital from September 2016 to August 2017. The study population included adult patients of either sex with melasma or vitiligo, who consented to participate in the study.

Results: There were a total of 100 patients each in both melasma and vitiligo groups. While females outnumbered their male counterparts by a ratio of 9:1 in melasma, the gender distribution was more equal in vitiligo. Both melasma and vitiligo had impacts on quality of life of the participants. Melasma had a mean DLQI score of 5.64 ± 5.41 while vitiligo had a mean DLQI score of 4.13 ± 3.74 .

Conclusions: Patients with melasma had a higher impairment in their quality of life compared to vitiligo patients using the DLQI. The quality of life in both the conditions varied based on age, gender, duration, and distribution.

Keywords: Melasma, vitiligo, comparison, quality of life, DLQI

