



QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

QUALITY OF LIFE INDEX (QOL) IN PATIENTS OF VITILIGO: A MULTICENTER STUDY FROM PAKISTAN

S Tabassum⁽¹⁾ - S Awan⁽²⁾ - A Rahman⁽³⁾

The Aga Khan University Hospital, Department Of Medicine, Dermatology Section, Karachi, Pakistan⁽¹⁾ - The Aga Khan University Hospital, Department Of Medicine, Karachi, Pakistan⁽²⁾ - Combined Military Hospital, Dermatology Department, Lahore, Pakistan⁽³⁾

Introduction: Vitiligo is a relatively common disorder with autoimmune aetiology. It is characterized by depigmentation of skin and mucosae. In coloured skin, it often leads to stigmatization, psychosocial disorders and an impaired quality of life. There is limited data from developing countries, and none from Pakistan, to assess QoL in vitiligo patients.

Objective: To assess the impact on Quality of life in Vitiligo patients.

Materials and Methods: This was a cross-sectional study from 7 different centers covering all major regions of Pakistan. We used a validated 25 item, QoL scale for vitiligo (VLQI). All patients with vitiligo, who gave consent, were included in the study, whereby in children < 7 yrs, parents were to answer the questionnaire. Clinical assessment, socioeconomic status and engagement in social and domestic lives were assessed.

Results: A total of 573 patients were enrolled having mean age 29.8 ± 16.2 . There were 306 (53.4%) males and 267 (46.65%) females. One hundred and eighty one (35.4%) of the patients had disease less than 12 year duration. Mean vitiligo QoL index was 36.5 ± 12.0 . Female had a high VLQI score than males (p value=0.005). Additionally, QoL score was increased in older population (41.9 ± 12.5) as compared to younger age group (31.1 ± 8.8); p value<0.001. A significant relationship of QoL with part of body area involved was found, with face and neck involvement having p value<0.001.

Conclusions: This study reveals that patients with vitiligo experience low self-esteem and the disease adversely affects QoL in our population. We recommend using the disease-specific instruments to assess the QoL in the management of vitiligo patients. Identifying vulnerable group of patients and timely referral for psychotherapy or psychiatry is helpful to prevent social limitations.

