



QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

QUALITY OF LIFE OF ADOLESCENTS WITH FACIAL ACNE VULGARIS BEFORE AND AFTER TREATMENT IN NIGERIA.

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Introduction: Facial acne vulgaris, common in adolescents, impairs their Quality of Life (QOL). This impairment of QOL in has been documented to improve with treatment. In Nigerian adolescents who have facial acne vulgaris, it is not known if QOL improves with treatment.

Objectives: The aim were to determine if the QOL of Nigerian adolescents who have facial acne vulgaris improves with treatment, to identify the socio-demographic and disease related variables that affect this improvement in QOL.

Methodology: This was a cross-sectional comparative study. One hundred and nine adolescents aged 15-20 years from 4 co-educational schools were clinically examined for facial acne vulgaris with severity graded using the combined acne severity grading scale (CASS). Quality of life before and after 6 weeks of treatment with 10% benzoyl peroxide was assessed using the Cardiff Acne Disability Index (CADI). Ethical clearance and parental consent were obtained. Data was analyzed using SPSS 16. The differences in quality of life scores were tested using non-parametric tests. Level of significance of all tests was $p < 0.05$.

Results: Post-treatment, the median CADI score improved to 2 from a pre-interventional score of 4, $P < 0.001$. Improvement was observed in all the components of the CADI especially with the question, "how bad do you think your acne is now" with a percentage reduction from 81.4% to 54.6% and this improvement was in more males with improvement from 92% to 65%. Also, post-treatment, moderate to severe clinical severity of acne improved from 49.1% to 10.3%, $P < 0.001$.

Conclusion: Treatment of adolescent facial acne leads to improvement of QOL especially in the perception of facial skin appearance and the severity of acne.





KEY WORDS: ACNE, ADOLESCENT, QUALITY OF LIFE, BEFORE AND AFTER TREATMENT, CADI.

