Prevalence of Fatigue among Crohn’s Disease and Ulcerative Colitis Patients: Analyses from SPARC IBD

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BACKGROUND
Crohn’s disease (CD) and Ulcerative Colitis (UC) are chronic inflammatory diseases of the gastrointestinal tract of unknown etiology.1

Fatigue has been reported to be a problem among patients with Inflammatory Bowel Disease (IBD).2

According to a recent systematic literature review, 86% of IBD patients with active disease reported some degree of fatigue.3

It has also been reported that 46% of patients in clinical remission complain of fatigue.4

The aim of this study was to assess the prevalence of fatigue among CD and UC patients and to identify clinical and disease activity measures associated with fatigue.

OBJECTIVE

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METHODS

Data from the Study of a Prospective Adult Research Cohort with Inflammatory Bowel Disease (SPARC IBD) were analyzed.

All analyses were conducted for CD and UC patients separately.

Patients indicated if they experienced fatigue within the last week and were categorized as either having fatigue or not having fatigue.

Descriptive and contingency table analyses were conducted to determine the overall prevalence of fatigue.

Demographics, clinical characteristics, disease activity, symptoms, and patient-reported outcomes were compared independently between patients with fatigue and patients without fatigue using the appropriate parametric tests and non-parametric tests.

Logistic regression models were used to evaluate the association between fatigue with stool frequency relative to normal, bowel movement count, stool consistency, abdominal pain, rectal bleeding, urgency, general well-being, night-time bowel movement, absence, Physician Global Assessment, Physician Global Assessment–UC (UC patients only), UCDAI (CD patients only), and medication use while adjusting for age and gender in each model. Separate models were constructed for the CD and UC patient cohorts.

Backwards variable selection using Akaike’s Information Criteria was used to select key variables for the final multivariate regression model.

Table 1. Demographics and Medication Use of Crohn’s Disease and Ulcerative Colitis Patients with and without Fatigue

Table 3a. Factors Associated with Fatigue among Patients with Crohn’s Disease in SPARC IBD

Table 3b. Factors Associated with Fatigue among Patients with Ulcerative Colitis in SPARC IBD

CONCLUSIONS

Fatigue is a common symptom among CD and UC patients.

Fatigue is associated with higher levels of disease activity and reduced well-being among CD and UC patients.

Table 2. Clinical Outcome Assessments of Crohn’s Disease and Ulcerative Colitis Patients with and without Fatigue

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