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O145 A systematic review of quality of life instruments in acute and chronic pancreatitis: a consensus-based standards for the selection of health measurement instruments (COSMIN) approach

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Introduction: A systematic review was conducted to identify and evaluate the methodological quality of the QoL instruments used for patients with acute or chronic pancreatitis.

Methods: Prospective studies that evaluated quality of life (QoL) in acute or chronic pancreatitis were identified from systematic review of MEDLINE, EMBASE, and Web of Science until 5th August 2021 (PROSPERO: CRD42021274743). Characteristics of QoL instruments were extracted, and their methodological quality assessed using COSMIN guidelines and GRADE approach. A narrative synthesis was conducted, with recommendations for instrument use based on COSMIN criteria regarding internal consistency and content validity (evaluated according to WHO QoL domains: physical health, psychological health, social relationships, level of independence, environment, and personal values).

Results: From 3850 records screened, 43 QoL instruments were identified across 131 studies included, involving 20,331 patients. The majority (69.8%, n=30) were designed to assess general health-related-QoL, with 7 (16.3%) specific to abdominal pathologies, and 6 (14.0%) specific to chronic pancreatitis. Approximately half of the instruments (51.1%, n=22) demonstrated sufficient content validity (incorporating ≥ 3 WHO QoL domains). However, only a minority incorporated public and patient involvement (33.3%, n=15) or had undergone validation (22.3%, n=10). Only the “Gastrointestinal Quality of Life Index” met the criteria to be recommended based on COSMIN methodological assessment.

Conclusion: There is significant heterogeneity in instruments used to assess QoL after pancreatitis, with almost all studies incorporating instruments with either insufficient methodological quality or construct validity. Robust, validated, and relevant instruments are needed to better understand and determine appropriate interventions to improve these patients' QoL.