Demographical, social and clinical factors associated with quality of life in young adults with myelomeningocele, Teleton Institute

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ABSTRACT

Background: It is necessary to identify factors influencing quality of life in young adults with myelomeningocele, to focus the permanent support they require to achieve a satisfactory social integration.

Objective: To determine clinical, demographic and social factors related to quality of life in young adults with myelomeningocele.

Method: 92 medical folders of patients between 18-25 years with myelomeningocele were reviewed, who were outpatients during 2007-2008 in the Teleton Institute, Santiago. 45 patients met inclusion criteria; the SF-12 v.2 survey was applied by telephone to identify quality of life factors, as well as a structured survey to register sociodemographic and clinical factors. Data were processed on Bibliopro and SPSS v.17. The association between variables was established with Fischer test p < 0.05.

Results: 60% have high school education, mainly females, singles (84.4%); extreme poorness or low socioeconomic level in 78.8%; 97.8% live with one or both parents and only 17.8% are working; 40% have lumbar injury level; 57.8% needed ventriculoperitoneal shunt; 77.8% had at least three surgeries; 64.4% had hidrocephalus; 55.6% reported some musculoskeletal pain recently. In quality of life, 68.9% have over 50 pts (international standard) in Mental Component Summary (MCS) and 22.2% in Physical Component Summary (PSM), without gender difference. MCS was associated with pain (p = 0.009) and urinary control (p = 0.029); PCS was related with activity (p = 0.034), urinary control (p = 0.042) and pain (p = 0.014).

Conclusion: A good health-related quality of life was obtained in MCS which is similar to the same age group of chilean general population. PCS is definitively inferior.

Key words: Myelomeningocele, quality of life, SF-12, young adults.