« WORK ABILITY INDEX » AS A SUITABLE INSTRUMENT TO ASSESS WORK ABILITY AMONG IBD PATIENTS

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A cross-sectional study of 45 IBD patients found that 38% had poor work ability as measured by the Work Ability Index, with moderate to severe disease activity and osteoarticular extraintestinal manifestations independently predicting work disability.

KEY POINTS

- Among 45 employed IBD patients (80% Crohn's disease, 20% ulcerative colitis), the mean Work Ability Index score was 32.6, indicating moderate work performance overall, with 38% showing poor work ability, 24% moderate, 34% good, and only 4% excellent.
- In multivariate analysis, two independent predictors of work disability emerged: osteoarticular extraintestinal manifestations (OR 21.898, p=0.007) and moderate to severe disease activity (OR 34.255, p=0.002).
- Univariate analysis identified additional associations with work disability including manual labor occupation, private or liberal sector employment, atypical work schedules, professional seniority over 16.5 years, advanced age, low socioeconomic status, stricturing Crohn's disease phenotype, extensive ulcerative colitis, and corticosteroid therapy.
- A statistically significant correlation was found between Work Ability Index and quality of life measured by IBDQ (r=0.7, p<0.0001), with mean absenteeism of 49.6 days in the prior twelve months.
- The authors suggest the Work Ability Index may serve as a screening tool to identify IBD patients requiring workplace rehabilitation.

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