

Habits and self-care in patients with Inflammatory Bowel Disease: a descriptive cross-sectional multicenter study applying the Middle Range Theory of self-care of chronic illness

Valeria Amatucci

UEG Week Vienna 2024

Presentation

Nurses

October 12, 2024

An Italian multicentre study of 453 IBD patients found that sleep management had the strongest association with self-care across all three self-care domains, while physical activity correlated only with self-care maintenance.

KEY POINTS

- The speaker reported that among 453 enrolled patients, self-care monitoring had the highest mean score at 81, self-care maintenance scored above 72, and self-care management had the lowest score.
- Sleep management showed the strongest significant impact on self-care maintenance and was strongly correlated with both monitoring and management domains according to the speaker.
- Physical activity was strongly correlated with self-care maintenance but was not significantly associated with self-care monitoring or management domains.
- The speaker stated that nutritional supplement use was strongly correlated across all three self-care dimensions, especially in monitoring and management.
- Almost 90% of patients reported paying attention to their diet, but only 11% reported not needing to manage sleep problems, and the speaker noted that smoking had a negative impact especially on self-care management.
- The speaker concluded that educational intervention on even one health habit may drastically improve quality of life and self-care management for IBD patients.

VIEW THIS CONTENT ON GUTFLIX

<https://gutflix.eu/search/d/cea4f8ea-9130-11ef-b849-0242ac140004>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.