

## Quality of Life for Children with Cystic Fibrosis in Gaza Strip

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### Abstract

Cystic Fibrosis "CF" is a continual, multisystem genetic disorder which leads to continual respiration infections, pancreatic enzyme insufficiency and related headaches in untreated patients. Descriptive, analytical and move sectional layout changed into used on this have a look at. The have a look at includes 36 kids with CF (much less than 12 years old) in Gaza. The researchers makes use of a questionnaire, which blanketed demographic, contamination associated variables and great of existence domain names (bodily, emotional, social and faculty). Reliability coefficient for the questionnaire "Cronbach alpha" changed into measured and changed into 0.833. About 61% of the have a look at populace changed into adult males and 39% had been girls. Approximately 47% of them had been much less than nine years and 53% had been extra than nine years. Housing category changed into 38.nine%, 33.3% and 27.8 % for assets residence, renting residence and own circle of relatives residence respectively. Most in their mother and father had low instructional degrees and the bulk of them changed into unemployed and has a month-to-month earnings much less than 1200 NIS. Results additionally confirmed that approximately 61% of them have any other sibling with CF. The majority of them obtain Creon at an everyday basis. This have a look at additionally confirmed that the maximum not unusual place related disorder amongst kids changed into respiration trouble with 43.2%. Also, 38.3% of them had gastrointestinal disorder, 14.8% had coronary heart disorder and 3.7% had diabetes mellitus. The normal notion of the kids concerning QOL changed into 55% which changed into taken into consideration low. The social features changed into

the highest (61.6%), bodily features (55.2%), faculty function (50.6%) and emotional function (48.8%). It is likewise clean that QOL in adult males had been extra than girls however this distinction changed into now no longer statistically extensive. Results additionally confirmed a wonderful correlation with a rather extensive distinction among QOL and the 4 domain names and among domain names with every other. Social overall performance changed into excessive correlated with faculty overall performance ( $r = 0.706$ ) at the same time as the bottom correlation changed into among bodily and faculty overall performance without a extensive ( $p\text{-value} = 0.065$ ). The have a look at recommends the significance of beginning software to decorate the QOL for kids with CF and focusing at the emotional and mental elements for the ones kids because it changed into the least one perceived. Also, there have to be coherent and included psychosocial packages for kids with CF in Gaza strip seeing that this could enhance their QOL and could discovered extra wonderful scientific elements in order to in flip enhance their fitness reputation and could put off the prevalence of headaches and existence threatening situations.

### Introduction:

**Background:** Cystic Fibrosis "CF" is a chronic, multisystem genetic disease with a wide variability in clinical severity. Cystic Fibrosis is a syndrome of exocrine gland role that involves multiple organ systems, but chiefly results in chronic respiratory infections, pancreatic enzyme insufficiency, and associated complications in untreated patients. Many studies explained the lower Quality of life "QOL" among adults with CF. In Gaza Strip, and up to our knowledge, there is no previous studies concerned with measuring QOL among CF children.

**Aim:** The aim of this study was to assess the QOL among children with CF in Gaza Strip.

**Methodology:** Descriptive, analytical and cross sectional design was used in this study. The study involves all 36 children with CF (less than 12 years old) who attended CF friend's center; community based center in Gaza. The researchers uses a questionnaire, which included demographic, illness related variables and Quality of life domains (physical, emotional, social and school). Reliability coefficient for the questionnaire "Cronbach alpha" was measured as and was 0.833.

**Results and Conclusion:** About 61% of the study population was males and 39% were females. Approximately 47% of them were less than 9 years and 53% were more than 9 years. About 41.7% of the study population from Gaza, 25.0% from middle zone, 13.9% from Rafah, 11.1% from Khanyounis and 8.3% from North of Gaza. Housing classification was 38.9%, 33.3% and 27.8 % for property house, renting house and family house respectively. Most of their parents had low educational levels and the majority of them was unemployed and has a monthly income less than 1200 NIS. Outcomes also exposed that, about 61% of them have another sibling with CF. The majority of them receive Creon at a regular basis. This study also showed that the most common associated disease among children was Respiratory problem with 43.2%. Also, 38.3% of them had gastrointestinal disease, 14.8% had heart disease and 3.7% had Diabetes Mellitus. The overall perception of the children regarding QOL was 55% which was considered low. The social functions was the highest (61.6%), physical functions (55.2%), school function (50.6%), and emotional function

(48.8%). Results also showed no significant difference in QOL between socio-demographic data ( $p$ -value  $> 0.05$ ) except the difference for QOL between age groups) with ( $p$ -value = 0.001). Children older than 9 years old ( $2.95 \pm 0.3$ ) have higher QOL more than children under 9 years of age ( $2.53 \pm 0.4$ ). This difference was statistically significant as ( $P$  value =  $0.02 < 0.05$ ). It is also clear that QOL in males were more than females but this difference was not statistically significant. Results also showed a positive correlation with a highly significant difference between QOL and the 4 domains and between domains with each other. Social performance was high correlated with school performance ( $r = 0.706$ ) while the lowest correlation was between physical and school performance with no significant ( $p$ -value = 0.065).

**Recommendations:** The study recommend the importance of initiating a program to enhance the QOL for children with CF and focusing on the emotional and psychological aspects for those children as it was the least one perceived. Also, there should be a coherent and integrated psychosocial programs for children with CF in Gaza strip since this will improve their QOL and will revealed more positive clinical aspects which will in turn will improve their health status and will delay the occurrence of complications and life threatening situations.