



**Journal of Hospital Pharmacy**  
**An Official Publication of Bureau for Health & Education Status Upliftment**  
(Constitutionally Entitled as Health-Education, Bureau)

**A prospective interventional study on the assessment of health-related  
quality of life in patients with various liver diseases**

Running title: Assessment of quality of life in liver patients

*Chithira G\*<sup>1</sup>, Dr. V. Karthikeyan<sup>2</sup>, Dr. Govind K Purushothaman<sup>3</sup>*

1 II M Pharm, Department of Pharmacy Practice, Grace College of Pharmacy, Kodunthirapully, Palakkad, Kerala-678004.

2 Professor, Department of Pharmacy Practice, Grace College of Pharmacy, Kodunthirapully, Palakkad, Kerala-678004.

3 Gastroenterologist, Paalana Institute of Medical Sciences, Palakkad, Kerala

\*Corresponding author email: [chithiragovindarajan@gmail.com](mailto:chithiragovindarajan@gmail.com)

Address of the corresponding author: Chithira G, Department of pharmacy practice, Grace college of pharmacy, Kodunthirapully, Palakkad, Kerala-678004


Email Id: [serviceheb@gmail.com](mailto:serviceheb@gmail.com)

**ABSTRACT:**

**Background:** Liver disease refers to any ailment that harms the liver and impairs its ability to function normally. One crucial thing to figure out is how disease patients' gastrointestinal symptoms relate to one another. **Aim & Objective:** To assess the health-related quality of life in various liver disease patients. **Materials and Methods:** A prospective interventional study was conducted for 9 months period at a private hospital in Palakkad. The health-related quality of life was determined by Short-form 36(SF-36) questionnaires. The collected cases were entered in MS Excel 2007 & Descriptive statistics were performed. **Results & Discussion:** A total of 170 participants with ages >18 diagnosed with liver disease were included in the study. Hyperlipidemic patients were more common (38.5%), followed by cases of both hyperlipidemia and diabetes (21.4%), while patients with no comorbidity accounted for the least (2.85%). According to Body Mass Index (BMI), the 23-24.9kg/cm group has a BMI of 57.1%, which decreased to 50% on follow-up, while the 27kg/cm category has a BMI of 10%, which decreased to 5.71% on follow-up. When compared between baseline and follow-up studies all the domains of SF-36 were found to be increased (P value < 0.0001) except for general health which (p value = 0.28).

**Conclusion:** All domains of SF-36 have been found to be decreased after follow-up studies except for the general health domain.

**Keywords:** NAFLD (Non- alcoholic fatty liver disease), QOL (Quality of life), CLD (Chronic liver disease), SF-36 (Short- form36)

Access this Article Online	<small>Quick Response Code</small> 
Website: <a href="http://www.journalofhospitalpharmacy.in">http://www.journalofhospitalpharmacy.in</a>	
Received on 29/04/2023	
Accepted on 05/05/2023 © HEB All rights reserved	