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Hospital-Based Cross-Sectional Study of the Impact of Cutaneous Lichen Planus on the Quality of Life of Patients at a Tertiary Center in Lagos, Nigeria

Étude Transversale en Milieu Hospitalier de L'impact du Lichen Planus Cutané sur la Qualité de Vie des Patients dans Un Centre Tertiaire À Lagos, Nigéria

E. L. Anaba*, R. I. Oaku

ABSTRACT

BACKGROUND: Lichen planus is a darkly pigmented skin disease that impairs the quality of life of patients. The effect of lichen planus on patient's quality of life (QoL) is not widely documented. The study's objective was to determine QoL impairment of LP patients, determine what aspect of QoL is impaired, and correlate clinical and sociodemographic characteristics with QOL impairment.

METHODOLOGY: This was a cross-sectional descriptive study conducted from February 2018 to January 2019 at the outpatient dermatology clinic of the Lagos State University Teaching Hospital, Lagos, Nigeria. All consecutive newly diagnosed LP patients who gave their consent were recruited into the study. Socio-demographic data and QoL (using the dermatology life quality index, DLQI) was documented. The hospital's ethical committee gave ethical approval for the study. The patients were clinically examined. Statistical analysis was done using SPSS version 22. The level of significance of all tests was set at 5%.

RESULTS: Quality of life was impaired in 95.5% of the patients. The mean DLQI score was 10 ± 6.7 . The minimum DLQI was one and the highest 24. Quality of life was mildly, moderately and severely impaired in 38.01%, 23.81% and 38.01% respectively. Pruritus was significantly associated with QoL impairment. Feelings of embarrassment (54.5%), itchy skin (54.5%), interference with being in public (54.5%), social life (50%) and having to deliberately choose clothes to cover the LP lesions (61.1%) were the main items impaired in the DLQI instrument.

CONCLUSION: Lichen planus affects QoL of patients negatively. The items of impairment are feelings of embarrassment, social functioning and choice of clothing. *WAJM 2021; 38(3): 228–232.*

Keywords: Lichen Planus, Quality of Life, Cutaneous, DLQI, Nigeria.

ABSTRAIT

CONTEXTE: Le lichen planus est une peau foncée maladie qui nuit à la qualité de vie des patients. L'effet du lichen plan sur la qualité de vie du patient (QdV) n'est pas largement documenté. L'objectif de l'étude était de déterminer la qualité de vie altération des patients LP, déterminer quel aspect de la qualité de vie est avec facultés affaiblies et corrélent les problèmes cliniques et sociodémographiques caractéristiques avec altération de la qualité de vie.

MÉTHODOLOGIE: Il s'agissait d'un descriptif transversal étude réalisée de février 2018 à janvier 2019 au clinique de dermatologie ambulatoire de l'Université d'État de Lagos Hôpital universitaire, Lagos, Nigéria. Tous consécutifs nouvellement des patients LP diagnostiqués qui ont donné leur consentement ont été recrutés dans l'étude. Données sociodémographiques et qualité de vie (en utilisant le indice de qualité de vie dermatologique, DLQI) a été documenté. Le comité d'éthique de l'hôpital a donné son approbation étudier. Les patients ont été examinés cliniquement. Statistique l'analyse a été effectuée à l'aide de la version 22 de SPSS. la signification de tous les tests a été fixée à 5%.

RÉSULTATS: La qualité de vie a été altérée dans 95,5% des les patients. Le score DLQI moyen était de $10 \pm 6,7$. Le minimum DLQI était l'un et le plus élevé 24. La qualité de vie était modérément, modérément et gravement atteint dans 38,01%, 23,81% et 38,01% respectivement. Le prurit était associé de manière significative avec une altération de la qualité de vie. Sentiments de gêne (54,5%), démangeaisons cutanées (54,5%), interférence avec le fait d'être en public (54,5%), vie sociale (50%) et avoir à choisir délibérément des vêtements pour couvrir les lésions LP (61,1%) étaient les principaux éléments altérés en l'instrument DLQI.

CONCLUSION:

Le lichen planus affecte la qualité de vie des patients négativement. Les éléments de la déficience sont des sentiments de embarras, fonctionnement social et choix des vêtements. *WAJM 2021; 38(3): 228–232.*

Mots-clés: Lichen Planus, Qualité de vie, Cuteous, DLQI, Nigeria.

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Abbreviations: DLQI, Dermatology Life Quality Index; QoL, Quality of Life.