

Gender-Specific Facilitators and Barriers to Health-Related Quality of Life in Adults With Cystic Fibrosis

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Purpose

Cystic fibrosis (CF) is a chronic, genetically transmitted disease.

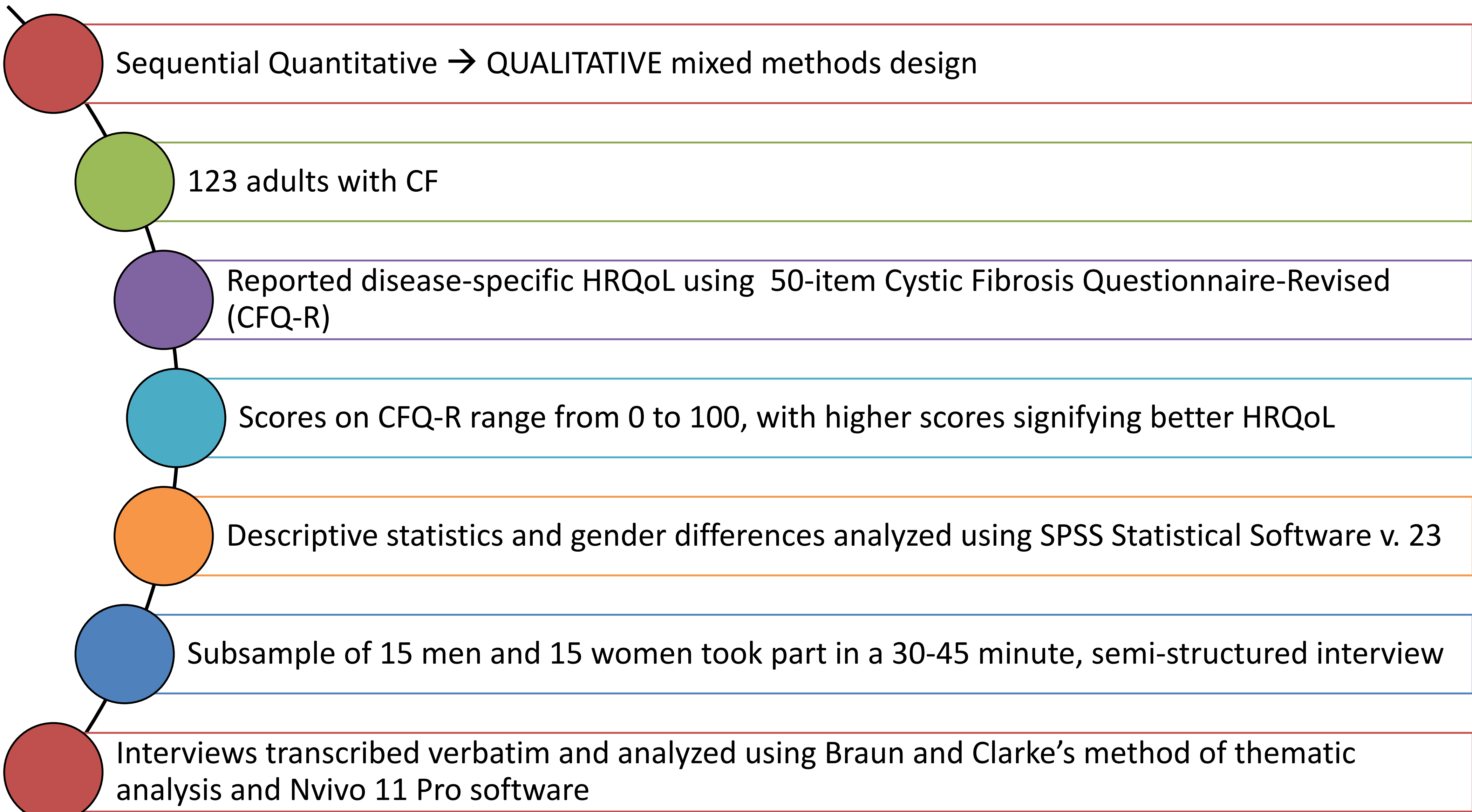
CF causes thickened secretions that impede mucus clearance in the gastrointestinal, respiratory, and reproductive tracts, thereby requiring daily treatments that last 1.5 hours or more.

With recent advances in early diagnosis and treatment, life expectancy has doubled in the last 20 years placing emphasis on improving quality of life.

Women consistently self-report having an overall lower quality of life across international studies.

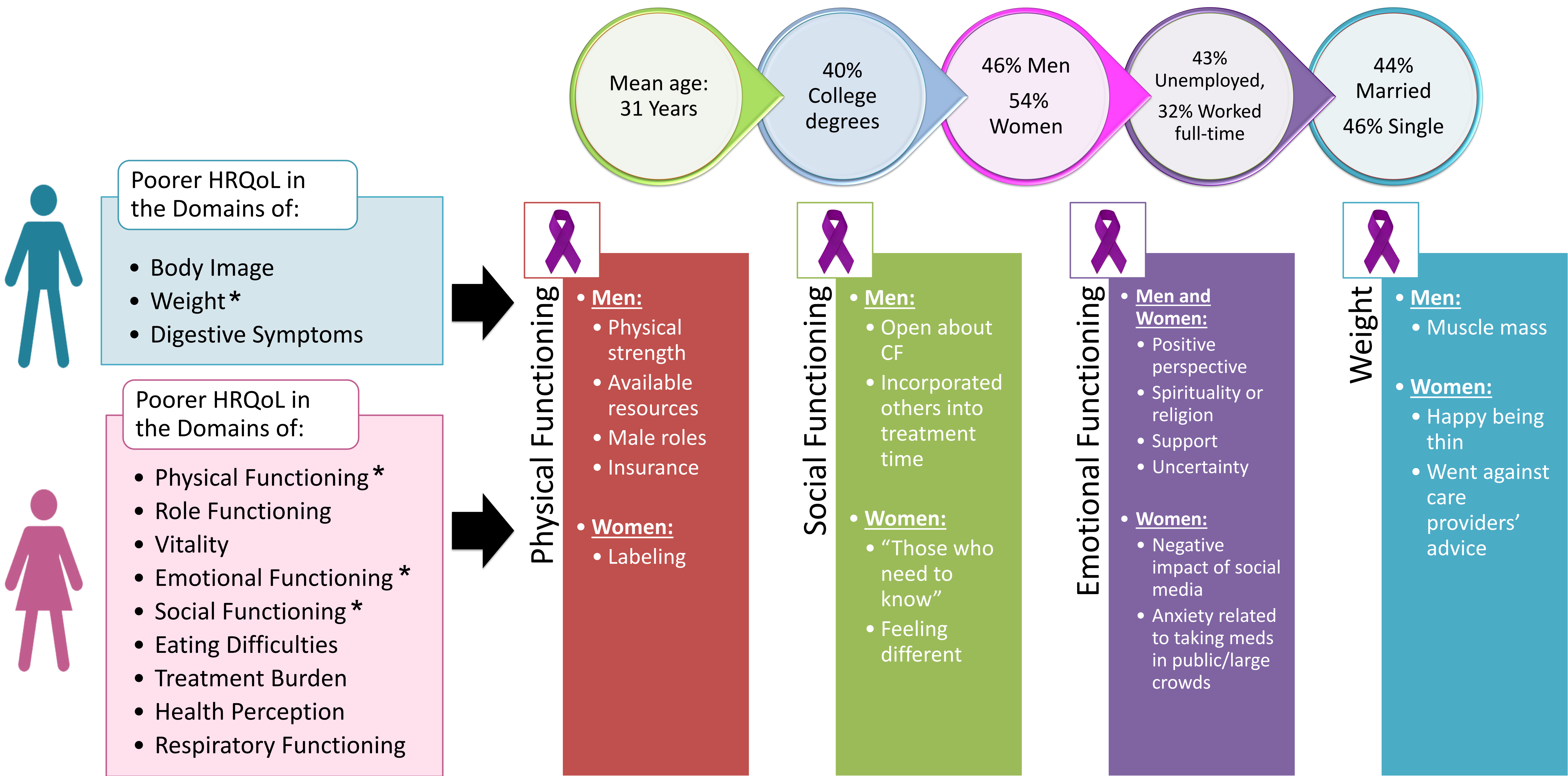
The purpose of this study was to examine gender differences in disease-specific health-related quality of life (HRQoL) in adults with CF and then explore gender-specific facilitators and barriers to HRQoL.

Methods



Acknowledgments: Center for Palliative and Supportive Care, University of Alabama at Birmingham; University of Alabama at Birmingham School of Nursing

Results



Conclusions

Results demonstrate that women with CF have poorer HRQoL than men in some domains, but better HRQoL in others.

Interview data elaborated on quantitative findings by identifying gender-specific facilitators and barriers to HRQoL using the participants' rich narratives and thick descriptions of their lived experience.

Study findings will offer insight into priority areas for delivery of comprehensive, individualized care that will improve the quality of life for people with CF.