

Topic:11. Nursing / Psychosocial Issues

Title:Most adult patients with cystic fibrosis at Stockholm Cystic Fibrosis Centre have a full-time or part-time occupation

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Text:**Objectives:** To give an overview of the occupation of adult CF patients at Stockholm CF Centre.

Methods: Occupational data were collected from the Swedish National CF Registry. Data were retrieved from the most recent entry from patients who met a social worker at their annual checkup between the years 2015-2019.

Meeting a social worker is optional at the annual checkup. The data covered 120 out of the 155 patients ≥18 years at Stockholm CF Centre. From the 120 patients 12 were excluded due to not being eligible for work (3 on maternity leave, 2 with old-age pension and 7 studying at collage level). Of the remaining 108 patients aged 19-62 years (median 32 years), 45% (n=49) were females and 55% (n=59) males. In the group 46% (n=50) were F508del homozygotes, 34% (n=37) heterozygotes and 20% (n=21) had other combinations of CFTR mutations. Seventeen patients were transplanted (2 liver, 15 lungs).

Results: In the group of 108 patients 68% (n=74) were working, 16% (n=17) studying, 5% (n=5) unemployed, 8% (n=9) had long-term sickness compensation (pension) and 3% (n=3) were on short term sick leave. A total of 84% (n=91) were either working or studying; 62% (n=56) of them at full time capacity, 16% (n=15) at part time >50% and 22% (n=20) at part time ≤ 50%. No gender differences were seen. In the group with transplanted patients 71% (n=11 of 17 total) were working or studying. Age distribution displayed below.

Age Group	19-29 years	30-39 years	40-49 years	50-62 years	Total group
Size of age group, % (n)	40 (43)	33 (36)	12 (13)	15 (16)	100 (108)
Working/studying, % (n)	88 (38)	86 (31)	85 (11)	69 (11)	84 (91)
Full-time occupation, % (n)	76 (29)	58 (18)	46 (5)	36 (4)	52 (56)

[Age distribution]

Conclusion: Most of the patients were able to work or study, a large group full-time. Notably only 8% had full long-term sickness compensation. Further studies are recommended to examine medical aspects and psychosocial factors in correlation with occupation. It would also be of interest to assess the impact on quality of life when balancing work, family and managing CF.