

Effect of Continuous Care in Patients with Inflammatory Bowel Disease: A Systematic Review

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Objective: To evaluate the effect of continuous care in patients with inflammatory bowel disease.

Methods: The related literature were retrieved from PUBMED, CINAL, Web of Science. The Cochrane Library EMBASE, VIP, Wan Fang Data and CNKI databases by computer from the establishment of the library until March 2019 and two evaluators independently screened literature, extracted data according to inclusion and exclusion criteria and evaluated the risk of bias in the included literature and cross-checked. RevMan5.3 software was used for statistical analysis.

Result: 12 literatures including 1921 patients were included, 983 patients in intervention group and 938 patients in control group. Two literatures were evaluated as A grade and the others were rated as B grade. Different dimensions can be improved in patients with inflammatory bowel disease through continuous care. The patients' vitality [MD = 3.38, 95% CI (2.70, 4.06), $P < 0.00001$], role-physical [MD = 1.26, 95% CI (0.72, 1.79), $P < 0.0001$], social functioning [MD = 2.35, 95% CI (1.94, 2.77), $P < 0.0001$], role-emotional [MD = 1.14, 95% CI (0.57, 1.70), $P < 0.0001$] and mental health [MD = 4.56, 95% CI (3.18, 5.95), $P < 0.0001$] can also be improved by the continuous care in SF36 scale. The evaluation result of IBDQ scores showed that the overall quality of life of the intervention group was better than that of the control group [SMD = 0.39, 95% CI (0.08, 0.69), $P = 0.01$]. However, the subgroup analysis of the results indicated that nationality had affected the effect of continuous care.

Conclusion: Continuous care education can significantly improve the quality of life of patients with inflammatory bowel disease in different aspects and telemedicine has been applicated and developed in the continuous care of the IBD patients. In addition, it can also improve patients' satisfaction with clinical care. Nonetheless, the contrary results due to nationality need more high-quality studies to further verify the effect of continuous care education on patients with inflammatory bowel disease.

Biography

Gu zijun, currently studying in the department of gastroenterology, school of nursing, Nanjing Medical University, China. Her major research direction is inflammatory bowel disease. She has great interest in the psychological status and family care of patients with inflammatory bowel disease and actively engaged in these studies. At the same time, She is also a very positive and sunny girl, like travel and food.

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