

Evaluation of Quality of Life and Visual Outcomes in Children with Uveitis

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Abstract

Review Article

This prospective study examines the impact of uveitis on children's quality of life, focusing on visual outcomes and overall well-being. Thirty-two patients, primarily males, aged 6 to 16, were assessed at Mohamed VI University Hospital in Marrakech. Anterior uveitis was the most common type, with various etiologies including juvenile idiopathic arthritis and idiopathic causes. Results highlighted a substantial negative impact on quality of life, evidenced by academic difficulties, psychological distress, and physical limitations. The findings emphasize the necessity of comprehensive patient care and personalized follow-up to address the multifaceted challenges posed by pediatric uveitis.

Keywords: uveitis, children, Evaluation of quality of life.

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INTRODUCTION

Uveitis is rare in children, but it can result in ocular morbidity and severe vision loss, causing various disruptions for both the children and their parents [1, 2].

The object of our study is to evaluate the visual outcome, quality of life, and the impact of uveitis on children with this pathology and their families.

PATIENTS AND METHODS

This study is prospective, spanning from June 2021 to June 2023. We enrolled all children aged between 6 and 16 who were being treated for uveitis at Mohamed VI University Hospital in Marrakech. To assess visual outcomes, we utilized the "Effect of Youngsters' Eyesight on Quality of Life instrument" (EYE-Q), and to evaluate overall quality of life, we employed the "Pediatric Quality of Life Inventory Version 4.0" (PedsQL 4.0).

RESULTS

During this period, the study included 32 patients, with an average age of 10.2 years and a predominance of males (23 cases). The questionnaire was validated in the majority of cases (28 cases). Among the children, 25 had anterior uveitis. The etiologies of uveitis included JIA in 7 patients, ASP in 4 patients, and idiopathic causes in 21 patients. Clinical manifestations ranged from mild to severe cases, with bilateral

involvement noted in 2 cases. All cases had a negative impact on quality of life (PedsQL 4.0), with academic difficulties observed in all patients, psychological and sleep disorders found in 60.71% of cases, and limitations in physical activities in 39.2% of patients.

DISCUSSION

The majority of the studies reviewed in the literature have highlighted the effect of uveitis on children's quality of life, consistent with our findings [3-5]. In our research, the majority of children exhibited low scores, reflecting the physical and psychological distress experienced by patients. This observation can be attributed to the symptoms and accompanying comorbidities associated with uveitis.

CONCLUSION

This study enables a comprehensive evaluation of the quality of life in children with uveitis, offering a more holistic approach to patient care and facilitating personalized, objective follow-up.

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