

5/11

ШЕСТИ КОНГРЕС НА ЗДРУЖЕНИЕТО НА ПЕДИЈАТРИ НА  
РЕПУБЛИКА МАКЕДОНИЈА СО ИНТЕРНАЦИОНАЛНО УЧЕСТВО

# КНИГА СО ТРУДОВИ



ГЕНЕРАЛЕН СПОНЗОР:

  
**ALKALOID**  
SKOPJE

---

## Quality of life in patients with cystic fibrosis

Tatjana Zorcec, Stojka Fustik, Lidija Spirevska, Tatjana Jakovska

University Children's Hospital, Medical Faculty, Ss. Cyril and Methodius University, Skopje,  
Macedonia

### Abstract

**Introduction:** Cystic fibrosis (CF) is a genetic, life-threatening disease that affects many body organs, but mostly the lungs and digestive system. It's a very compound condition, with various forms and manifestation of the symptoms. A variety of factors like age of diagnosis, number, type and control of infections, treatment options, comorbid conditions, etc. can affect patient's general health, progression of the disease and his/her quality of life. In present times, majority of the CF patients will achieve adulthood, so the quality of life is crucial for the general health and daily functioning.

**Aim of the study:** to evaluate the quality of life in patients with CF in Republic of Macedonia.

**Subjects and methods:** in the study we have enrolled 67 CF patients, divided in two age groups-up to 14 (mean age  $9.3 \pm 3.14$ ) and above 14 years of age ( $19.62 \pm 5.98$ ). We have produced questionnaires specially designed for this study, with questions addressing their daily coping with CF.

**Results:** generally, majority of the patients (68.42%) with CF live normal life, have common and frequent social interactions (in 74.81% of the cases), emotionally are stable (in 83.06% of the cases) but still the fear from the stigma in the society is present. **Conclusion:** regardless of the various issues CF patients must overcome in the daily life, they still could have complete and meaningful lives and cope with the condition in a productive way.

**Keywords:** cystic fibrosis, chronic illness, quality of life