Introduction

Chronic idiopathic constipation (CIC) is a common functional gastrointestinal disorder with prevalence ranging from 2% to 27% in adults, adding up to 1 in 4 people living with CIC in the United States. Chronic constipation can cause severe symptoms, which can result in physical, mental, and social distress. Patients may experience difficulties; including abdominal pain, straining, bloating, feeling of incomplete evacuation, and decreased stool frequency. The symptoms of CIC can greatly affect patients’ quality of life, often interfering with productivity, personal activities, and daily routines.

Objective

The BURDEN-CIC Study utilized GfK’s Knowledge Networks panel to identify patients with constipation (either chronic constipation [CC] or chronic idiopathic CIC) in the United States, to better understand needs of patients and their healthcare providers (HCPs). Sample design weights were calculated based on specific design parameters. The survey was targeted to gastroenterologists (GEs), primary care physicians (PCPs), nurse practitioners (NPs), and physician assistants (PAs) who actively treat patients with CIC. The survey was conducted online, with panelists invited to participate after being identified as patients with constipation.

Materials and Methods

The BURDEN-CIC Study utilized GfK’s Knowledge Networks panel to identify patients with constipation (either chronic constipation [CC] or chronic idiopathic CIC) in the United States, to better understand needs of patients and their healthcare providers (HCPs). Sample design weights were calculated based on specific design parameters. The survey was targeted to gastroenterologists (GEs), primary care physicians (PCPs), nurse practitioners (NPs), and physician assistants (PAs) who actively treat patients with CIC.

Results

Pain in the Lower Abdomen and Rectum

In the past year, 48.9% of patients used OTC laxatives, 5.9% used stimulants, 29.1% used a general diet, 11.5% used fibre supplements, and 3.3% used herbal remedies. The majority of all CIC patients reported their HCP initially recommended general diet changes (56.8%), increasing daily activity/exercise (41.4%), continuing on their current treatment (48.9%), or starting a prescription CIC treatment (22.3%). The most common causes for patients to try different approaches to manage their symptoms included: "Inadequate treatment (41.7%), causes patients to lose confidence in their treatment plan or doctor/gastroenterologist’s ability to treat their condition," (41.7%) and "Symptoms are too frequent or severe (36.6%)."

Conclusions

The BURDEN-CIC Study confirmed the significant physical, psychosocial, and financial burden associated with CIC, with the average US CIC patient reporting costs totaling $16,450 per year, with over half (56%) due to healthcare costs. CIC patients take an average of 3.6 visits per year to treat their symptom(s). Direct healthcare costs for their CIC medication, and 9.9% indicated that they were "not sure" if they were getting an adequate treatment option. BM=bowel movement. Percentages are based on respondent who answered the question.

References


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