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Quality of life, levels of Anxiety and Depression among Sudanese patients with surgical stoma in Khartoum state, Sudan 2018-2019**Razaz Mahde***University of Khartoum, Sudan*

Objectives: The objectives of this study are to assess the quality of life, levels of anxiety, and depression among Sudanese ostomates with special emphasis on sociodemo- graphic data and ostomy-related data.

Methodology: This is a facility-based, cross-sectional study in Khartoum state between 2018 and 2019. 100 patients participated in the study with a response rate of 80% in seven hospitals through- out Khartoum state. Standardized Fecal Incontinence Quality Of Life (FIQOL) and Hospital anxiety and depression scale (HADS) questionnaires were used and data obtained were analysed by multiple statistical tests to identify any group differences and associations to the sociodemo graphic data.

Results: Quality of life total score was found to be below the average. Depression scale scores at the average and religious score account for the worst. While there is a strong correlation between the QOL subscales, there was no significant association between quality of life score and the sociodemographic data. Regarding anxiety and depression levels 51.3% of the participants are normal for anxiety level while 25% and 23.8% were borderline and abnormal respectively. For depression level, the score was (45% normal), (26.3% borderline) and (28.8% were abnormal). Neither some significant association nor subgroup differences were found regarding sociodemographic nor ostomy- related data.

Conclusion: Respondents had a quality of life below the average and high levels of anxiety and depression. Religious and spiritual QOL is marginally influenced by the intestinal stoma; qualitative comments also lend insight to the spiritual aspect. This finding can assist in the provision of holistic care in our stoma patients.

Biography

Razaz Mahde Esmaeel Musa, 26 year old Sudanese female, graduated 2 years ago from University of Khartoum MBBS and worked as teaching assistant at anatomy department for a year, she is a medical officer at intensive care unit, emergency department of omdurman military hospital. Recently with a war situation she is working at emergency department of wadi seidna military hospital as a first line reviver doing ABCD, stabilisation, resuscitation and triage for the patients. She is also a holder for part one Royal college exam of obstetrics and gynaecology MRCOG, and stepping further in this speciality. Recently working at alsorab hospital as medical officer for obs and gyne unit. She is an active researcher with 2 publish paper and preprint articles, also presenter at two international conferences Glad to share knowledge and ready to work with any organisations which need her expertise.