The Impact of Pilonidal Disease on Quality of Life in Adolescents
Hajar Delshad*, MS, PA-C, Michele Dawson, MPH, CPHQ, David P. Mooney, MD, MPH
Department of Surgery, Boston Children’s Hospital, Boston, MA, USA

INTRODUCTION
Pilonidal disease is a common condition that affects adolescents during a delicate time in their social development. A dedicated Pilonidal Care Clinic (PCC) was initiated with the aim of:
- Improving patient education and understanding of the Pilonidal Disease process
- Unifying treatment approaches and simplifying care
- Providing a centralized provider to patients
- Evaluating best treatment methods via monitoring and analyzing outcome data

The purpose of this report is to detail the self-described impact of Pilonidal Disease on adolescents reported on their first visit to our clinic.

Objectives:
- Comprehend the impact of Pilonidal Disease on Quality of Life in adolescents
- Recognize varied presenting symptoms of Pilonidal Disease
- Identify the different approaches to the treatment of Pilonidal Disease

*This is an IRB approved study

METHODS
Pilonidal Care Clinic was launched in February of 2014.

Patients completed intake surveys, which reviewed:
- Age
- Gender
- BMI
- Comorbid conditions
- Symptoms
- Prior treatments
- Number of recurrences
- Current care
- Compliance
- Quality of life measures

RESULTS
- 70 patients completed intake surveys
- 41% Female, 59% Male
- Mean age was 17 (range of 13-29)
- Average BMI was 27.6 (range of 20-41)
- 72% of patients had received previous medical care for their Pilonidal Disease

Females reported more pain and other symptoms on arrival than males.

Moderate-Severe Effect of QOL Domains

CONCLUSIONS
- Adolescents experience a variety of impairments in their quality of life secondary to Pilonidal Disease
- The presenting symptoms of Pilonidal Disease are diverse
- Treatment of Pilonidal Disease varies greatly
- Future Directions:
  - Tracking patients’ symptoms, recurrences, treatments, and compliance over time may help us define best treatment options, develop methods for maintaining patient compliance, and improve patients’ quality of life
  - Laser Hair Removal has recently been introduced as a treatment modality for patients meeting criteria in the PCC. Our ongoing research efforts are evaluating the impact laser epilation may have on Pilonidal Disease recurrence rates.