Quality Of Sleep In Patients With Liver Transplantation

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Sleep-related disturbances are increasingly recognised in the setting of chronic liver disease. Our aim was to investigate the quality of sleep in Orthotopic Liver Transplantation (OLT). Patients with OLT due to cirrhosis, Hepatitis C virus (HCV) or Hepatitis B virus (HBV) correlated, were consecutively enrolled from outpatient clinic at the University of Salerno, from January 2013 and March 2014 and divided in two groups (HCV group and HBV group). Data on sex, age and time from OLT were collected. The participants completed the Pittsburgh Sleep Quality Index (PSQI) to evaluate the quality of sleep. A score higher than 5 was indicative of poor sleep quality. Thirty-four patients were included (19 patients in the HCV group and 15 in the HBV group). The HCV patients were older than the HBV patients (median age (range): 64 (44-75) vs 56 (43-71), p=0.01) at the time of the study, although they underwent OLT from less time compared to the HBV patients (median years from OLT: 5 (1-23) vs 12 (2-22), p=0.05). Fifteen HCV patients (78.9%) and 11 HBV patients (73.3%) had a pathological score of PSQI score (>5); the mean score of the test was not statistically different between the two groups (mean, SD: 7.2 (4.1) vs 7.7 (4.3), p=0.7). The patients with OLT had a poor sleep quality, which did not different between patients with OLT due to HCV, or HBV infection.