

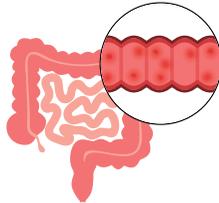
Impact of bowel urgency in the workplace

Bowel urgency is one of the most bothersome, disruptive and distressing symptoms of ulcerative colitis; and it has a negative impact on an individual's ability to work and their quality of life.



Ulcerative colitis

- Ulcerative colitis (UC) is an inflammatory bowel disease that causes inflammation and ulcers (tiny sores) in the large intestine, including the colon and rectum.¹
- Symptoms often include bloody diarrhea, bowel urgency, tenesmus (urge to go to the bathroom without being able to go), rectal bleeding, abdominal pain, weight loss, fever, cramping and discomfort.²
- **120,000** Canadians live with UC.³
- UC is a lifelong disease that can occur at any age, though most are diagnosed in their mid-thirties.⁴



BOWEL URGENCY

- Bowel urgency (BU) is a sudden or immediate need to have a bowel movement and is one of the most common, bothersome and disruptive symptoms experienced by people living with UC.²
- **56%** of surveyed Canadians living with moderate to severe UC have experienced bowel urgency.⁵
 - ◆ Of these patients, over two thirds reported that bowel urgency was the symptom with the greatest impact.⁶
- Although **73%** of surveyed Canadian UC patients were on advanced on therapies, **30%** still experienced BU within the last month.⁵



IMPACT OF BOWEL URGENCY

BU has a negative impact on social and emotional well-being.² People living with BU are:

- Concerned about accidents or not being able to make it to a toilet in time.
- Preoccupied with the unpredictability of when BU might occur.
- Planning for sudden or immediate bowel movements, specifically knowing where to find a bathroom.²



BU also has a negative effect on life at work:

- According to a global survey, **77–78%** of people with UC said BU negatively affected their work.⁷
 - ◆ **32–42%** prematurely ended their workday
 - ◆ **37–42%** worked fewer hours
 - ◆ **14–15%** declined a new job opportunity
 - ◆ **8–9%** worked overtime to keep up



- Those with BU need to be near a bathroom at work in case they need to have a sudden bowel movement.²
- Their sleep is impacted because they wake up three to five times a night with the sudden need to use the bathroom. Not surprisingly, lack of sleep impacts someone's ability to work the next day.²

References

¹ <https://crohnsandcolitis.ca/About-Crohn-s-Colitis/What-are-Crohn-s-and-Colitis>

² <https://pro.springeropen.com/articles/10.1186/s41687-022-00439-w>

³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6512240/>

⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6487890/>

⁵ Panaccione R, Bessissow T, Glass J, Hunter-Gibble T, Atkinson C, Braun M, Ellis H, Dewar T, Jairath V (2023, October 20-25). Communicating Needs and Features of IBD Experiences (CONFIDE) Survey: Patient and Healthcare Professional Perspectives

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⁶ Eli Lilly Canada. The Communicating Needs and Features of IBD Experiences (CONFIDE) Study, Canada. Data on file; 2023

⁷ <https://academic.oup.com/ibdjournal/advance-article/doi/10.1093/ibd/izad142/7246867>

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