

Patient-Reported Oral Health-Related Quality of Life and the Impact of Oral GVHD: Does it Worsen Over Time?

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Graft versus host disease (GVHD) is a common complication for patients receiving allogeneic hematopoietic cell transplantation (HCT). Approximately 80% of patients with chronic GVHD (cGVHD) suffer from abnormal oral mucosa, including mucosal lesions and xerostomia. The aim of this cross-sectional study was to assess the trends in xerostomia, oral health related quality of life (measured by OHIP-14), overall quality of life (measured by FACT-BMT), health of the hard tissue, and access to care in cGVHD patients that are 100 days to 5 years post HCT. The controls for this study were patients who had an autologous HCT. Qualified patients of the Bone Marrow Transplant Clinic were mailed four surveys: OHIP-14, FACT-BMT, Xerostomia Quality of Life, and Dental History. Descriptive statistics were calculated and correlational analyses performed. 63 subjects with cGVHD and 138 controls participated. The mean OHIP-14 scores were significantly different between the cGVHD group and controls ($p=0.028$). The FACT-BMT total score had a negative correlation to OHIP-14 ($p=0.002$), while the mean XQOL score had a positive correlation ($p=0.000$). Self-reported responses to “My dental health is worse...” and “The health of my gums is worse...” also had a positive correlation ($p=0.010, 0.035$). When comparing time since transplant, there was no significant linear trend for OHIP-14, xerostomia score, or total FACT-BMT among the subjects or controls. Despite this lack of trend, this study indicated that xerostomia and perceived dental health has a negative impact on the oral health quality of life for a patient with cGVHD.