Prevalence And Clinical Characteristics Of Idiopathic Pulmonary Fibrosis

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Rationale: Idiopathic pulmonary fibrosis (IPF) is a chronic, progressive, interstitial lung disease of unknown cause and poor prognosis, occurring predominantly in middle-aged and older adults. The epidemiology and patient characteristics have not been well described. This analysis characterizes the prevalence of disease and clinical characteristics of patients with IPF.

Methods: Cross-sectional retrospective cohort study using a HIPAA-compliant commercial health plan claims database in the period of 2009-2011. Patients were included if they had at least one inpatient claim or 2 outpatient claims with IPF as one of the listed diagnoses (ICD-9: 516.3) during study year; were continuously enrolled with health plan during the same study year and had no other type of interstitial lung disease after their last IPF claim in that year. One-year prevalence estimates per year (2009-2011) and descriptive analyses of demographics, clinical characteristics and treatment patterns are presented for 2011.

Results: One-year prevalence rates of IPF ranged from 19.8-28.8/100,000 persons across study years and increased substantially with age and were highest for patients 75-84 years old, in our study, there were no IPF patients 85 or older (table). 1,136 patients met the study criteria (2011). Mean age was 71.3 years (SD: 10.6), 49.1% were female and 42.3% of patients were from the South region. Almost half of the patients (48.7%) in the study received IPF care from a pulmonologist. Mean number of chronic conditions was high (5.9, SD: 2.0; Charlson comorbidity index: 3.2, SD: 2.7). The most common comorbidities identified were COPD (56.9%), bacterial pneumonia (30.9%) and gastroesophageal reflux (29.6%). 52.6% of patients used home oxygen. Based on medications listed in the 2011 ATS/ERS guidelines, the most common medication filled was corticosteroids (61.2%; oral: 44.6%; inhaled: 23.0%; injectable: 18.5%). 2% of the population received lung transplantation.

Conclusion: Idiopathic pulmonary fibrosis is a chronic severe condition that affects primarily elderly patients and has high comorbidity rates. In a large commercially insured population, IPF prevalence rates increase substantially among patients 75-84 years old.

Table: One-year prevalence rates of IPF in the US per 100,000

One-year prevalence rates of IPF in the US per 100,000

	2009	**2010**	**2011**
All	28.8	28.1	19.8
By age group			
≤11	0.2	0.4	0
12-24	0	0.3	0.1
25-44	3.3	3.4	1.9
45-64	22.2	22.8	13.9
65-74	99.0	74.8	62.7
75-84	245.5	206.9	181.3
85+	0	0	0

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