

King's Brief Interstitial Lung Disease (K-BILD) questionnaire: content relevance in progressive fibrosing ILD (PF-ILD)

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BACKGROUND

- K-BILD is a patient-reported outcome questionnaire used to assess breathlessness and activities, psychological effects and chest symptoms in ILD
- The use of K-BILD has not been validated in patients with progressive fibrosing ILD

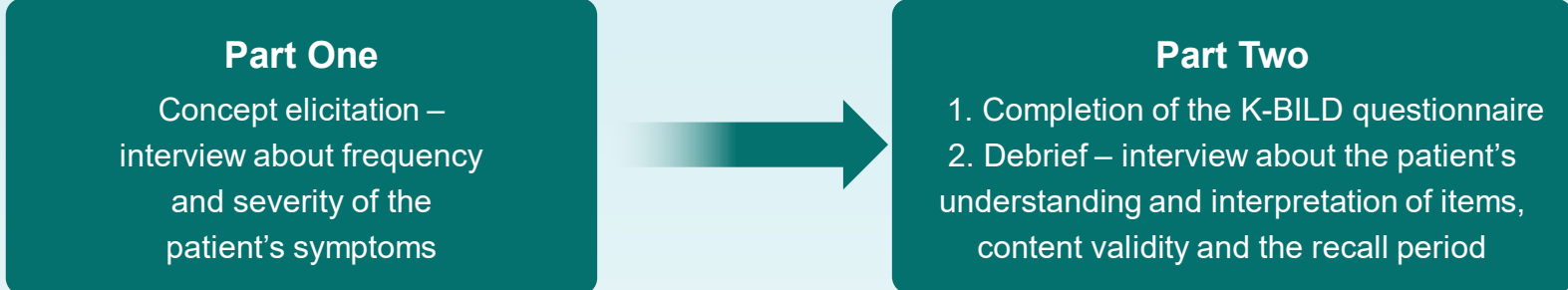
AIM: To assess the relevance and comprehension of the K-BILD questionnaire in patients with progressive fibrosing ILD

INCLUSION/EXCLUSION CRITERIA

- Aged ≥18 years
- Diagnosis of progressive fibrosing ILD within 24 months of screening
 - Relative decline in FVC ≥10% predicted
 - Relative decline in FVC ≥5–<10% predicted and either worsened respiratory symptoms or increased extent of fibrosis on HRCT
 - Worsened respiratory symptoms and increased extent of fibrosis on HRCT
- Patients with IPF were excluded
- Patients with pre-existing confounding medical conditions were excluded

STUDY DESIGN

- A qualitative study involving **one-on-one interviews** with adult patients with progressive fibrosing ILD
- All interviews were audio-recorded, and audio transcripts were analysed qualitatively using ATLAS.ti software (version 8.0)



K-BILD¹

- 15 items
- Three domains: breathlessness and activities, psychological and chest symptoms
- Assesses a time period of 2 weeks
- Each item is scored using a 7-point Likert scale
- Domains and total score ranges are 0–100, with a score of 100 representing best health status

K-BILD questionnaire

Item no.	K-BILD item
1	I have been short of breath climbing stairs or walking up an incline or hill
2	Because of my lung condition, my chest has felt tight
3	Have you worried about the seriousness of your lung symptoms?
4	Have you avoided doing things that make you short of breath?
5	Have you felt in control of your lung condition?
6	Have your lung symptoms made you feel annoyed or down?
7	I have felt the urge to inhale deeply and frequently (known as "air hunger")
8	My lung condition has made me feel anxious
9	How often have you experienced "wheezing" or whistling sounds from your chest?
10	How much of the time have you felt your lung disease is getting worse?
11	Has your lung condition interfered with your job or other daily tasks?
12	Have you expected your lung symptoms to get worse?
13	How much has your lung condition limited you carrying things (e.g. groceries)?
14	Has your lung condition made you think more about the end of your life?
15	Are you financially worse off because of your lung condition?

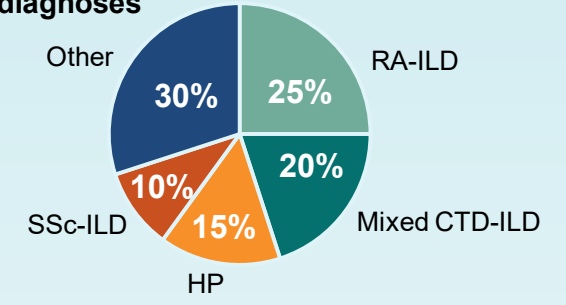
RESULTS

Patient characteristics

- 20 patients with progressive fibrosing ILD from
 - USA (15)
 - Germany (5)

Mean time since ILD diagnosis, based on imaging: 4.3 years (median 3.0; range 1.8–12.5)

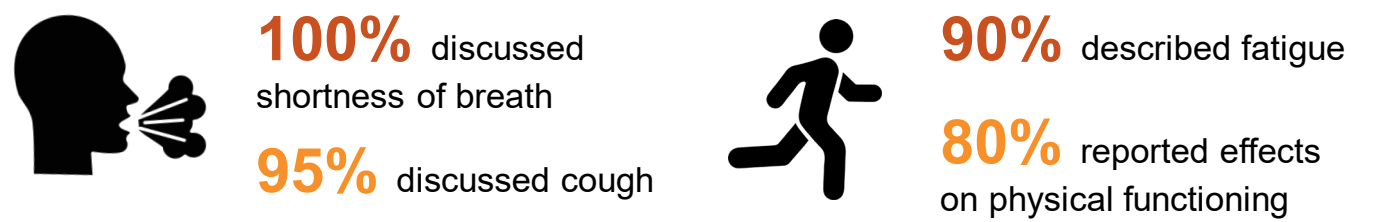
Most frequent diagnoses



- Median FVC% predicted: 66.5%
- Median DL_{CO}% predicted: 53.0%

CONCEPTUAL ELICITATION

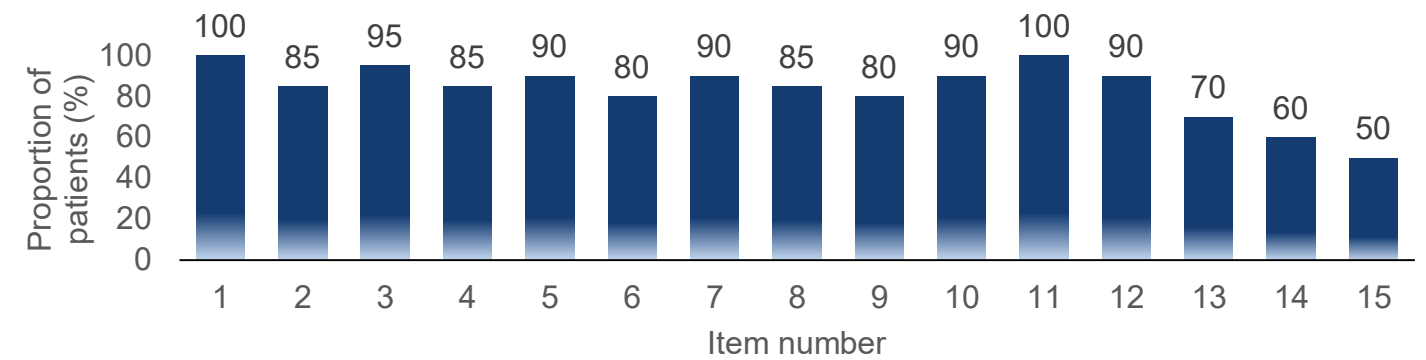
When patients discussed symptoms associated with their progressive fibrosing ILD:



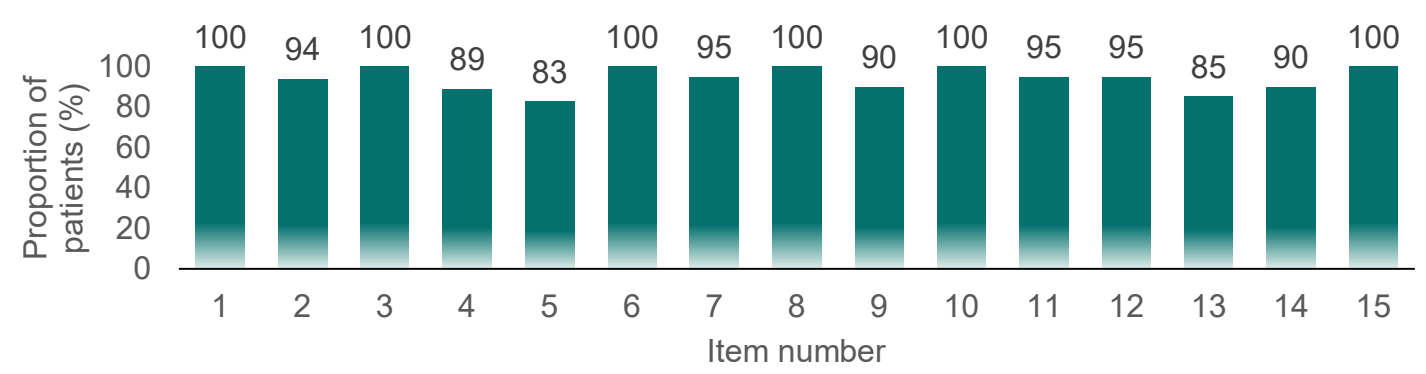
COGNITIVE DEBRIEFING

After completing the K-BILD, patients were interviewed on the content

Proportion of responding patients affected by K-BILD item (%)



Proportion of responding patients understanding K-BILD item (%)



TIME PERIOD



CONCLUSIONS

- K-BILD was easy to understand and relevant to patients with progressive fibrosing ILD
- Further studies should evaluate its validity and minimal clinically important difference for disease stability and progression



References
1. Patel AS, et al. Thorax 2012; 67,804-810.

Abbreviations
CTD-ILD, connective tissue disease-associated ILD; DL_{CO}, diffusing capacity of the lungs for carbon monoxide; FVC, forced vital capacity; HP, hypersensitivity pneumonitis; HRCT, high-resolution computed tomography; ILD, interstitial lung disease; IPF, idiopathic pulmonary fibrosis; K-BILD, King's Brief Interstitial Lung Disease; RA-ILD, rheumatoid arthritis-associated ILD; SSc-ILD, systemic sclerosis-associated ILD.

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