

# The Impact of COVID-19 on Ulcerative Colitis Patients

## FINLAND Patient Report

**February 2022**



# Table of Contents

Section	Slide
Methodology	3
Detailed Findings	4
<i>Patient Profile</i>	4
<i>Disease Management &amp; Treatment</i>	9
<i>Disease Management During Covid-19</i>	13
<i>Healthcare Access, Experiences, &amp; Preferences</i>	24
Demographics	30
Appendix	35



# US UC Patient Research Method & Report Notes

## Method Statement

The Finland Ulcerative Colitis (UC) patient survey was conducted online by The Harris Poll on behalf of Pfizer between November 4 and December 13, 2021, among 184 adults age 18+ who:

- ✓ Reside in Finland
- ✓ have been diagnosed with ulcerative colitis
- ✓ have seen someone at a gastroenterologist or internist's office in the past 3 years
- ✓ have had a colonoscopy or flexible sigmoidoscopy to confirm their diagnosis
- ✓ have not had a colectomy
- ✓ have ever taken any prescription medication for their UC other than only a 5-ASA
- ✓ provided informed consent to complete the research

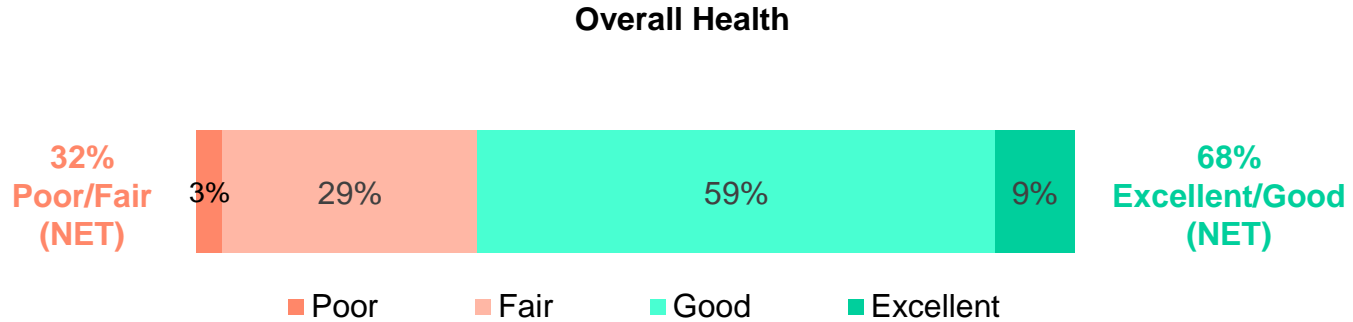
Respondents were recruited via public links distributed by Crohn's and Colitis Finland on their website and on their social media platforms. Raw data were not weighted at the individual country level and are therefore only representative of the individuals who completed the survey.



# Patient Profile



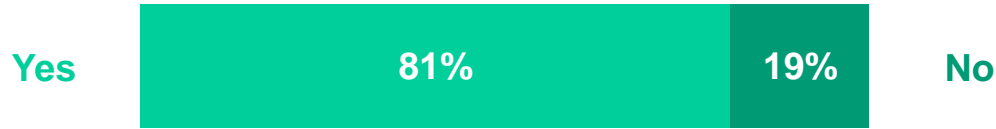
# More than two in three UC patients in Finland report excellent or good overall health





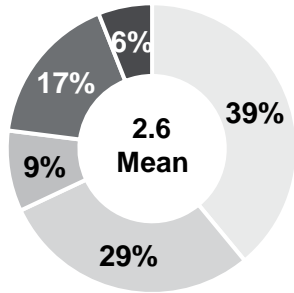
# While the majority of patients say their UC is in remission, two in five say it has been in remission less than a year

## UC In Remission



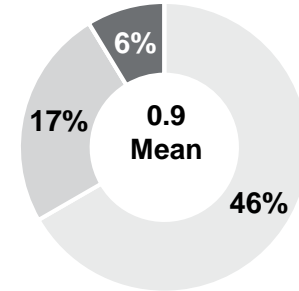
### Length of Time (Years) UC Has Been in Remission

- Less than 1 year
- 1-2 years
- 3-4 years
- 5-10 years
- More than 10 years



### Length of Time (Years) Since UC Was Last in Remission

- Less than 1 year
- 1-2 years
- 3-4 years
- 5-10 years
- More than 10 years



**31% UC has never been in remission**

BASE: ALL QUALIFIED PATIENTS: n= 184

Q710 Do you currently consider your UC to be in remission? When we say remission, we mean that your disease is controlled with few to no symptoms.

BASE: IN REMISSION: n= 149

Q715 How long has your UC been in remission?

BASE: NOT IN REMISSION: n= 35\*

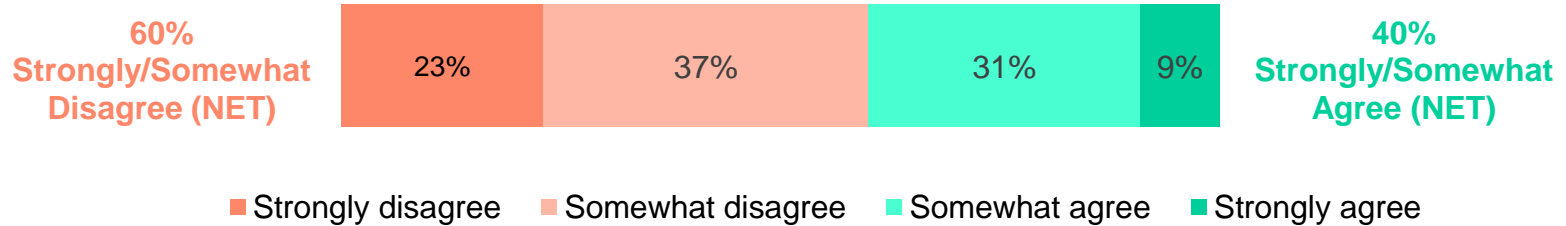
Q720 How long has it been since your UC was last in remission?

**\*\*Extremely small base size <50, interpret results with caution**



# Two in five patients in Finland feel that their UC controls their life

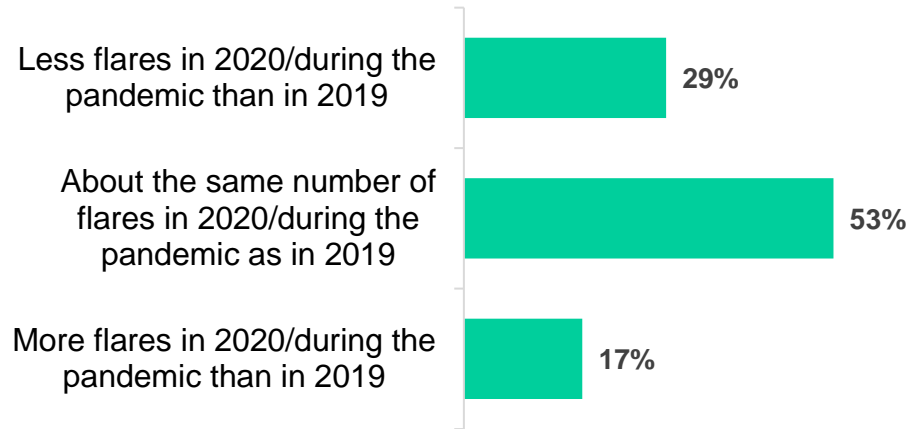
I feel that my UC controls my life, rather than me controlling the disease.





# Close to one in five patients in Finland say they experienced more flares over the course of the pandemic than they did prior

Changes in Amount of Flares since 2019



BASE: ALL QUALIFIED PATIENTS: n= 184

Q735

Thinking about the UC flare(s) you have had since the beginning of the COVID-19 pandemic in early 2020, did you experience more, less or about the same number of flares as you experienced in 2019? When we say flare, we mean a period of time where you experience a dramatic increase in symptoms that is different than what you typically experience.



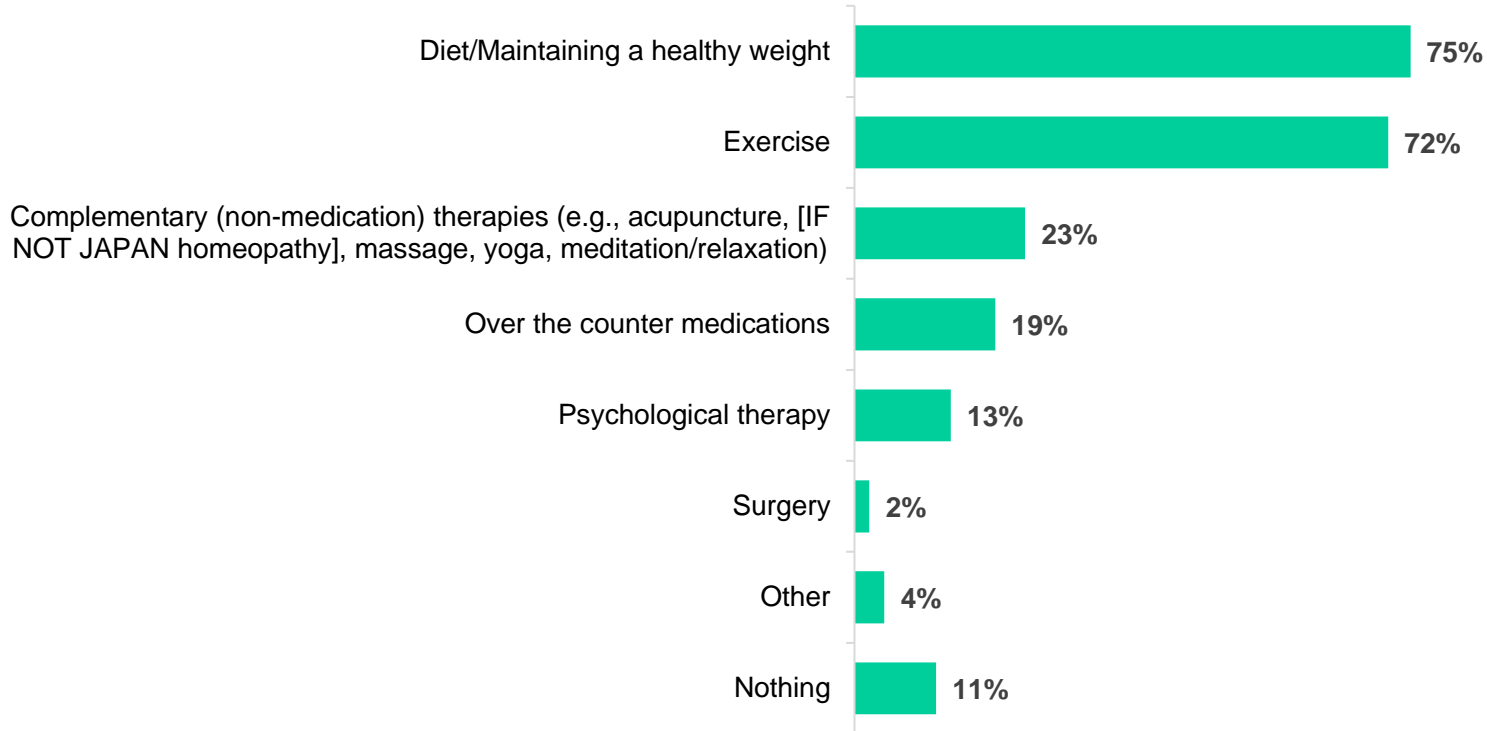


# Disease Management & Treatment



# Maintaining a healthy weight or diet and exercise are the top non-prescription treatments patients in Finland are currently doing

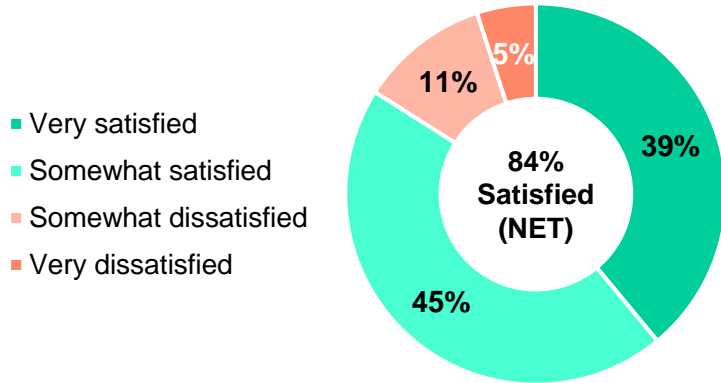
## Non-Prescription Treatments Currently Doing





# Most patients in Finland are satisfied with their current treatment plan and half don't see a need to consider other treatment options

## Satisfaction with Current Treatment Plan

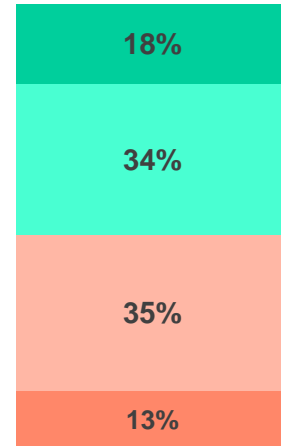


“If my treatment makes me feel good enough, I don’t see a need to consider other treatment options, even if they might make me feel better than I do now.”

## Agree (NET)

52%

- Strongly agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree



BASE: CURRENTLY TAKING RX MEDICATION FOR UC: n= 180

Q1000 You indicated you are currently taking prescription medication for your UC. How satisfied are you with your current UC treatment plan?

BASE: ALL QUALIFIED PATIENTS: n= 184

Q1010 How much do you agree or disagree with the following statement?

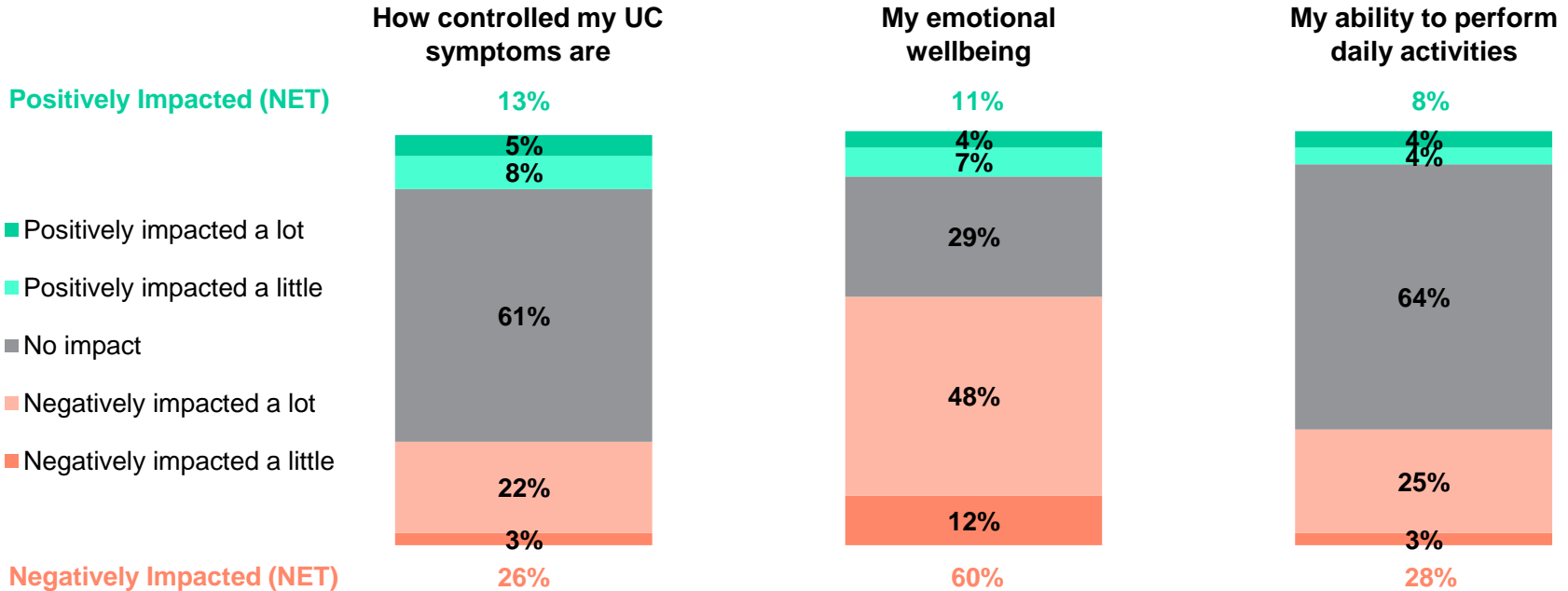


# Disease Management During Covid-19



# For three in five UC patients in Finland, the pandemic has negatively impacted their emotional wellbeing

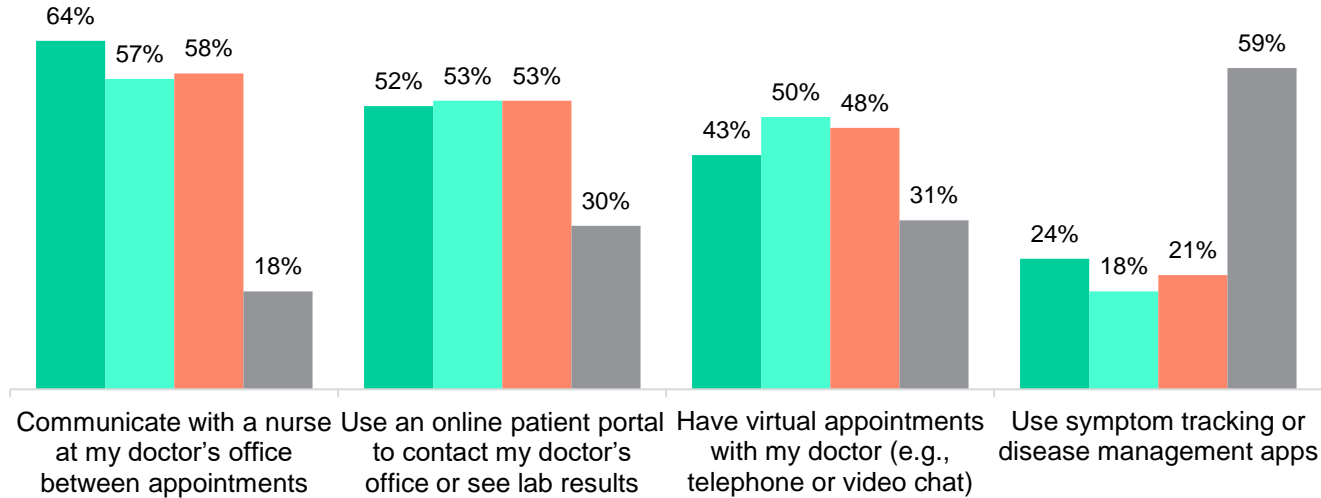
COVID-19 Pandemic Impact on...





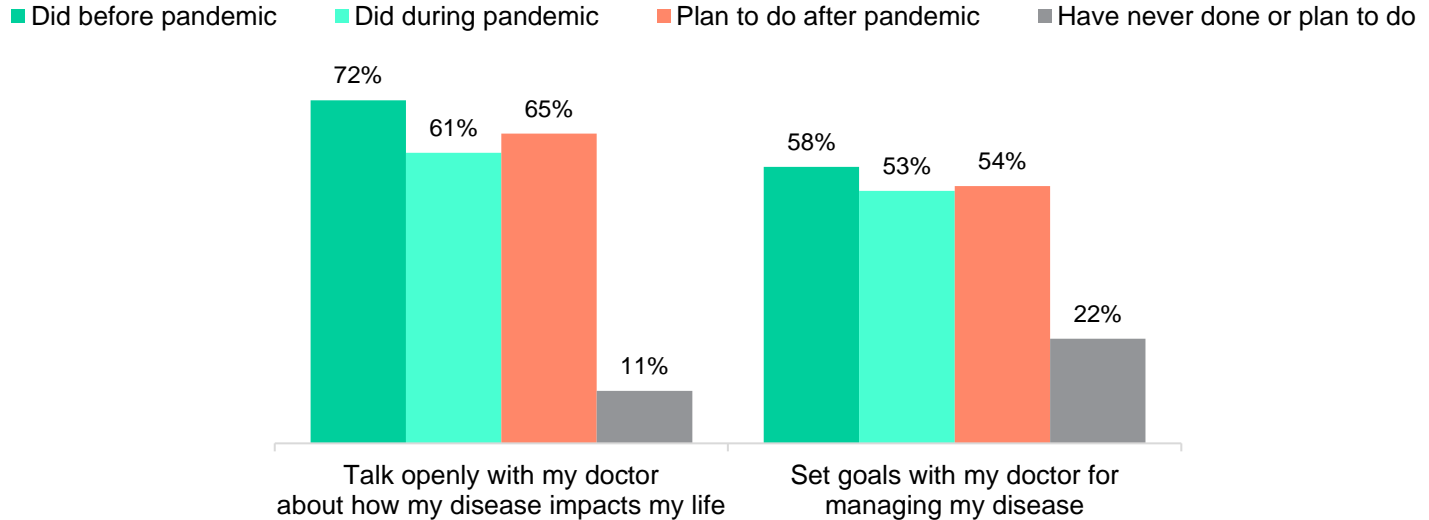
# Close to three in five UC patients in Finland have never used and never plan to use symptom tracking or disease management apps

■ Did before pandemic ■ Did during pandemic ■ Plan to do after pandemic ■ Have never done or plan to do





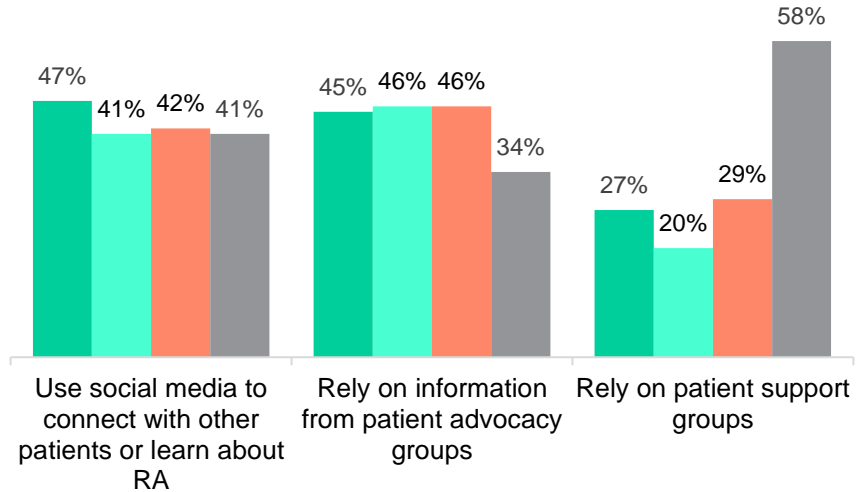
# More than half of patients say they discussed UC life impacts and goal setting to manage their disease with their doctor during the pandemic





# Reliance on social media as well as patient advocacy and support groups appears to be consistent both before and during the pandemic

■ Did before pandemic 
 ■ Did during pandemic 
 ■ Plan to do after pandemic 
 ■ Have never done or plan to do



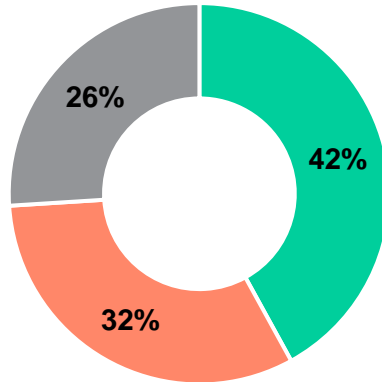




# While many say they were hesitant to make changes to their UC treatment plan during the pandemic, two in five discussed and made changes

Discussion of Changes to Treatment Plan During Pandemic  
(among those currently taking prescription medication)

- We discussed and made changes to my treatment plan
- We discussed but did not make changes to my treatment plan
- We did not discuss or make changes to my treatment plan

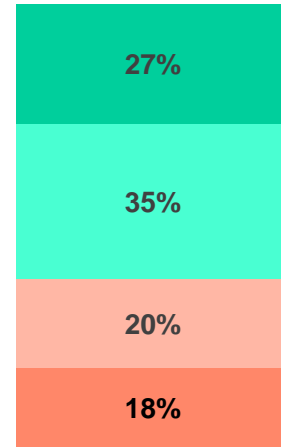


“I was hesitant to make changes to my UC treatment plan during the COVID-19 pandemic.”

Agree (NET)

62%

- Strongly agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree



BASE: CURRENTLY TAKING RX MEDICATION FOR UC: n= 180

Q1005 Have you and your doctor discussed and/or made any changes to your UC treatment plan since the beginning of the COVID-19 pandemic in early 2020? As a reminder, when we say “treatment plan,” we mean the prescription medication you use for your UC.

BASE: ALL QUALIFIED PATIENTS: n= 184

Q820 How much do you agree or disagree with each of the following statements about living with UC during the COVID-19 pandemic?



# More than one in five say the pandemic negatively impacted how safe they feel taking their prescription medication for UC

COVID-19 Pandemic Impact on...

How safe I feel taking my prescription medication for my UC

The expectations I have for my treatment plan (i.e., the prescription medication taken for my UC)

My ability to access the prescription medication that I need

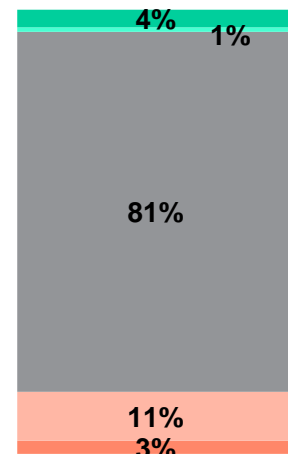
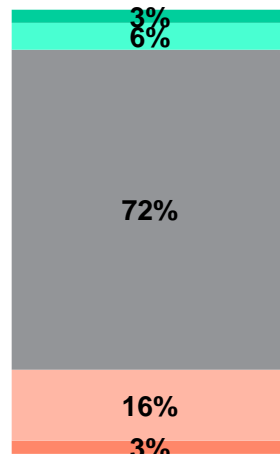
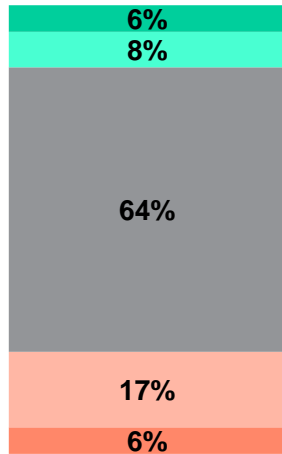
Positively Impacted (NET)

14%

9%

5%

- Positively impacted a lot
- Positively impacted a little
- No impact
- Negatively impacted a lot
- Negatively impacted a little



Negatively Impacted (NET)

23%

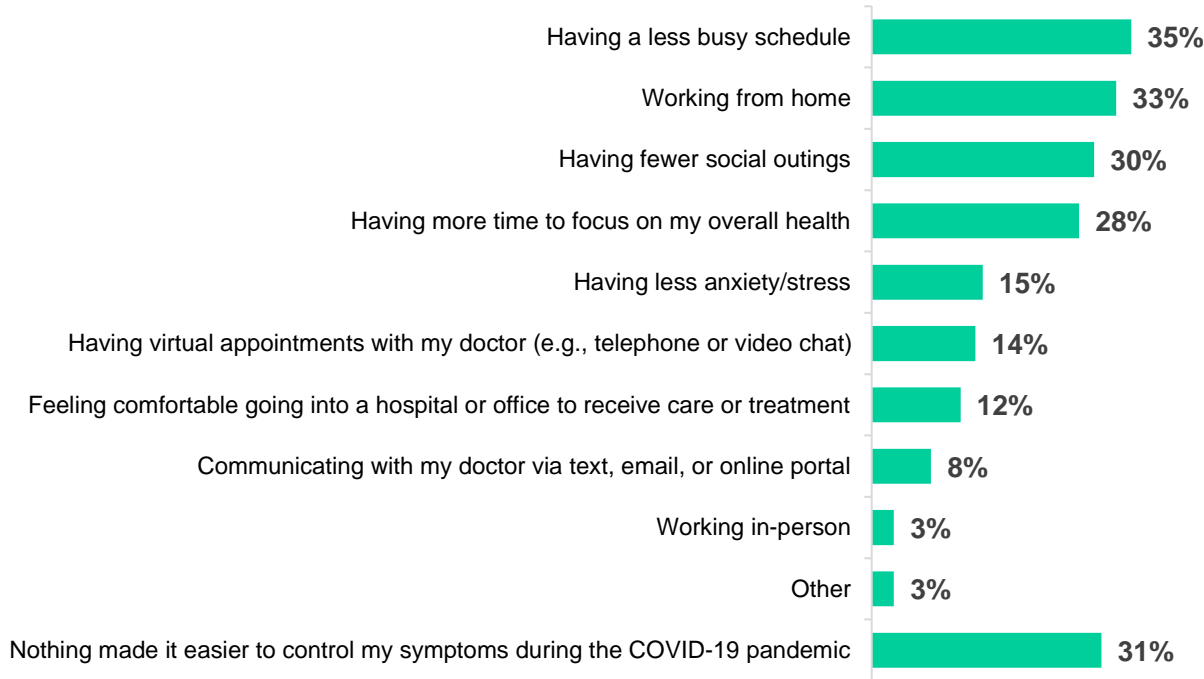
19%

14%



# Around one in three cite less busy schedules, remote work and fewer social outings as factors that made controlling UC symptoms easier in the pandemic

Factors that Made Controlling Symptoms Easier During the Covid-19 Pandemic





# More than one in three patients in Finland note improvement in symptom tracking during the pandemic

I became better at tracking my symptoms during the COVID-19 pandemic.

Because of the COVID-19 pandemic, I feel more resilient when it comes to managing my UC.

The COVID-19 pandemic made it easier for me to talk to people about what it's like to live with UC.

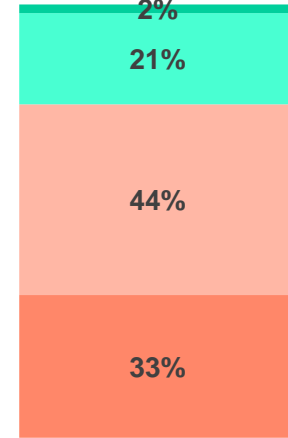
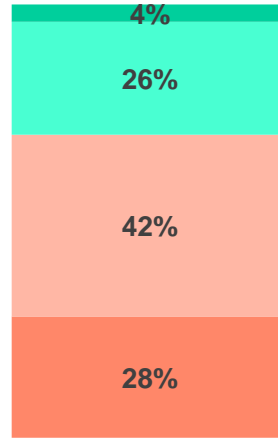
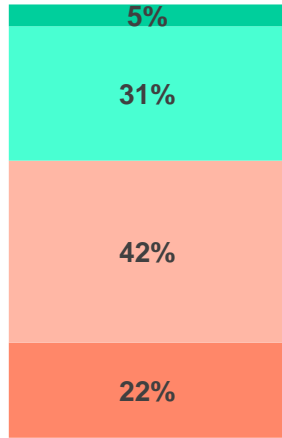
Agree (NET)

36%

30%

23%

- Strongly agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree



Disagree (NET)

64%

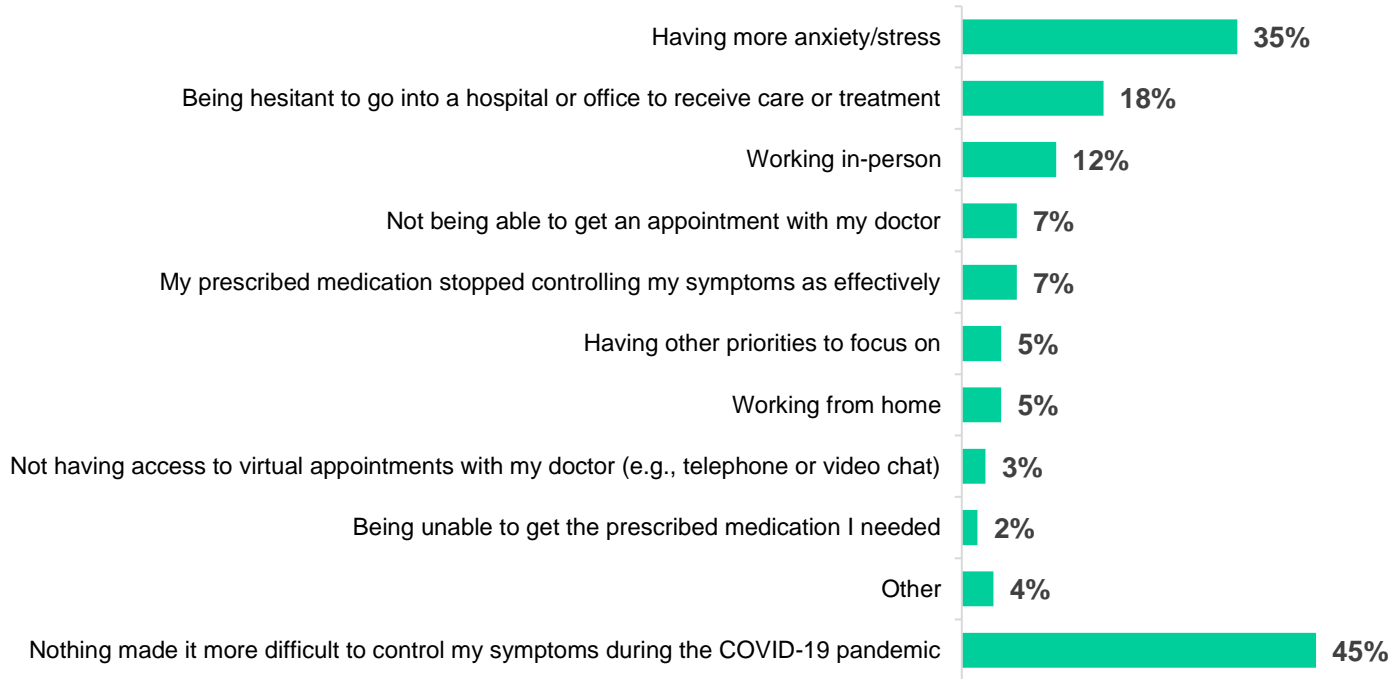
70%

77%



# More than a third say having more anxiety/stress made controlling UC symptoms harder during the pandemic

Factors that Made Controlling Symptoms More Difficult During the Covid-19 Pandemic



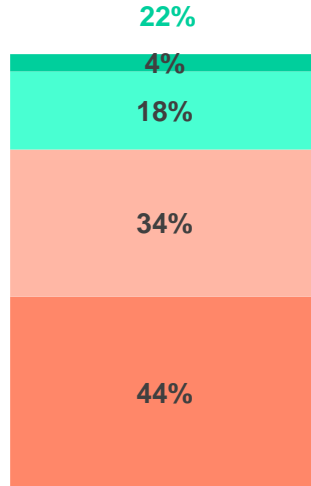


# One in five felt more isolated in managing their UC during the COVID-19 pandemic and are worried about controlling symptoms post-pandemic

Agree (NET)

- Strongly agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree

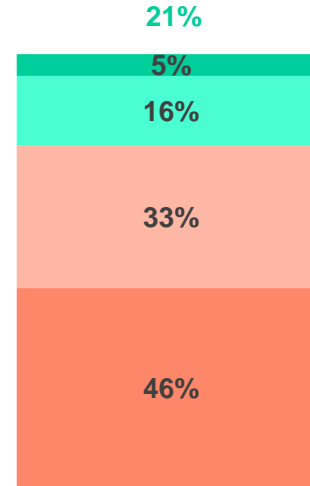
I am worried about my ability to control my symptoms once life goes back to normal.



22%

78%

During the COVID-19 pandemic, I have felt more isolated and alone in managing my UC.



21%

79%

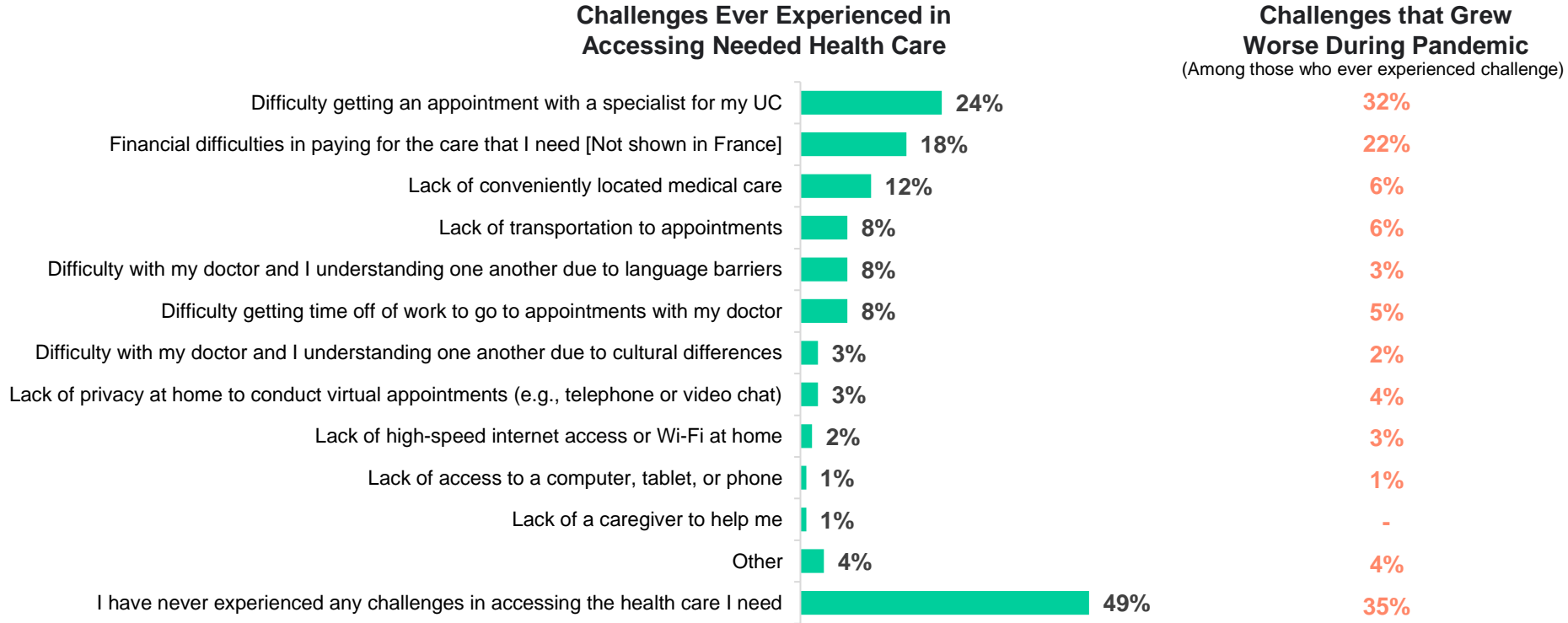
Disagree (NET)



# Healthcare Access, Experiences, & Preferences



# Of those who have ever had difficulty getting an appointment with a specialist, nearly one in three say this challenge worsened during the pandemic



BASE: ALL QUALIFIED PATIENTS: n= 184

Q902 Thinking more broadly about your experiences both before and during the COVID-19 pandemic, which of the following challenges, if any, have you ever experienced in accessing the health care you need? Please select all that apply.

BASE: EVER EXPERIENCED CHALLENGES: (BASES VARY)

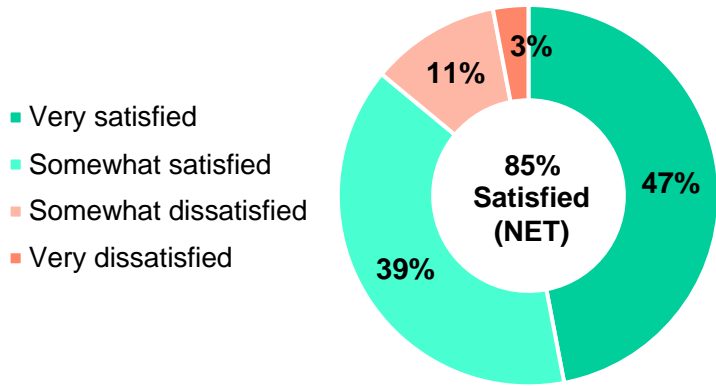
Q905 Which of these challenges became worse during the COVID-19 pandemic? Please select all that apply.



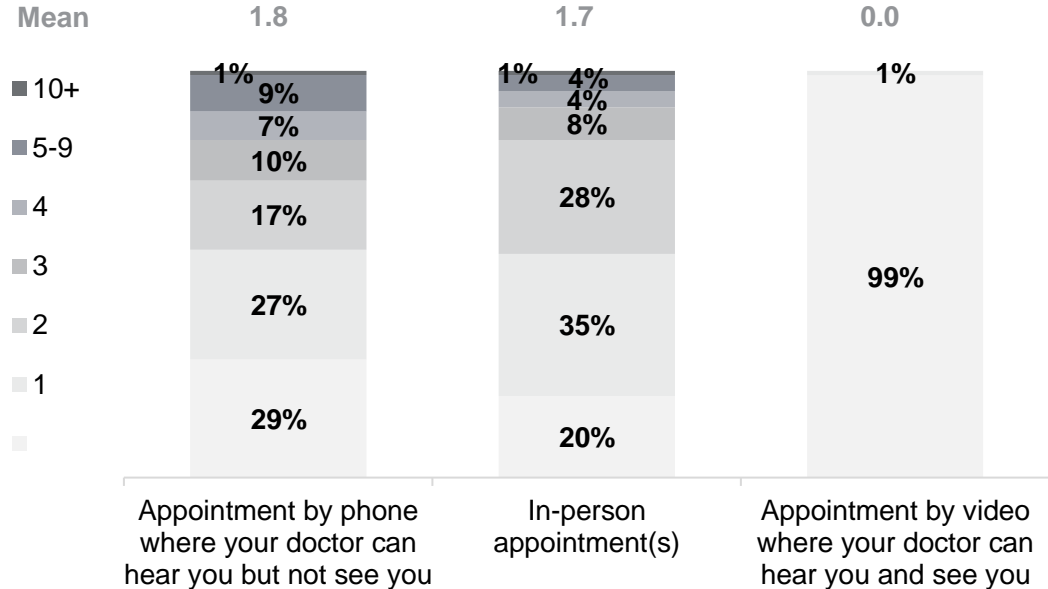


# Most patients have been satisfied with their ability to access needed health care during the Covid-19 pandemic

Satisfaction with Ability to Access Needed Health Care During Covid-19 Pandemic



Number of Doctor's Appointments for UC Since Start of Covid-19 Pandemic



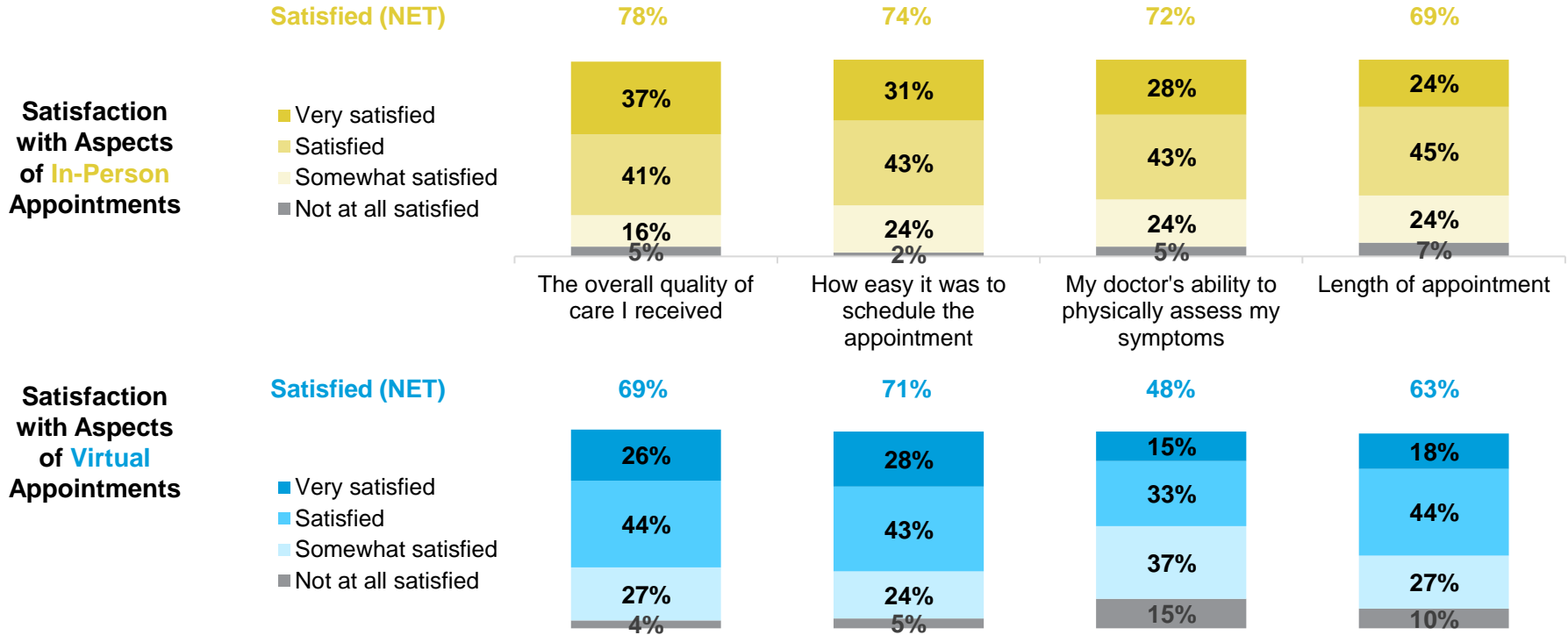
BASE: ALL QUALIFIED PATIENTS: n= 184

Q900 How satisfied have you been with your ability to access the health care you need during the COVID-19 pandemic?

Q910 How many times have you seen or visited (whether in-person or virtually) a doctor for your UC since the start of the COVID-19 pandemic in early 2020? Please enter a response in each row.



# UC patients in Finland are moderately more satisfied with several features of in-person appointments than virtual ones



BASE: HAVE HAD IN-PERSON APPOINTMENT WITH HCP DURING PANDEMIC: n= 148

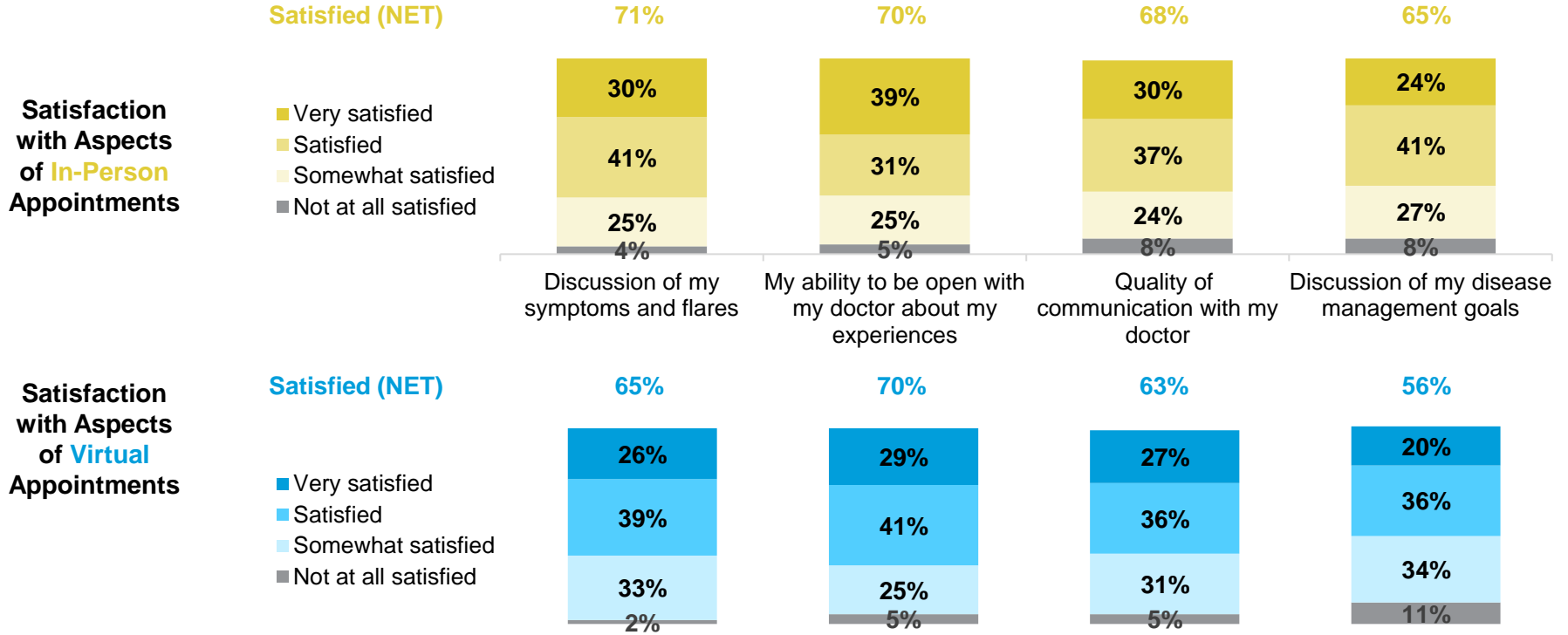
Q915 Thinking about your last in-person appointment during the COVID-19 pandemic with the doctor that you see for your UC, how satisfied were you with each of the following?

BASE: HAVE HAD VIRTUAL APPOINTMENT WITH HCP DURING PANDEMIC: n= 131

Q920 Now, thinking about your last virtual appointment during the COVID-19 pandemic with the doctor that you see for your UC, how satisfied were you with each of the following?



# Patients appear slightly more satisfied with the communication they have with their doctor during in-person appointments than virtual ones



BASE: HAVE HAD IN-PERSON APPOINTMENT WITH HCP DURING PANDEMIC: n= 148

Q915 Thinking about your last in-person appointment during the COVID-19 pandemic with the doctor that you see for your UC, how satisfied were you with each of the following?

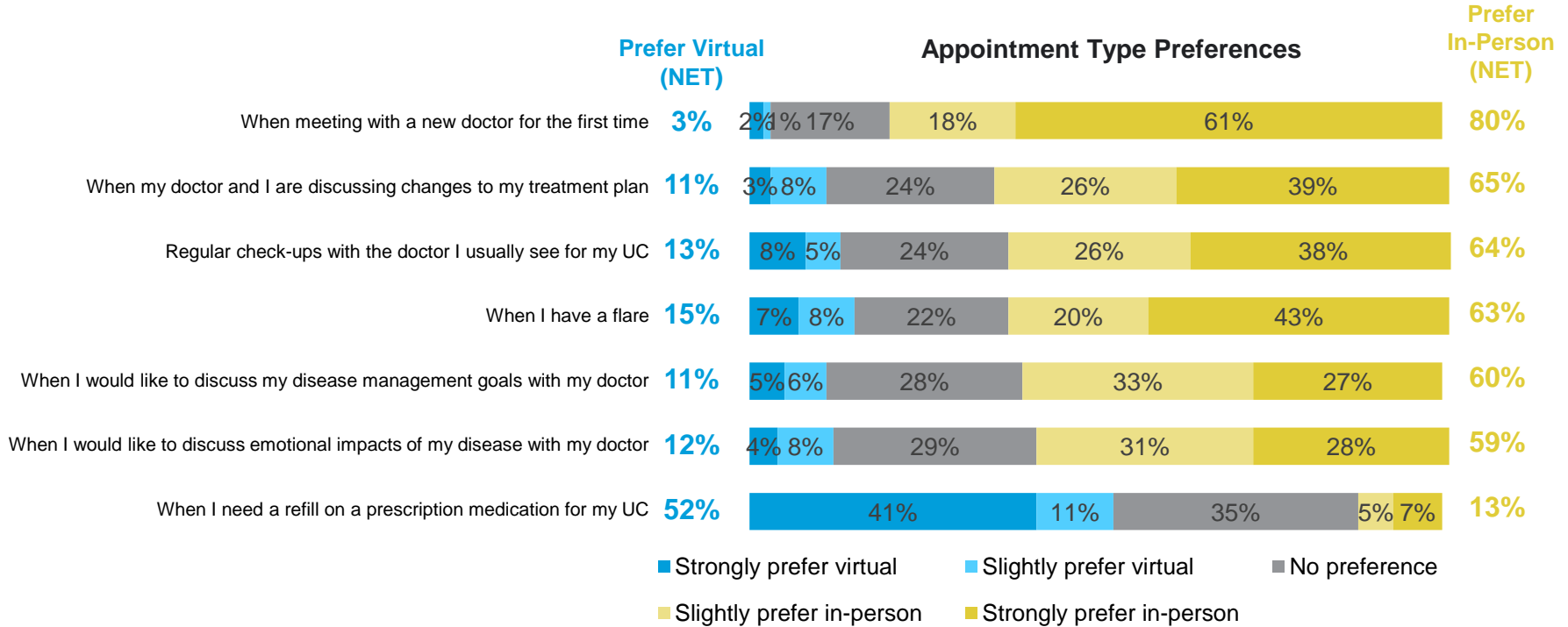
BASE: HAVE HAD VIRTUAL APPOINTMENT WITH HCP DURING PANDEMIC: n= 131

Q920 Now, thinking about your last virtual appointment during the COVID-19 pandemic with the doctor that you see for your UC, how satisfied were you with each of the following?

\*Base size <100, report results as directional only



# When meeting with a new doctor for the first time, four in five UC patients in Finland would prefer in-person appointments





# Demographics



# Demographics

Gender	
Male	24%
Female	74%
Other	1%
Prefer not to answer	1%
Age	
18-24	5%
25-34	16%
35-44	32%
45-54	24%
55-64	16%
65+	7%
Mean	44.8

Diagnosed Conditions			
Ulcerative colitis	100%	Psoriasis	2%
Hypertension, or high blood pressure	20%	Celiac disease	1%
Depression	11%	Chronic constipation	1%
Anxiety	8%	Chronic anemia	1%
Eczema	8%	Uveitis	1%
Diabetes	5%	Psoriatic arthritis	-
Fibromyalgia	5%	Lupus	-
Irritable bowel syndrome (IBS)	5%	Non-radiographic axial spondyloarthritis	-
Crohn's disease	4%	None of these	-
Heart disease	4%	Not sure	-
Ankylosing spondylitis	3%	Decline to answer	-
Rheumatoid arthritis	2%		

Had an Endoscopic Procedure to Confirm Diagnosis of UC	
Yes	100%
No	-
Not Sure	-
Ever Had a Colectomy	
Yes	-
No	100%



# Demographics

Parental Status	
2 years old or younger	5%
3-5 years old	5%
6-9 years old	11%
10-12 years old	15%
13-17 years old	21%
18 years of age or older	28%
Not a parent/legal guardian of any children	40%
Decline to answer	1%
Marital Status	
Never married	20%
Married or civil union	57%
Divorced	5%
Separated	-
Widowed	2%
Living with partner	16%

Employment Status	
Employed full time	58%
Employed part time	10%
Self-employed full time	4%
Self-employed part time	1%
Not employed, but looking for work	4%
Not employed and not looking for work	1%
Not employed, unable to work due to a disability or illness	3%
Retired	13%
Student	8%
Stay-at-home spouse or partner	1%
Household Size	
1	30%
2	33%
3	9%
4	17%
5+	11%

Work During the Pandemic	
I worked primarily from home during the COVID-19 pandemic	33%
I plan to primarily work from home following the COVID-19 pandemic	23%
I am an essential worker (non-health care) and worked during the COVID-19 pandemic	22%
I reduced my work hours or had my hours cut due to the COVID-19 pandemic	11%
I was not employed before the COVID-19 pandemic	8%
I am a frontline health care worker and worked during the COVID-19 pandemic	8%
I was laid off, furloughed, or lost my job due to the COVID-19 pandemic	7%

Urbanicity	
Inner City	9%
Urban	31%
Suburban	20%
Small town	14%
Rural	26%



# Finland Demographics

Region	
North and East Finland	29%
Helsinki-Uusimaa	26%
West Finland	25%
South Finland	20%
Aland	-
Insurance Plan	
Yes, have private insurance	35%
No, do not have private insurance	59%
Not sure	5%
Decline to answer	1%

Education	
Leaving certificates from comprehensive school	5%
Matriculation examinations	9%
Vocational and professional qualifications	33%
Polytechnic degree	30%
University degree	22%

Income	
Less than €5.000	3%
€5.000 - €9.999	3%
€10.000 - €19.999	6%
€20.000 - €29.999	9%
€30.000 - €39.999	14%
€40.000 - €49.999	9%
€50.000 - €74.999	18%
€75.000 - €99.999	16%
€100.000 - €149.999	8%
€150.000 - €199.000	1%
€200.000 or more	1%
Decline to answer	12%





# Finland Demographics

HCPs Seen in Past 3 Years for UC	
Gastroenterologist	85%
Nurse at a gastroenterologist's office	75%
Primary care physician/General practitioner	32%
Internist	31%
Nurse at an internist's office	24%
Nurse in another type of practitioner's office	9%
Someone else at a gastroenterologist's office	9%
Nutritionist/Dietician	9%
Gastroenterology Surgeon	8%
Psychiatrist/Psychologist	6%
Rheumatologist	5%
Dermatologist	3%
Someone else at an internist's office	3%
Other	5%
None	-



# Appendix



# The majority of patients in Finland who have had virtual appointments are satisfied with the technology platform they used

**Satisfaction with Technology Platform Used to Access Virtual Appointments for UC During the Covid-19 Pandemic**  
(Among those who have had a virtual appointment during the pandemic)

