

# The role of the psychologist in the IBD team: ways to utilise psychology within services to address patient needs

Dr Fiona Eldridge

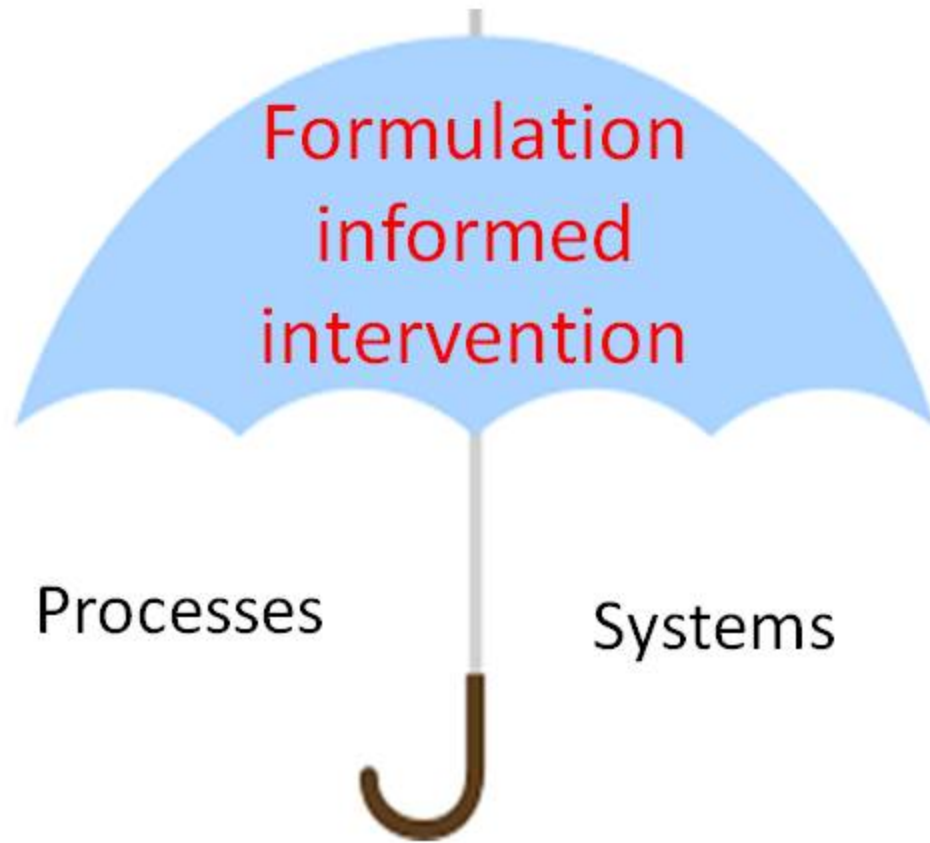
# Disclosures

- Abvie speakers fees – 2018 – IBD Nurse Education Programme.

**“Though the doctors treated him, let his blood, and gave him medications to drink, he nevertheless recovered.”**

– LEO TOLSTOY, *WAR AND PEACE*

# Psychology



# Bio-Psychosocial model



Looking at...

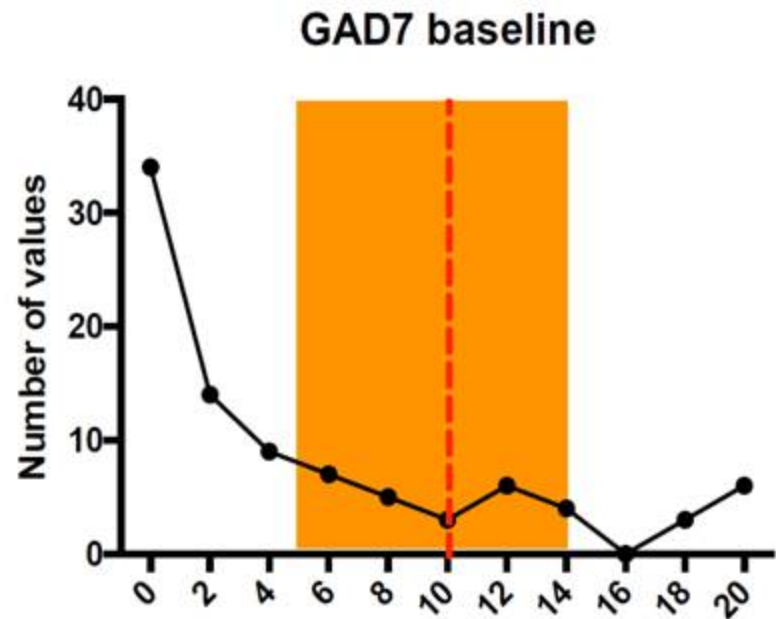
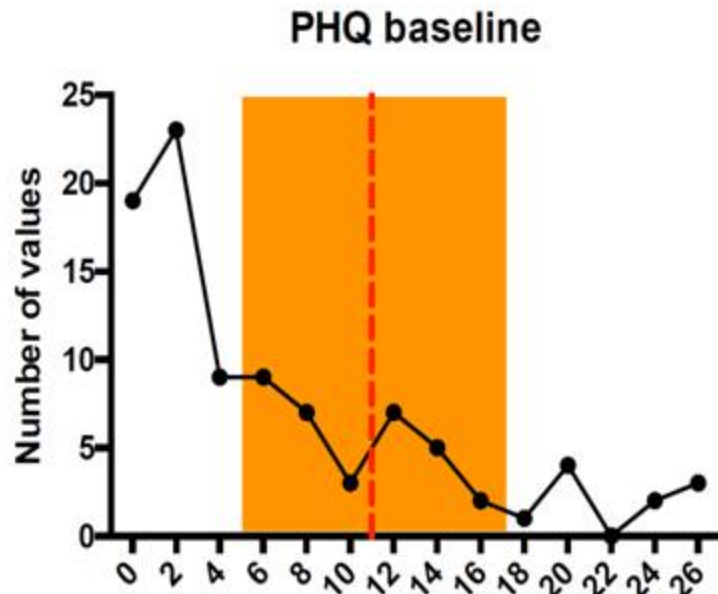


# Published Research Overview:

- Psychological co-morbidity: Elevated rates of low mood/anxiety (Mikocka Walus et al 2007; Walker et al., 2008)
- Does it work? Give them a meaningful intervention then select a distressed patient:
- Group ACT intervention RCT: Wynne et al., 2019 (perceived stress)
- CBT: Jordan et al., 2019. Non-randomised clinic based benchmarking study (effect sizes improved in mod/severe psychological distress).

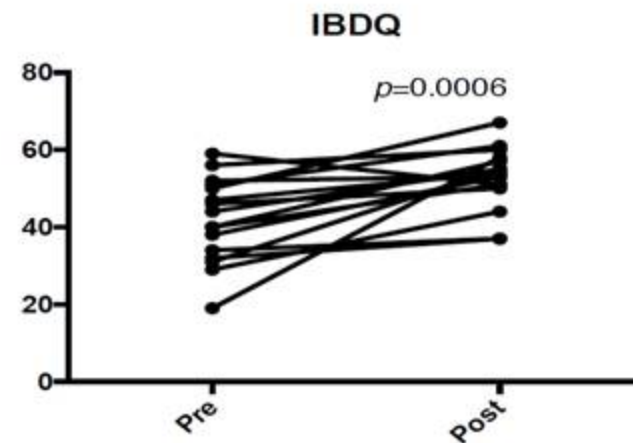
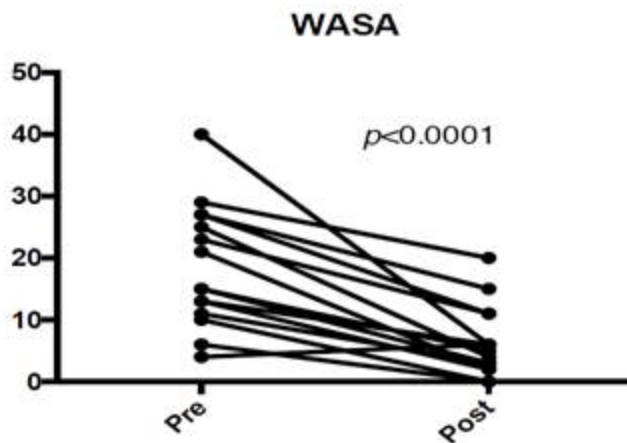
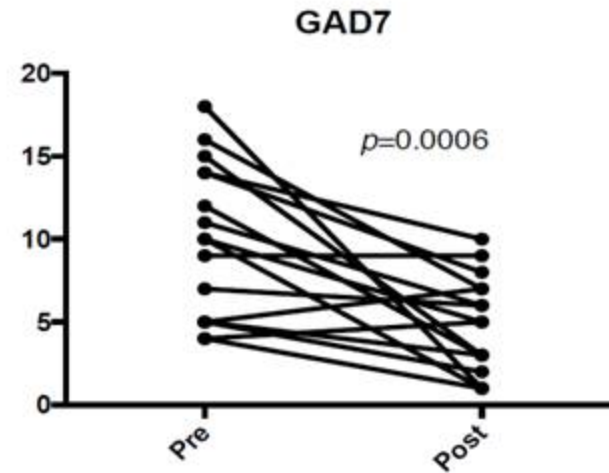
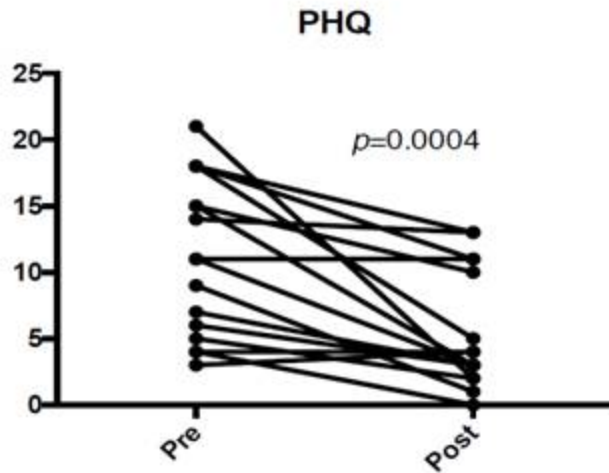
# Addenbrooke's Study – early results

- Baseline screen:

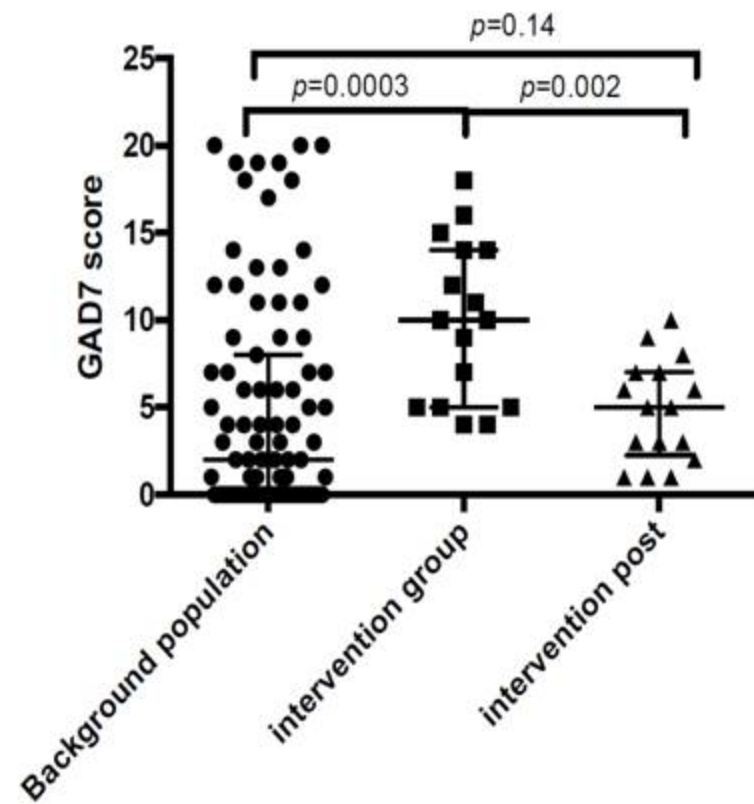
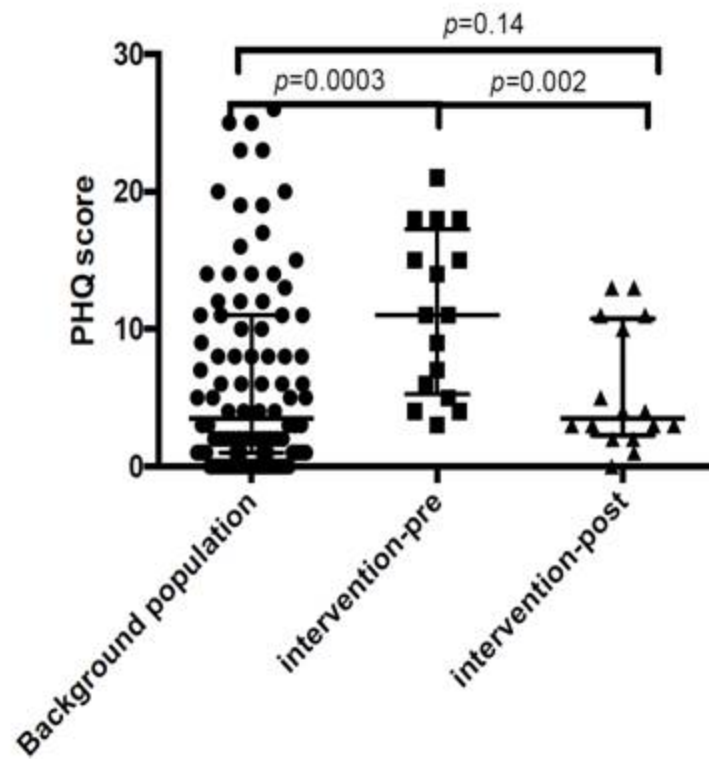




# Outcomes for clinical based psychology intervention



# Outcomes for psychology intervention compared with baseline



Average IBD service – approx 2,500 patients

27% reach cut off for moderate to severe depression and 20% for anxiety (Addenbrooke's baseline)

=

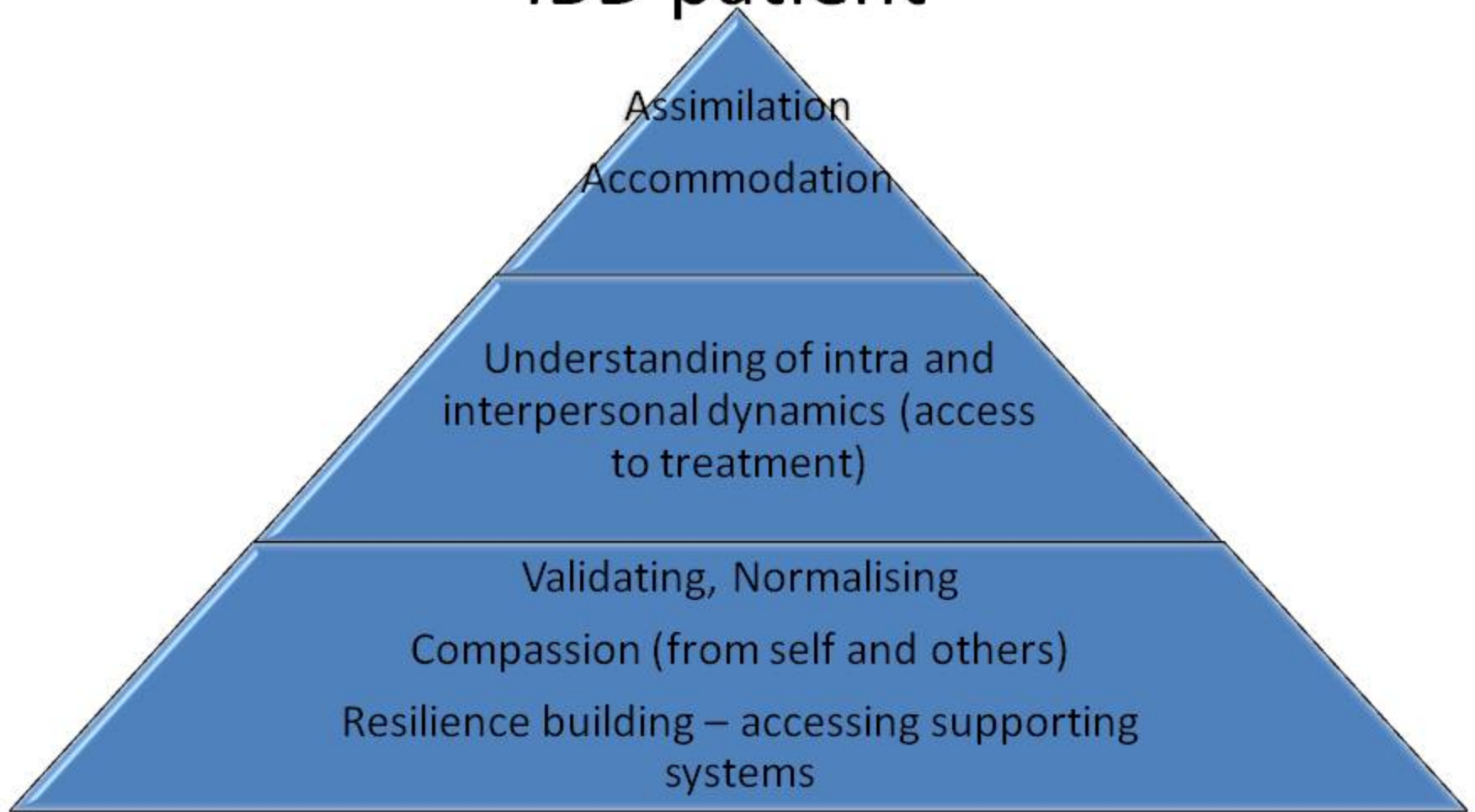
Help...Wine...resignation letter process



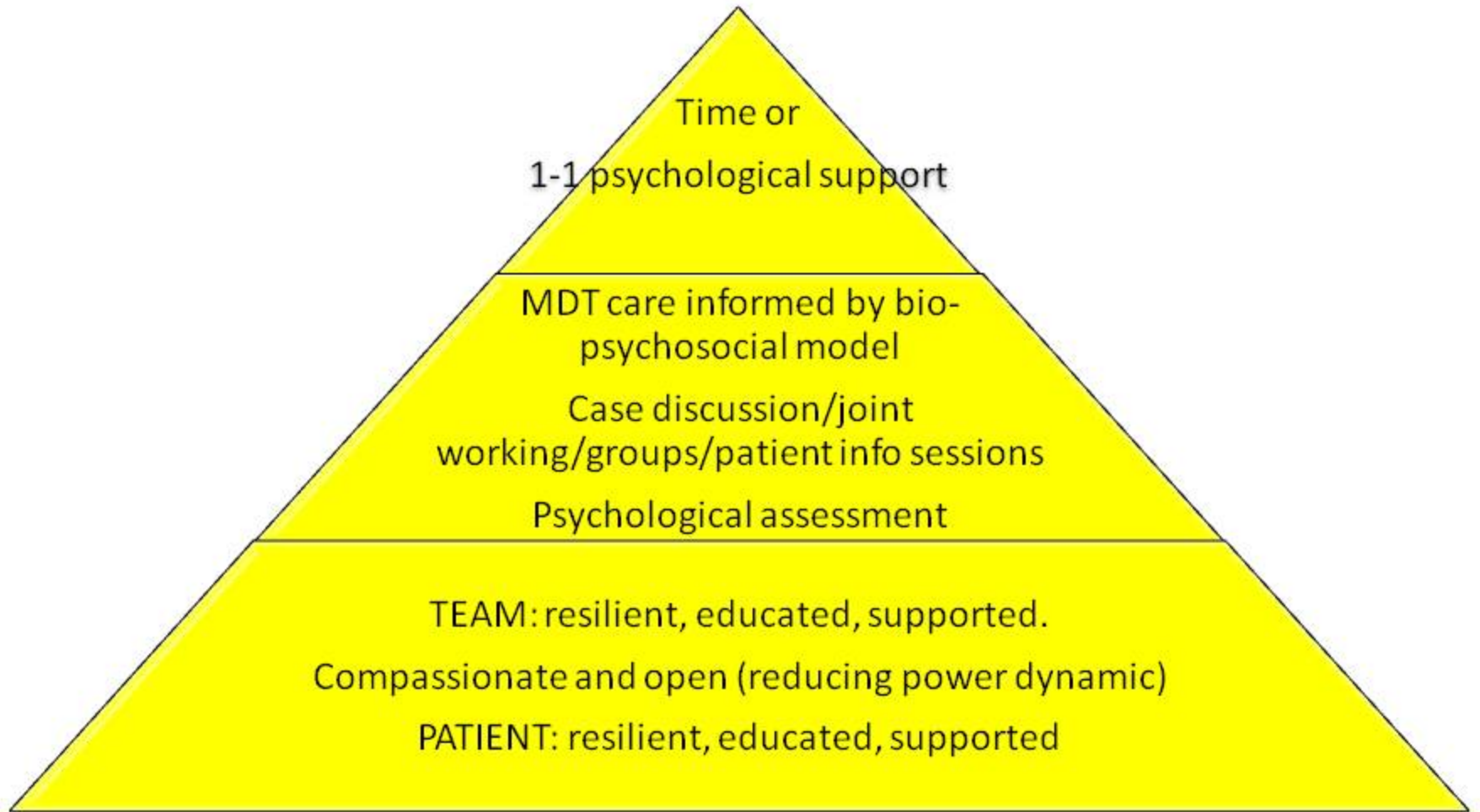
# Instead...think back to umbrella

- What process is needed?
- What system can meet this need?

# Psychological processes to support the IBD patient



# Psychology in the IBD MDT system



# Case study 1

- Referral: Medication adherence issues

18 year old female patient

UC diagnosis

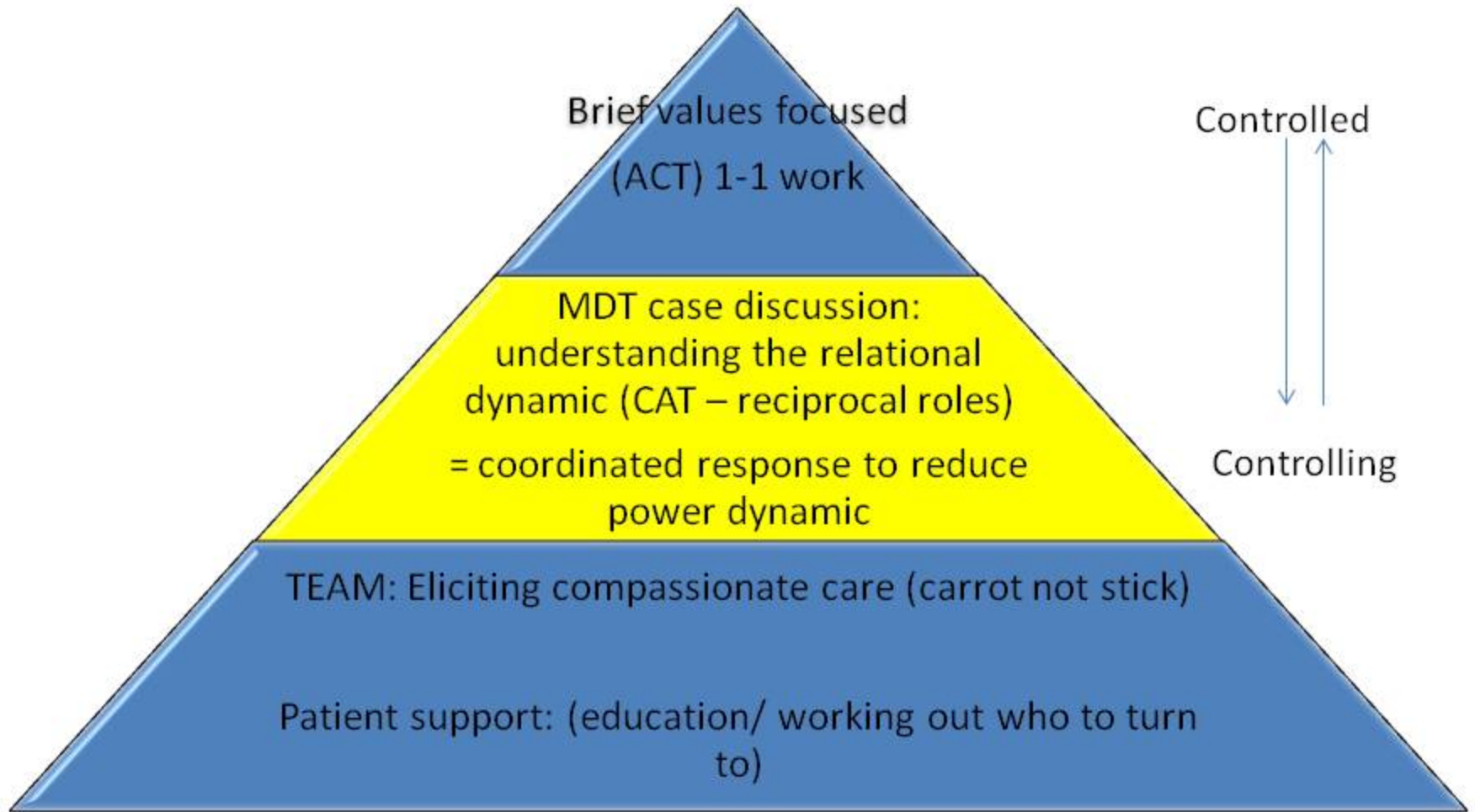
long-term steroid use referral

Not engaging in conversations about alternative treatments

needle phobic? refusing blood tests



# Case study 1: triangle in action

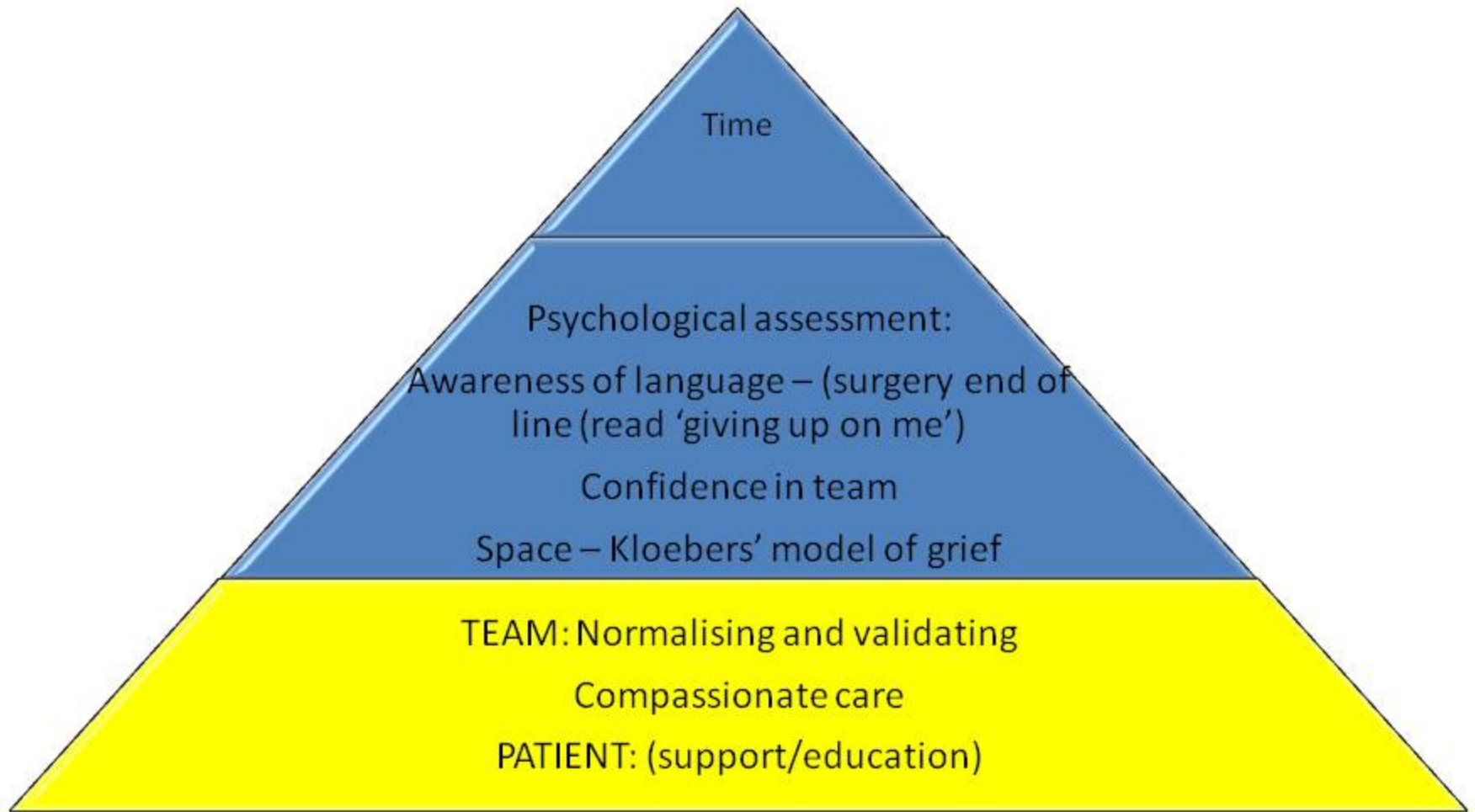


## Case study 2

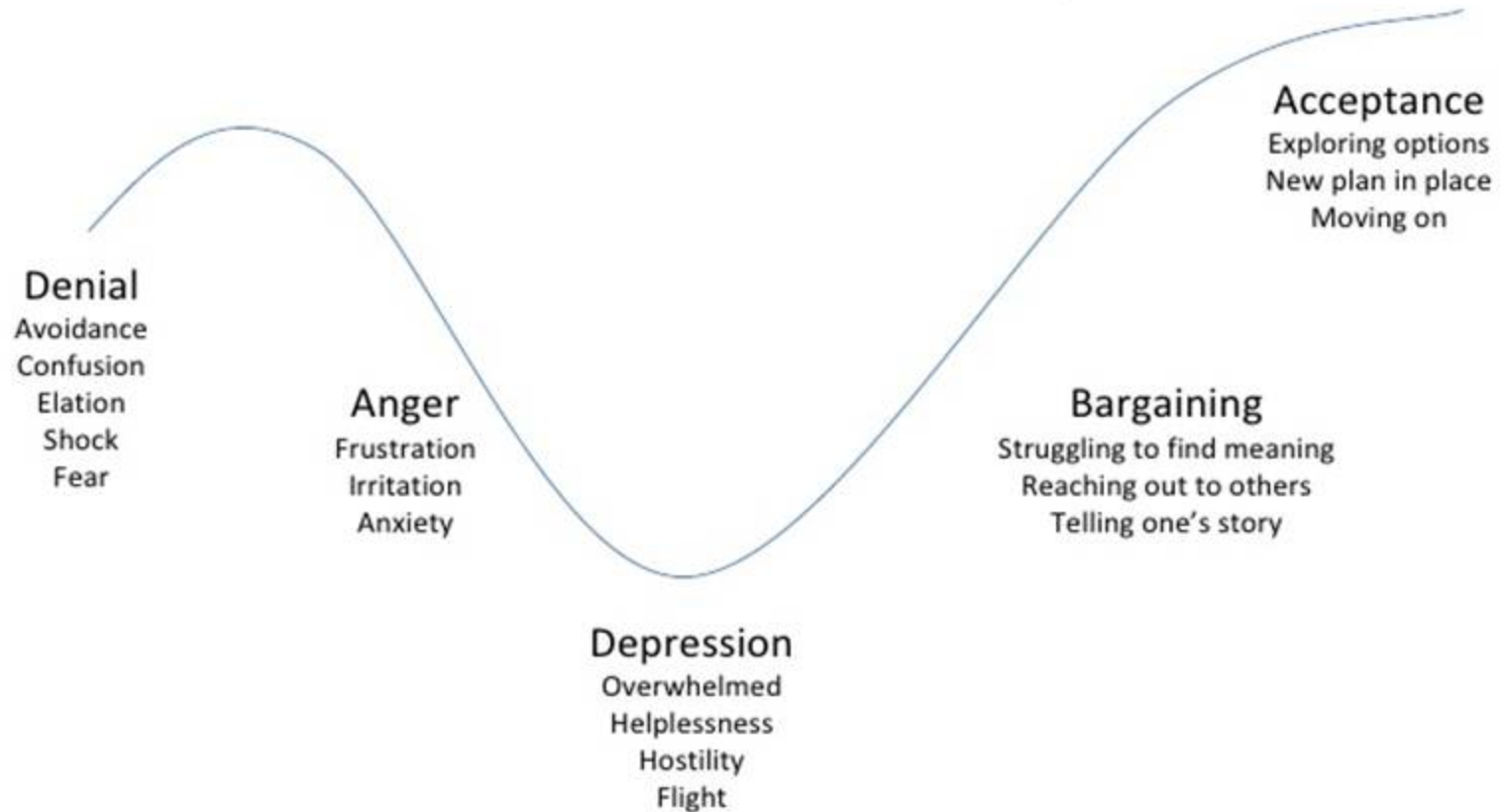
Referral: The distressed pre-surgery in-patient:

- Multiple requests for help
- Inpatient
- 17 year old; referred from district hospital;
- 'End of line' for medication
- ? Surgery

# Case study 2: triangle in action



# Kübler-Ross Grief Cycle

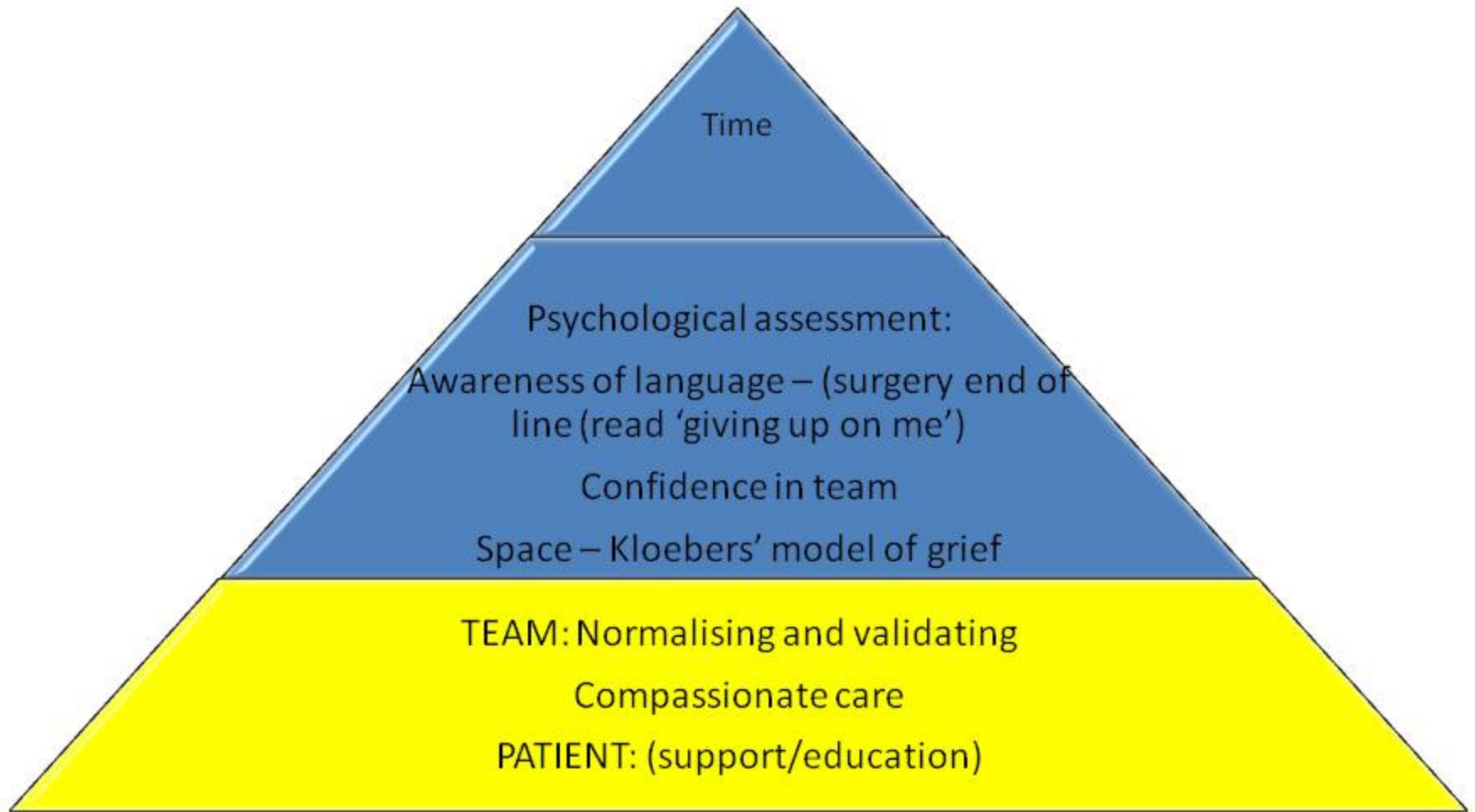


Information and  
Communication

Emotional Support

Guidance and  
Direction

# Case study 2: triangle in action



# ? How do we outcome this data?

- Staff welfare/retention rates/patient satisfaction rates...
- Ultimately good patient outcomes...

# SOS

- More Psychologists = better evidence base = increased support for each other
- IBD Psychology Network

# Maya Angelou quotes

*I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.*

*If you don't like something, change it. If you can't change it, change your attitude.*