

Newsround & Future Gazing

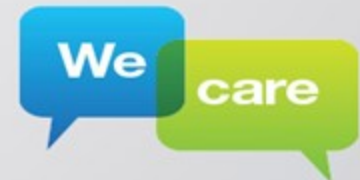
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Consultant Nurse
Endoscopy/Gastroenterology

Disclosures

- Received speaker fees for conferences and meetings from AbbVie, Ferring Pharmaceuticals and Tillotts Pharmaceuticals
- Attended Advisory Board meetings for AbbVie, Ferring Pharmaceuticals



Best of 2018/19



- Safety & Efficacy of Vedolizumab in the elderly
- Target Golimumab levels to achieve mucosal healing in patients with CD
- Hot topics
 - Microplastics found in human stools
 - CD is likely to be a result of surviving the Black Death
 - IBD is thought to cost European health systems up to €5.6 billion per year
 - Cannabis oil has been shown to significantly improve the symptoms of Crohn's disease, but has no effect on gut inflammation.

- New additions
 - [inducing remission in mild-to-moderate ulcerative colitis](#)
- Mild-moderate 1st presentation or exacerbation proctitis – offer topical treatment
- If remission is not achieved within 4 weeks, consider adding an oral aminosalicylate
- If further treatment is needed, consider adding a time limited course of a topical or an oral corticosteroid
- For people who cannot tolerate aminosalicylate, consider a time-limited course of a topical or an oral corticosteroid



- For people who decline a topical aminosalicylate:
- consider an oral aminosalicylate as first-line treatment, and explain that this is not as effective as a topical aminosalicylate
- if remission is not achieved within 4 weeks, consider adding a time-limited course of a topical or an oral corticosteroid

- New additions
 - Maintaining remission in crohns disease after surgery
- Consider azathioprine alone for people who cannot tolerate metronidazole
- To maintain remission in people with ileocolonic Crohn's disease who have had complete macroscopic resection within the last 3 months, consider azathioprine in combination with up to 3 months' postoperative metronidazole
- Do not offer biologics to maintain remission after complete macroscopic resection of ileocolonic Crohn's disease.
- Monitor the effects of azathioprine and metronidazole as advised in the BNF



- For people who have had surgery and started taking biologics before this guideline was published (May 2019), continue with their current treatment until both they and their NHS healthcare professional agree it is appropriate to change
- Do not offer budesonide to maintain remission in people with ileocolonic Crohn's disease who have had complete macroscopic resection



- Section 1: The IBD Service
- Section 2: Pre-Diagnosis
- Section 3: Newly Diagnosed
- Section 4: Flare Management
- Section 5: Surgery
- Section 6: Inpatient Care
- Section 7: On-going Care

- Where are you as a Trust?
 - RAG
 - Who completed it
- IBD Patient Survey – What will our patients say about us?

- Safety of biologics
- Infusion reactions to anti TNF & Vedolizumab – Multicentre study
- Proactive TDM monitoring v conventional treatment
- Exclusion diets v exclusive enteral diet
- Efficacy and safety of ustekinumab
- Varsity study – Vedolizumab v Adalimumab

- Dietary therapies as part of treatment for IBD
 - Short term fasting/ketogenic diet
 - Use of exclusive liquid nutrition
- Treat to target approaches to treatment
- Rectal examination for constipation underused
- Patients with SIBO could have small intestinal symbiosis
- Real world data with anti TNF and Jak inhibitors

- *Data driven service evaluation of an IBD helpline – Southampton*
- *Thiopurine withdrawal during remission in inflammatory bowel disease: relapse and recapture rates in 72 patients – Bournemouth*
- *IBD vs IBS referral pathway : Outcomes from the IBD nurse led rapid access clinic - Stockport*

The future

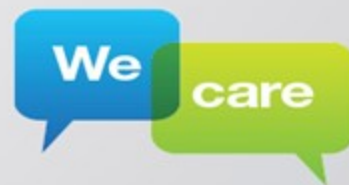
- More biosimilars on the market
- Increased research microbiome
- Future of IBD is personalised medicine
- More work with IBD phenotypes
- Improved patient profiling & stratifying patients by disease course
- Personalised v precision medicine
 - Treatment tailored to an individual based on characteristics v the needs of an individual based on genetics, phenotypes, biomarkers



What is the future of IBD Nursing

Weekly Activity Dashboard

- Business case for new nurses written 2015
- Reviewed many times
- Finally agreed nurses recruited November 2018
- Business case dependent on activity
- Held to account by management on activity
- Present data at monthly gastro meetings
- Data presented to CCG regularly – keen on dashboard
- IBD Team extremely busy – who knows?



- Account for the activity undertaken
- Weekly submission from CNS's to Consultant Nurse
- Central spreadsheet
- Presented at monthly team meetings
- Highlight how busy we are
- Used for Yearly/6 month report
- Transparent
- Black escalation



INFLAMMATORY BOWEL DISEASE DASHBOARD																
Month	Clinic Type	Attended	Attended	Attended	Total	DNA's	Followed up	Multi professional R/V	Helpline	Ward patients seen	Teaching Y/N	No.s taught	Biologic Tee up	Biologic Review		
	F2F/V/T	CD	UC	Other												
KCH																
Week 1	01/07/2019		14	16	0	30	3	0	7	12			1		1	1
Week 2	08/07/2019		15	12	2	29	4		6	18			1			1
Week 3	15/07/2019		8	11	1	20	3		6	17			1			1
Week 4	22/07/2019		12	8	1	21	2			14			1		2	3
Week 5	29/07/2019		12	16	0	28	0		5	15					2	2
Total			61	63	4	128	12	0	24	76	0	0	0	4	5	8
Variance																
QEQM																
Week 1	01/07/2019		17	21	3	41	3	3	3	33						5
Week 2	08/07/2019		19	20	4	43	4		2	26			2		6	4
Week 3	15/07/2019		22	13	3	38	10			35	1				3	3
Week 4	22/07/2019		13	19	2	34	2	2	2	35			1		3	7
Week 5	29/07/2019		13	21	1	35	3	2	8	30	3				1	2
Total			84	94	13	191	22	7	15	159	4	0	0	3	13	21
Variance																
WHH																
Week 1	01/07/2019		13	17	4	34	6		3	8	4				1	2
Week 2	08/07/2019		10	11	1	22				9			2		6	1
Week 3	15/07/2019		11	14	0	25	3		1	5	3		1		4	2
Week 4	22/07/2019		11	13	1	25	2			10					2	2
Week 5	29/07/2019		12	17	2	31	4		1	7		2	1		4	3
Total			57	72	8	137	15	0	5	39	7	2	0	4	17	10
Variance																
Glyn																
Week 1	01/07/2019		3	14	3	20	7		2		3		1		3	2
Week 2	08/07/2019		13	13	1	27	4		2		3		1		8	2
Week 3	15/07/2019		8	7	2	17	1		2		2				7	2
Week 4	22/07/2019		13	12	1	26	1		1		2		2		11	3
Week 5	29/07/2019		8	12	2	22	3		2		2		1		6	3
Total			45	58	9	112	16	0	9	0	12	0	0	5	35	12
Variance																
Team Total			247	287	34	568	65	7	53	274	23	2	0	16	70	51
Team Variance																

Questions?

