

# A social, multidisciplinary approach to inflammatory bowel disease education

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**Aim:** Hospitals are in a position to potentially answer every question a patient might have regarding Inflammatory Bowel Disease (IBD). In reality, with conditions such as IBD, the answers to these questions must be obtained from multiple disciplines, across various departments, within large institutions. The idea of assembling a multidisciplinary team for an education and information day was planned as a means of providing a one-stop opportunity to have these questions answered in one session. This would also provide the opportunity for families to meet in a social and non-clinical setting.

**Method:** During the August summer holiday, ten families attended an IBD Education and Information Day, delivered by a multidisciplinary team, to address issues considered relevant to children of examination age and approaching transition (fig 1). The multidisciplinary team included two Gastroenterologist Consultants, a Senior Pharmacist, the Deputy Headteacher and Examinations Officer of the Royal Free Hospital Children's School, two Specialist IBD Nurses (one Paediatric, one Adult Services), a Consultant Clinical Psychologist, and a representative from the charity Crohn's and Colitis UK. Each speaker was allocated a time slot allowing for questions at the end. The programme of the day is outlined below (fig. 2).

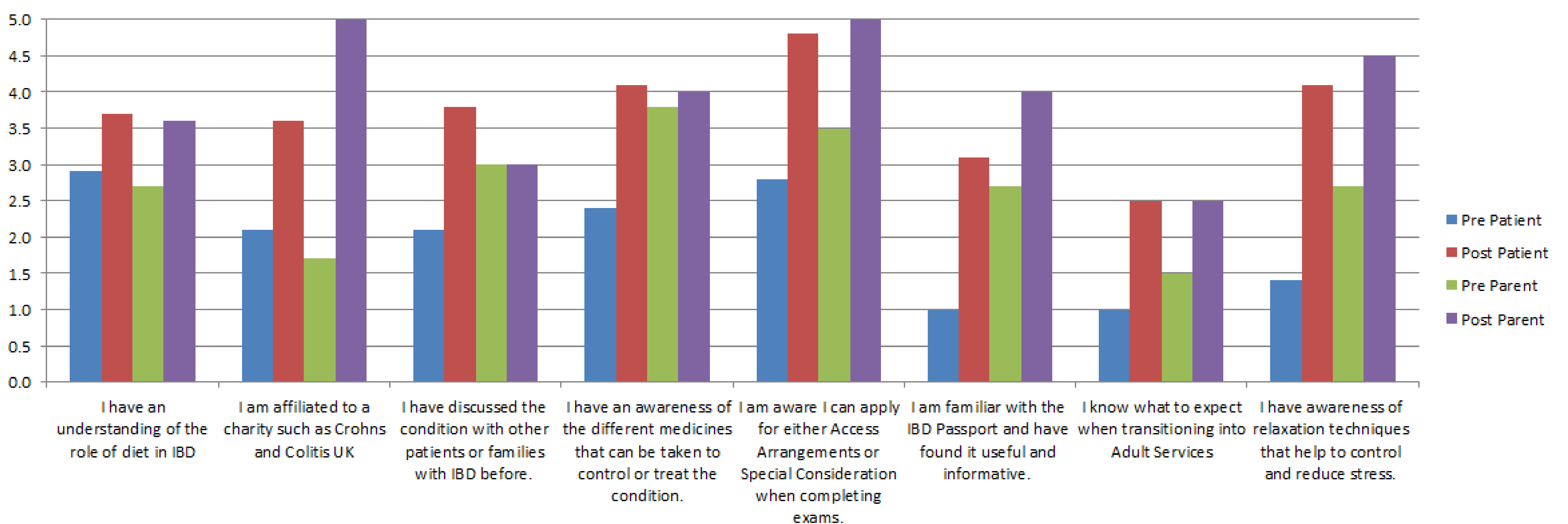
**Fig 1:** The Specialist Panel answering questions



**Fig 2:** Programme of the Day

Time	Speaker/Activity
10.30 - 10.50	Start and introductions, and an opportunity to leave any questions you may have anonymously in the box provided to be answered during the panel session
10.50 - 11.10	Crohn's and Colitis UK - What they can offer and how they can help? Elliot James, Young People & Families Development Officer at Crohn's and Colitis UK
11.10 - 11.30	Your IBD Medicines - Chloe Benn, Senior Pharmacist at The Royal Free Hospital
11.30 - 11.50	IBD & Diet - Abi Freedman, Paediatric Dietician at The Royal Free Hospital
11.50 - 12.30	Q&A Specialist IBD Panel – Dr Daniel Crespi, Consultant Paediatric Gastroenterologist, Dr Rachel Levi, Paediatric Gastroenterology, Susan Marshall, IBD Specialist Nurse, Abi Freedman Paediatric Dietician, Chloe Benn, Pharmacist
12.30 - 1.15	<b>Lunch. An opportunity to meet informally with other patients with IBD</b>
1.15 - 1.35	Applying for Access Arrangements and Special Consideration when taking examinations - Steve Green, Deputy Head of the Royal Free Hospital Children's School
1.35 - 2.05	Managing stress and triggers associated with IBD - Deborah Woodman, Lead Child Clinical Psychologist & Consultant Clinical Psychologist
2.05 - 2.35	Travelling with IBD. The IBD Passport - IBD specialist nurse from Adult Services
2.35 - 3.05	Preparing for transition to Adult Services - Dr Murray
3.05 - 3.10	Evaluation forms
3.15	<b>End</b>

## Results:



## Conclusions:

- Children and their families found the day both interesting and informative. The simultaneous access to such a group of experts was unprecedented, allowing questions to be answered regarding medicines, diet, stress reduction, travelling and reducing the impact of missing school in a single hospital visit.
- The day provided an excellent opportunity for families to share their experiences of IBD in a social, supportive and empowering manner in a non-clinical setting.
- This also led to professionals forming closer relationships with patients and families, promoting a greater empathy, compassion and understanding of how IBD impacts individuals and their families.
- The increased cohesion between the multidisciplinary team was clear from the very next day in clinic; hierarchies were flattened, communication improved and a better awareness of individual professional roles and responsibilities more clearly defined.