

A Covid-19 IBD HOT CLINIC

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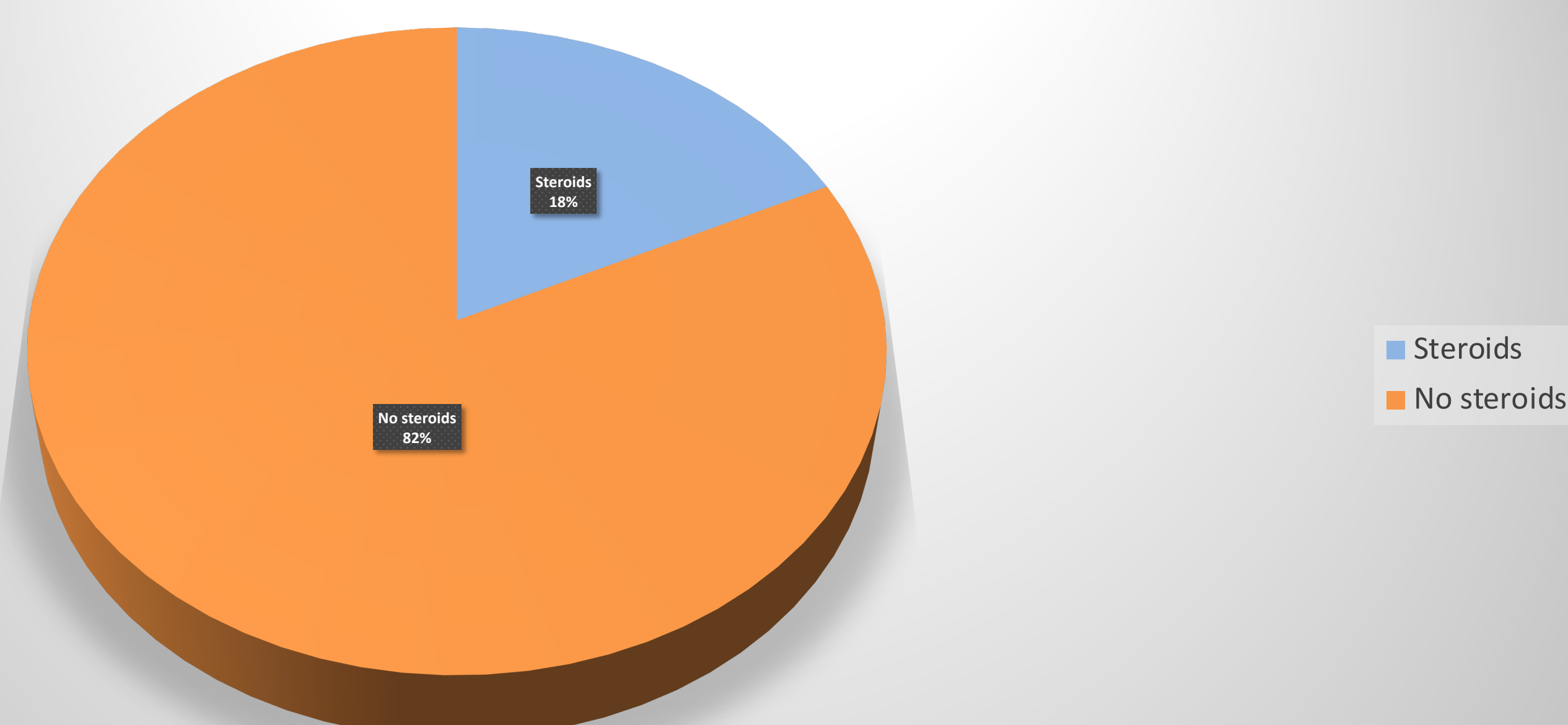
Background

Inflammatory Bowel Disease (IBD) is an inflammatory condition which is a result of an inappropriate activation of the gastrointestinal system, Therefore it is often treated with immunosuppressants

- Reorganisation of services along with redeployment of staff during the Covid-19 pandemic meant that IBD patients had limited access to both primary and secondary care services.
- Older age, steroid use and disease activity have all been linked with severity of infection in those IBD patients who contracted Covid-19
- This caused significant anxiety amongst patients and clinicians highlighting the need to adapt to a flexible and pragmatic pathway to manage this patient group.

3. RESULTS

- 23 patients have been assessed since the service started
- All patients had routine Bloods
- 18/23 (78%) had an AXR
- 3/23 (13%) had same day flexible sigmoidoscopy
- Only 4/23 (17%) required admission
- 14/18 (78%) who had an AXR showed Constipation

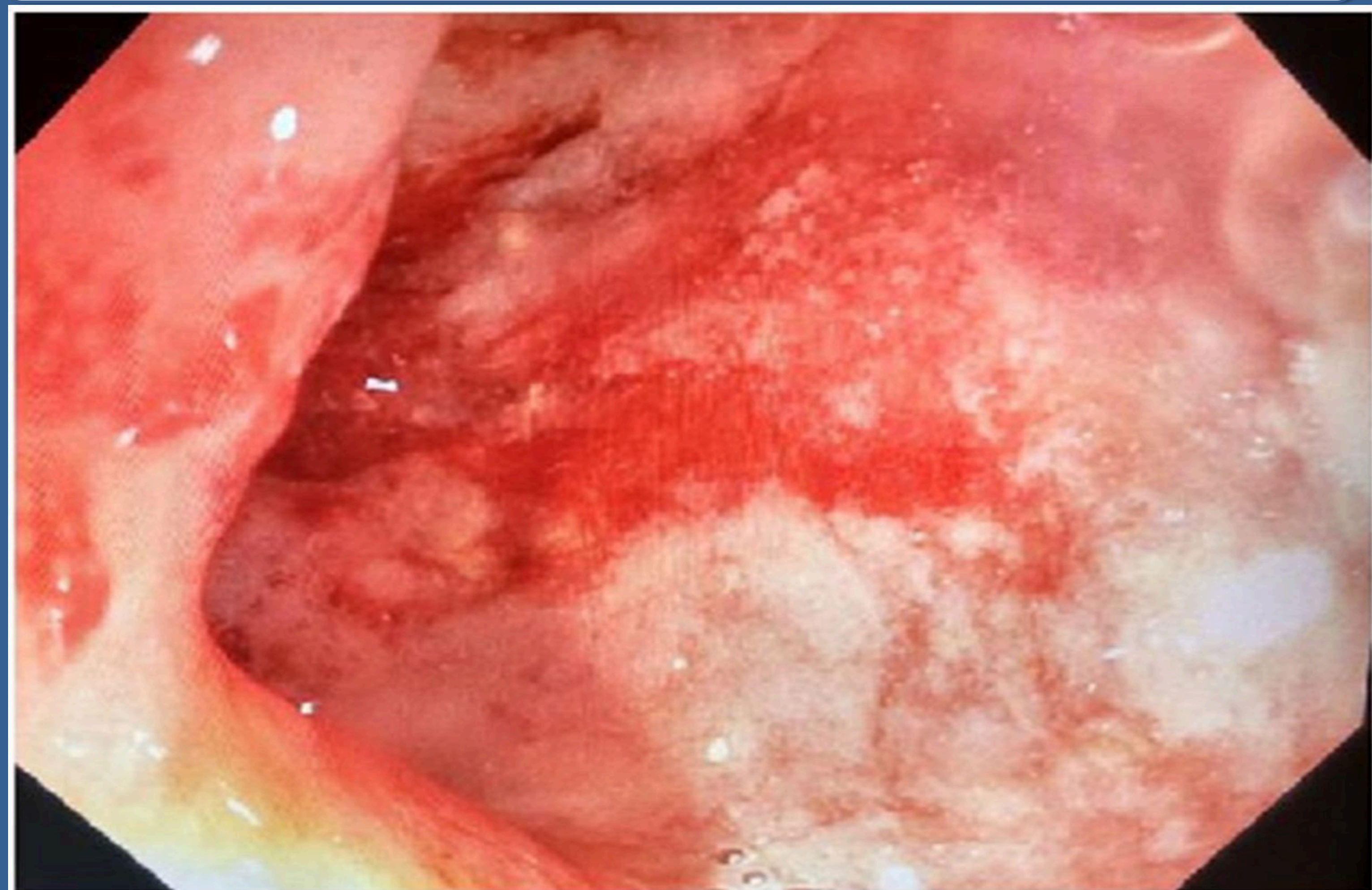


Intervention

- The IBD HOT clinic was created in April 2020
- Patients who contacted the IBD helpline were initially triaged over the phone
- Patient who required a face to face consultation were then offered an appointment in the IBD infusion room within 24hrs
- Clinicians has access to Urgent blood tests,/ radiological and endoscopic investigations

4. CONCLUSION

- This service allowed rapid and comprehensive assessment of the unwell IBD patient
- Steroid prescriptions were limited especially in the context of co-existing conditions such as constipation
- Conversely clinically, biochemically and endoscopically confirmed flaring disease was managed aggressively
- It is likely that this service prevented unnecessary in patient admissions resulting in reduced chance of transmission of Covid 19 within this patient group and a cost saving.



Severe UC on Flexible sigmoidoscopy (S Jain PMJ)

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