The results of a Canada-wide comprehensive needs assessment revealed a clear need for a program for nurses caring for patients with IBD. AbbVie responded by creating an IBD educational platform aimed at increasing nurses’ knowledge of IBD, refining skills, and sharing insights in the social aspects of caring for people with IBD.

The nursing specialists requested a program that facilitates the exchange of best practices: a “for-nurses-by-nurses” initiative that covers all of the most important aspects of IBD care with a heavy focus on practical advice. It addresses how to answer commonly asked questions, how to monitor patients’ progress, and which “red flags” warrant referral.

The modules cover the following topics:

- Module 1. Epidemiology
- Module 2. Diagnosis
- Module 3. Standard Therapy
- Module 4. Anti-TNF Therapy
- Module 5. Non-Pharmacological Treatments for IBD
- Module 6. Surgical Treatment of IBD
- Module 7. Communicating with IBD Patients
- Summary Module (Modules 1-7): A NIICE Overview
- Module 8. Pediatrics and Transition
- Module 9. Nutrition
- Module 10. Women’s Health
- Module 11. Patient Module
Module 1: “Why me?” Explaining the Epidemiology and Etiology of IBD to Your Patients

Following this presentation, nurses who care for IBD patients will have increased confidence and improved effectiveness counseling IBD patients, as they will be able to:

1. Recognize the prevalence of Crohn’s/UC in Canada
2. Describe the factors that make people more or less likely to get Crohn’s/UC
3. Discuss the burden of the disease (financial and non-financial)

Module 2: Is it Crohn’s, colitis, or IBS? The Questions, Tests, and Images that Lead to a Correct Diagnosis

Following this presentation, nurses who care for IBD patients will have increased confidence and improved effectiveness counseling IBD patients, as they will be able to:

1. Discuss the importance of ruling out infection using stool, blood, serum, and acute phase reactant testing
2. Differentiate between the clinical features of ulcerative colitis and those of Crohn’s disease
3. Describe the tests that can be used to diagnose and classify IBD

Module 3: Getting the Ball Rolling in IBD Care. A Review of the Standard Treatment Options

Following this presentation, nurses who care for IBD patients will have increased confidence and improved effectiveness counseling IBD patients, as they will be able to:

1. Answer questions about standard treatments for ulcerative colitis and Crohn’s disease
2. Identify any issues before a patient starts a given treatment
3. Describe strategies for relieving symptoms that do not resolve with standard treatment

Module 4: Hitting IBD with Your Best Shot. What Patients Want to Know About Anti-TNF Therapy

Following this presentation, nurses who care for IBD patients will have increased confidence and improved effectiveness counseling IBD patients, as they will be able to:

1. Recognize which IBD patients are best suited for treatment with anti-TNFs
2. Answer questions about anti-TNFs
3. Identify any issues before a patient starts anti-TNFs

Module 5: Non-Pharmacological Treatments for IBD. What to Tell Patients Who Want to Try Alternative Medicine

Following this presentation, nurses who care for IBD patients will have increased confidence and improved effectiveness counseling IBD patients, as they will be able to:

1. Describe the prevalence of use of complementary and alternative medicine (CAM) in IBD
2. Anticipate questions patients commonly ask about CAM
3. Describe the evidence regarding the use of various CAMs
4. Openly discuss the use of CAM with your patients

Module 6: The Cutting Edge of IBD Care. The Role of Surgery in IBD Management

Following this presentation, nurses who care for IBD patients will have increased confidence and improved effectiveness counseling IBD patients, as they will be able to:

1. Predict questions patients commonly ask about surgery
2. Relate the prevalence of surgery for UC and Crohn’s disease
3. Be familiar with the kinds of surgeries performed for UC and Crohn’s disease
4. Identify red flags to watch for in patients who have undergone surgery

Module 7: From Prep Talk to Pep Talk. How to Better Communicate with IBD Patients

Following this presentation, nurses who care for IBD patients will have increased confidence and improved effectiveness counseling IBD patients, as they will be able to:

1. Respond to patients’ unique knowledge, which is essential to their IBD treatment plan
2. Embolden patients to share key concerns about their disease and treatment, and determine if these concerns are affecting adherence
3. Employ objective tools to monitor symptoms and QoL in IBD patients
4. Apply motivational interviewing techniques
Summary Module (modules 1-7). **NIICE Overview**
Following this presentation, nurses who care for IBD patients will have increased confidence and improved effectiveness counseling IBD patients, as they will be able to:
1. Describe the prevalence of IBD and how it is diagnosed
2. Confidently monitor a patient who is receiving standard therapy or anti-TNF therapy
3. Recognize why some IBD patients turn to alternative or complementary medicine
4. Communicate effectively and empathetically with IBD patients

**Module 8: Growing Up with IBD. The Basics of Pediatric IBD Management, from Diagnosis to Adult Care Transition**
Following this presentation, nurses who care for IBD patients will have increased confidence and improved effectiveness counseling IBD patients, as they will be able to:
1. Differentiate pediatric from adult IBD care
2. Recognize and address the concerns of parents and of patients
3. Facilitate the transition from pediatric to adult care

**Module 9: Taking a Bite Out of IBD. A Nurse’s Guide to Counselling Patients on Nutrition**
Following this presentation, nurses who care for IBD patients will have increased confidence and improved effectiveness counseling IBD patients, as they will be able to:
1. Elicit an IBD patient’s perspective on food at the start of the dietary portion of a consult
2. Identify and explain the five main factors contributing to malnutrition in IBD patients
3. Assess malnutrition in IBD patients by using a simple questionnaire
4. Recognize the value of personalized nutritional interventions, especially in special IBD populations based on the case studies seen in this presentation

**Module 10: From Menarche to Menopause. Important Milestones and Issues in IBD Management**
Following this presentation, nurses who care for IBD patients will have increased confidence and improved effectiveness counseling IBD patients, as they will be able to:
1. Identify how IBD, and IBD therapy, can affect developmental milestones in females
2. Counsel patients on cervical cancer surveillance and vaccination
3. Describe how IBD, and IBD therapy, can affect fertility, pregnancy, delivery, and breastfeeding
4. Counsel patients on the risk of osteoporosis and appropriate interventions

**Module 11: (for nurses to present to people with IBD) “I have IBD… now what?” A Guide for Nurses to Use with People Living with IBD**
After this program, the individual living with IBD will be able to:
1. Describe what constitutes Crohn’s disease and ulcerative colitis
2. Recognize that he plays an important role in his healthcare team
3. Share his experience of IBD with his healthcare team, state his goals for care, and voice his concerns
4. List different treatment options for IBD
5. Identify who he should talk to if challenges arise with his treatment plan

---

This event is an accredited (Section1) group learning activity as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada (RCPSC). The program was produced under the RCPSC guidelines for the development of co-developed educational activities between the Canadian Association of Gastroenterology (CAG) and AbbVie.
FACULTY PLANNING COMMITTEE

PHASE I (Modules 1-7)

- France Bernard, RN
  Quebec City, Quebec

- Usha Chauhan, RN(EC), MN, BScN, ACNP(D), CGN(C)
  Hamilton, Ontario

- Mari Chris Colman, RN, BScN
  Vancouver, British Columbia

- Barbara Currie, MN, RN-NP
  Halifax, Nova Scotia

- Wendy Fehr, BScN
  Saskatoon, Saskatchewan

- Karen Frost, MN, NP-Peds
  Toronto, Ontario

- Joan Heatherington, RN, BScN, MN, ACNP
  Calgary, Alberta

- Marlene Stone, BScN
  Montreal, Quebec

- Yvonne Verklan, RN, CGN(C)
  Edmonton, Alberta

PHASE II (Modules 8-11)

- Cathy Arnold-Cormier, BScN, RN, CGN(C)
  Moncton, New Brunswick

- Christina Beerens, RN
  Vancouver, British Columbia

- Marie Berberi, RN
  Levis, Quebec

- Usha Chauhan, RN(EC), MN, BScN, ACNP(D), CGN(C)
  Hamilton, Ontario

- Barbara Currie, MN, RN-NP
  Halifax, Nova Scotia

- Karen Frost, MN, NP-Peds
  Toronto, Ontario

- Joan Heatherington, RN, BScN, MN, ACNP
  Calgary, Alberta

- Marlene Stone, BScN
  Montreal, Quebec

2013/2014 Review Committee

- Cathy Arnold-Cormier, BScN, RN, CGN(C)
  Taylor Village, New Brunswick

- Jamie Gregor, MD, FRCP(C)
  London, Ontario

- Joan Heatherington, RN, BScN, MN, ACNP
  Calgary, Alberta

- Marlene Stone, BScN
  Montreal, Quebec