



Total Care in IBD

About this program

You want to maximize the chances of your patients achieving their treatment targets in IBD.

But what are those targets?

What are your patients' treatment goals?

How and when do you optimize treatment in order to reach these goals?

Overall learning objectives

Upon completion of this program, participants will be able to:

- Describe the role of treating to target and tight control in IBD
- Identify treatment targets in IBD and align with patient goals
- Recognize the role of surrogate markers in assessing disease activity and monitoring response
- Discuss patient, disease and treatment factors to consider in terms of optimizing treatment

TOTAL CARE in IBD is a case-based interactive educational program developed by an expert Canadian panel

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Total Care in IBD: Program Overview



Case 1

Tight Control in Crohn's Disease

- Sam: 19-year-old male
- Gradual lost of response to immunosuppressants and steroids
- Symptomatic with active inflammation on and elevated fecal calprotectin

Discussion Points

- Identification and discussion of treatment goals
- Alignment with patient goals
- First-line treatment options
- Consideration of EIMs
- Tight control and disease monitoring with biomarkers



Case 2

Treating-to-target in Ulcerative Colitis

- Sarah: 27-year-old female
- Symptoms flaring following steroid taper
- Symptomatic with moderate-to-severe activity on sigmoidoscopy

Discussion Points

- Identification and discussion of treatment goals
- Alignment with patient goals
- First-line treatment options
- Consideration of EIMs
- Treating to target and disease monitoring in UC



Case 3

Treatment Optimization and Secondary Loss of Response in Crohn's Disease

- Mary: 22-year-old female
- Did well on anti-TNF
- One year later presents with increasing symptoms and elevated fecal calprotectin

Discussion Points

- Defining optimal response and loss of response
- Methods for treatment optimization: Dose escalation, switching within class, switching out of class
- Interpretation of drug and antibody levels
- Consideration of EIMs



Case 4

Safety Considerations in Ulcerative Colitis

- Rebecca: 26-year-old female
- Relapse following steroid weaning
- Symptomatic with moderate activity on colonoscopy

Discussion Points

- Use of steroids
- Safety considerations for first-line options
- Safety monitoring
- Consideration of EIMs
- What ifs: pregnancy history of cancer, elderly