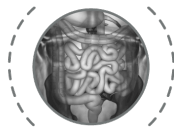


MULTI-DISCIPLINARY CARE FOR IBD



MIND and GUT The Conundrum of Chronic Illness

Saturday, June 10, 2017 - 09:00 to 15:00
Lister Centre, University of Alberta Conference Centre, Edmonton, AB

STRENGTH THROUGH SHARED KNOWLEDGE

Participants in this program will:

1. Review IBD (inflammatory bowel disease) and impact of IBD on patients
2. Review the importance of mental health issues in patients with chronic bowel illnesses.
3. Discuss strategies to manage chronic pain in patients with IBS or IBD.
4. Examine strategies patients can use to cope with chronic illness, including cognitive behavioural therapy (CBT), and multidisciplinary team care approaches.

AGENDA

Time	Session – Topic	Faculty
8:00 – 9:00	<i>Check-in and registration, breakfast</i>	
9:00 – 9:10	Introduction – Mind and Gut: Help your patient deal with chronic illness Objectives: <ul style="list-style-type: none"> • Summarize what the non-IBD specialist needs to know about IBD (UC vs. CD) and epidemiology (effects young adults) • Evaluate the impact of IBD on quality of life 	Vivian Huang, MD Assistant Professor of Medicine Division of Gastroenterology University of Alberta
9:10 – 9:30	Seminar 1 – IBD disease activity: Physical and psychological effects Objectives: <ul style="list-style-type: none"> • Assess IBD disease activity for IBD patients – IBD vs IBS, IBS and IBD? • Discuss challenges faced when your IBD patient is in remission but still feels unwell with low energy and mood 	Daniel Sadowski, MD Professor of Medicine Division of Gastroenterology University of Alberta
9:30 – 9:50	Seminar 2 – Fatigue and IBD: My gut is normal – why I am still tired? Objectives: <ul style="list-style-type: none"> • Describe the relationship between chronic illness and fatigue • Discuss IBD and fatigue 	Karen Kroeker, MD Assistant Professor of Medicine Division of Gastroenterology Director, IBD Clinic University of Alberta
9:50 – 10:10	Seminar 3 – Chronic pain and chronic illness: Beyond the opiates Objectives: <ul style="list-style-type: none"> • Describe the potential etiologies of pain in chronic illness and challenges of managing pain (e.g. gastrointestinal side effects of pain medications such as opiates) • Discuss strategies to consider beyond opiates to manage pain in patients with IBD or IBS 	Dallis Westin, MA RPsych Psychologist, Westin Psychology
10:10 – 10:30	<i>BREAK</i>	
10:30 – 10:50	Seminar 4 – Cognitive behavioural therapy for chronic illness: Empower your patient to cope Objectives: <ul style="list-style-type: none"> • Describe cognitive behavioral therapy as a strategy for patients to cope with illness • Explore CBT as a tool for your IBD patient to cope with chronic illness 	Glenda MacQueen, MD Professor of Medicine Vice Dean, Cumming School of Medicine, University of Calgary
10:50 – 11:10	Seminar 5 – Mood Disorders and the (peri- and post-partum) Parent with IBD Objectives: <ul style="list-style-type: none"> • Explore anxiety disorder in chronic illness and pregnancy • Examine postpartum depression and its impact on chronic illness and vice versa 	Dawn Kingston, RN MN PhD Associate Professor of Nursing University of Calgary Department of Obstetrics and Gynecology, University of Alberta

Time	Session – Topic	Faculty
11:10 – 11:30	Panel Q and A	Speakers
11:30 – 12:15	<i>LUNCH</i>	
12:15 – 12:35	Seminar 6 – Quality of Care: The multidisciplinary team approach to management of IBD Objectives: <ul style="list-style-type: none"> Examine the concept of caring for the IBD patient as a whole person Define the roles of the GP nurse, GI nurse, nurse, allied health, consultant, dietician, pharmacist, social worker, psychologist, etc. in the context of the multidisciplinary care approach 	Lisa Westin, RN MN CGNC GI Case Manager Red Deer Regional Hospital
12:35 – 12:55	Seminar 7 – Clinical and Translational Research: The future of IBD and the importance of community involvement Objectives: <ul style="list-style-type: none"> Explore advances in the research studies of the mind/gut axis, microbiome, diet Review current University of Alberta IBD research: Clinical studies, questionnaire studies 	Karen Madsen, PhD Director, Centre of Excellence for Gastrointestinal Inflammation and Immunity Research Professor of Medicine Division of Gastroenterology University of Alberta
12:55 – 13:15	Seminar 8 – TCM Approach to IBD Objective: <ul style="list-style-type: none"> Explore alternative therapies for chronic pain in the treatment of IBD 	Steven Aung, MD Clinical Professor Faculty of Medicine and Dentistry Director, Integrative Health Institute University of Alberta
13:15 – 13:35	Workshop Case from the Podium: Putting it into practice <ul style="list-style-type: none"> Chronic pain with IBD – how to manage the chronic pain (e.g. avoid long term opiates etc) in the setting of active IBD and in the setting of inactive IBD 	Facilitator Vivian Huang
13:35 – 13:50	<i>BREAK</i>	
13:50 – 14:30	Workshop Case Breakouts: Putting it into practice <ul style="list-style-type: none"> IBD and depression (e.g. medication induced, or underlying mental disorder that precludes certain IBD medications. How depression may lead to non-compliance or non adherence) Peripartum issues – unspoken worries of mothers/fathers with chronic disease regarding pregnancy, fathering pregnancy. Post partum depression and impact on chronic disease. 	Facilitators (speakers and guest facilitators, Robert Bailey, Allen Lim, Jesse Siffledeen)
14:30 – 14:50	Expert panel discussion of cases	Speakers
14:50 – 15:00	Closing remarks	Vivian Huang