IBD PATIENTS SHOW SIGNS OF RELEVANT DISEASE ACTIVITY – RESULTS FROM THE PORTUGUESE COHORT OF THE IBD PODCAST STUDY

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The IBD-PODCAST study found that 56.7% of Crohn's disease and 31.7% of ulcerative colitis patients in Portugal had inadequate disease control based on STRIDE-II criteria, with impaired quality of life in half of affected CD patients and over one-third of affected UC patients.

KEY POINTS

- This non-interventional, multicenter study enrolled 130 IBD patients (67 CD, 63 UC) from 5 Portuguese sites to assess inadequate disease control using STRIDE-II recommendations and quality of life via SIBDQ questionnaire.
- Most patients were on targeted immunomodulators (82.1% of CD, 54% of UC) and in long-term treatment phase (85.1% CD, 92.1% UC) according to STRIDE-II therapeutic windows.
- Inadequate disease control was present in 56.7% of CD patients and 31.7% of UC patients, with impaired quality of life found in 50% of CD and 35% of UC patients with inadequate control.
- The findings indicate a high proportion of inadequate disease control in both conditions and highlight the need for strategies to improve long-term outcomes and quality of life in IBD patients in Portugal.

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