

ADVANCING PREDICTIVE MODELING OF INFLAMMATORY BOWEL DISEASE (IBD) FLARES: A DATA-DRIVEN APPROACH USING LIFESTYLE AND PSYCHOSOCIAL FACTORS FROM A REMOTE MONITORING PLATFORM

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Poster

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A predictive model incorporating patient-reported lifestyle and psychosocial data from a remote monitoring platform improved flare prediction in inflammatory bowel disease compared to clinical characteristics alone.

KEY POINTS

- In 429 patients followed for at least 12 months, a model combining baseline clinical data with patient-reported outcomes from the myIBDcoach platform achieved 75% accuracy and 81% ROC-AUC for predicting IBD flares, compared to 67% accuracy and 70% ROC-AUC with baseline clinical data alone.
- The enhanced model showed improved sensitivity (71% vs 70%), specificity (77% vs 64%), positive predictive value (80% vs 71%), and negative predictive value (69% vs 63%) compared to the baseline-only model.
- Flares were defined as clinical disease activity on the Monitor IBD At Home questionnaire plus one or more objective markers: fecal calprotectin above 250 micrograms per gram, or endoscopy, MRI, or CT showing disease activity.
- The myIBDcoach platform captured subjective health, lifestyle, and psychosocial factors monthly or every three months depending on disease activity from November 2022 to June 2024.
- This work may be relevant to clinicians and researchers interested in remote monitoring approaches and predictive modeling for inflammatory bowel disease management.

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