EFFECTIVENESS OF PARTIAL ENTERAL NUTRITION TO TREAT ADULTS WITH CROHN'S DISEASE WHO LOST RESPONSE TO BIOLOGICAL THERAPY

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In adults with Crohn's disease who lost response to biologics, adding partial enteral nutrition to biological therapy was associated with higher rates of transmural response and clinical remission at six months compared to biologic therapy alone.

KEY POINTS

- In this single-centre retrospective study of 42 adults with CD and loss of response to biologics, 64.9% of patients who completed PEN plus biologic achieved transmural response at six months versus 25% on biologic alone (p=0.03), though no patients in either group achieved transmural remission.
- Clinical remission (Harvey Bradshaw Index <5) was achieved in 64.3% of PEN plus biologic patients compared to 25% on biologic alone (p=0.03).
- Adherence to PEN was low at 33.3%, with 38.1% of patients stopping treatment due to intolerance and 28.6% requiring surgery before six-month follow-up.
- Patients who discontinued PEN had significantly higher rates of biologic dose escalation (56.2% vs 7.1%) and therapy change (68.7% vs 14.2%) compared to those who completed PEN (p<0.05 for both).
- Multiple prior biologic failures were associated with adherence to PEN in multivariate analysis (OR=1.583, p<0.05).

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