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Summary

# TELEMEDICINE IN THE MANAGEMENT OF IBD PATIENTS: A SAFE AND FEASIBILE APPROACH WITH DEDICATED TOOLS

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**A study at a tertiary referral center compared telemedicine versus standard care for 76 IBD patients with mild disease over six months, finding that the telemedicine group showed significant improvement in disease activity scores and 97% patient satisfaction.**

## KEY POINTS

- Seventy-six patients (71% Crohn disease, 29% ulcerative colitis) were enrolled: 38 in telemedicine using an adapted platform and 38 in standard care.
- The telemedicine group showed significantly greater improvement in MIAH disease activity score compared to standard care (mean difference -1.78, p=0.003) over six months.
- Patient satisfaction was high, with 97% of telemedicine patients satisfied and willing to continue with remote visits.
- Healthcare utilization was similar between groups: corticosteroid courses occurred in 13% (telemedicine) versus 7.9% (standard care), emergency room visits in 0% versus 2.6%, and medical advice sought in 21% versus 26%.
- The authors conclude that telemedicine is a valuable, safe, and feasible method for managing IBD patients with mild disease and may reduce indirect costs and clinic overcrowding.

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