

Helpful tools for IBD: Patients

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Presentation

IBD

Nurses

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Digital tools including symptom tracking apps, decision support systems, and lifestyle platforms can help address unmet needs in IBD care by bridging gaps between clinic visits and supporting patient self-management.

KEY POINTS

- The speaker presented that digital tools offer disease self-management, symptom monitoring, education, and mental health support to address patient-reported gaps in access, nutrition guidance, exercise advice, and psychological care.
- My IBD Coach from the Netherlands was reported in a Dutch study to have reduced hospital visits by 50 percent through monthly symptom check-ins, educational modules, and direct nurse communication.
- IBD Select from Belgium is a patient decision aid where patients rank personal priorities such as dosing frequency and fertility concerns, and the tool suggests biologic or small molecule therapy aligned with patient values.
- A recent review showed that while digital tools may not improve remission rates, the speaker stated they can reduce hospital visits and support better treatment adherence.
- Barriers to implementation include clinician time constraints to review app data, digital literacy gaps, tool overload for patients, privacy concerns, lack of rigorous testing, and challenges with health system integration.
- The speaker recommended that doctors evaluate which apps are evidence-based and recommend them to patients, rather than having patients search independently.

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