gutflix
GI learning, personalised

Summary

BEYOND THE FLARE: THE HIDDEN BURDEN OF INFLAMMATORY BOWEL DISEASE DURING PATIENT-PERCEIVED REMISSION

Marta Machado

UEG Week Barcelona 2026 Poster

IBD

October 18, 2026

In a Brazilian survey of 1,692 IBD patients who reported being well and symptom-free, 23.2% nevertheless reported that IBD significantly affected their lives, with residual burden observed across gastrointestinal, systemic, psychological, and functional domains.

KEY POINTS

- Among patients in patient-perceived remission, increasing number of residual symptoms across four domains was associated with higher odds of reporting significant life impact, with associations persisting after adjustment for recent flares and hospitalisations.
- The functional domain showed the strongest association, with patients reporting both sleep difficulties and cancellation of commitments having an adjusted odds ratio of 8.37 (95% CI 6.05–11.57) for significant life impact compared to those without these symptoms.
- The gastrointestinal domain (abdominal pain, bowel urgency, loose stools, faecal incontinence), systemic domain (fatigue, joint pain, physical limitation), and psychological domain (anxiety, depression) all showed dose-response relationships between symptom number and life impact.
- The authors conclude that being well does not necessarily mean being free from IBD burden and advocate for multidimensional, patient-centred disease assessment beyond conventional measures of perceived remission.

VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/b314d2a0-d12d-11f1-b9d2-daaa6dbee0a2

AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.