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Summary

The pan-enteric assessment of IBD: Is this the future of mucosal healing?

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IBD | Mechanisms & Personalised Medicine | Surgery

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Pan-enteric capsule endoscopy shows promise for treat-to-target monitoring in Crohn's disease but remains underutilised due to time burden and competition from imaging, though artificial intelligence may transform its clinical role.

KEY POINTS

- The speaker reported that capsule-guided treat-to-target strategy in 34 paediatric Crohn's patients, with capsule repeated every six months, increased deep remission rates from 20% to over 50% at one year with sustained better long-term outcomes.
- An Israeli randomised study in quiescent adult Crohn's disease found that capsule-based proactive therapy significantly reduced relapse rates at two years compared to conventional management.
- Capsule endoscopy demonstrated good diagnostic accuracy in both small bowel and colon, was superior to colonoscopy for proximal small bowel assessment, and enabled disease upstaging and phenotype characterisation.
- The speaker stated that AI-assisted capsule reading reduced interpretation time by tenfold with accuracy matching expert readers, and future automatic detection and cloud technology may enable point-of-care home testing.
- The speaker recommended using capsule primarily in mild or asymptomatic patients in remission rather than complicated disease, ideally combined with imaging to assess transmural healing and exclude stricturing that risks retention.
- In the speaker's view, capsule retention risk is lower in paediatrics than adults and can be mitigated by pre-procedural imaging or patency capsule, though retention fear and time burden limit routine adoption.

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