AN AUSTRALIAN STUDY OF EXCLUSIVE ENTERAL NUTRITION FOR MANAGEMENT OF ACTIVE SEVERE INFLAMMATORY BOWEL DISEASE FOCUSING ON EFFICACY AND PATIENT REPORTED PERSPECTIVE

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UEG Week Copenhagen 2023 | Poster

IBD

October 15, 2023

A single-center Australian study of 24 adult IBD patients found that 70% completed at least 4 weeks of exclusive enteral nutrition, with statistically significant improvements in Crohn's disease activity scores and nutritional markers.

KEY POINTS

- 17 of 24 patients (70%) who started exclusive enteral nutrition completed at least 4 weeks of therapy consisting of oral nutrition supplement and water only.
- In Crohn's disease patients, there was a statistically significant median reduction in CDAI of 137 points ($p<0.001$), median improvement in albumin of 5g/L ($p=0.008$), and median improvement in haemoglobin of 8g/L ($p=0.021$).
- No statistically significant factors were identified that predicted ability to complete 4 weeks of therapy, including age, sex, smoking history, concurrent steroid use, CDAI, or faecal calprotectin.
- Of 11 patients who completed satisfaction surveys, 7 reported the diet was successful in achieving their goals (delaying surgery, avoiding steroids, improving symptoms), with median satisfaction score of 8 out of 10.
- The small UC cohort (3 patients) showed no change in Partial Mayo Scores before and after exclusive enteral nutrition.

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