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Summary

# Nutrition in IBD: Relevant for patient comfort and wellbeing

UEG Week Barcelona 2026 | Presentation

Nurses

October 18, 2026

**This nursing leadership presentation argues that malnutrition in IBD patients is a preventable patient safety issue requiring systematic nurse-led screening, multidisciplinary pathways, and recognition of nursing nutritional governance rather than task-based support roles.**

KEY POINTS

- The speaker stated that malnourished patients face higher risk of complications, longer hospital stays, more infections, higher mortality, and higher healthcare costs.
- Sarcopenia can be present even with normal BMI in IBD patients and is one of the strongest predictors of clinical risk, associated with poor response to biologics, surgical complications, and slower recovery according to the speaker.
- The Bridge Project in Italy is a national initiative establishing standardized pathways with nurse case managers connecting multidisciplinary teams for malnourished IBD patients.
- The speaker reported a survey of 900 nurses found 93% recognized nutrition as essential for safety, but gaps remain in translating guidelines into practice due to system recognition issues rather than nurse motivation.
- Italy recently passed a law requiring nutritional screening at the first patient visit, the speaker stated.
- The speaker advocated for structural empowerment of nurses to move from feeding tasks to clinical governance of nutritional pathways, positioning this as essential to patient safety in IBD care.

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