

IBD Newsletter

PENN STATE INFLAMMATORY BOWEL DISEASE CENTER

hmc.PennStateHealth.org/ibd

IBD Direct Line 717-531-3998

Penn State IBD Team Participates in Local and National Conferences

IBD Case Conferences

Each year, the Penn State IBD team participates in an in-house multi-disciplinary IBD conference and in the Crohn's & Colitis Foundation's IBD Live case conference facilitated by Dr. Miguel Regueiro, IBD clinical medical director at University of Pittsburgh Medical Center. The IBD team conducts monthly multidisciplinary meetings during which team members from adult and pediatric GI, colorectal surgery, pediatric surgery, therapeutic and general endoscopy, pathology, radiology and the nursing staff review complex cases. The goal of the meeting is twofold: to have experts in the individual fields weigh in on a case, and to reach a consensus for patient management. The team was also invited to take part in an IBD Live teleconference with other IBD experts from across the U.S. and review complex cases. Our Penn State Health experts participated in critical discussions and decision-making for patients suffering from chronic IBD.



IBD Patient Symposium

The Penn State IBD team is committed to advancing the education of our colleagues and community about IBD and its treatment. The team hosted a patient symposium on Oct. 17, 2017, at Penn State Milton S. Hershey Medical Center. More than 80 community members attended presentations by four physicians, two surgeons, one adult care provider and one pediatric care provider, on medical management, surgical management and research for adult and pediatric patients. For the past five years, members of the team have presented seminars to help patients and others gain a better understanding of the disease.

Led by Dr. Matthew Coates, the team also hosted an IBD research conference for scientists and researchers. The event highlighted the value of the IBD biobank, a research bank that provides data and specimens for more than 50 studies.

Dr. Andrew Tinsley and Anne Bobb, RN, presented at *Advances in Inflammatory Bowel Disease 2017*, a national conference for healthcare professionals, on Nov. 17 in Orlando, Florida. Tinsley presented on two topics – complementary and alternative medications for IBD, as well as the complicated patient with liver disease. Bobb discussed the nurse's role in "treat to target" IBD patient care, an approach that uses objective data points to measure a patient's condition.



IBD and Endoscopy Teams Take Steps with Crohn's & Colitis Foundation

Members of the Penn State IBD and Endoscopy teams joined more than 500 participants for the 2017 Central PA Take Steps for Crohn's & Colitis walk on Sept. 17 in Harrisburg. The walk raised more than \$80,000 in support of research to find a cure for IBD.



Welcome Nana Bernasko, DNP



Nana Bernasko, DNP, joins the Penn State Inflammatory Bowel Disease (IBD) team from Yale School of Medicine Section of Digestive Diseases in New Haven, Connecticut, where she worked for five years as a nurse practitioner in the IBD program. She also served as part-time faculty in the nursing program at Gateway

Community College in New Haven.

Bernasko received her BSc in Public Health Education from Temple University in Philadelphia prior to transitioning to a nursing career. Her nursing experience includes medical, cardiac, trauma and surgical management of patients in the Intensive Care Unit. She obtained both her BSN and MSN from Thomas Jefferson University in Philadelphia and her doctoral degree from Yale. We are proud to have Nana Bernasko join our team of IBD experts.

UPCOMING EVENTS

IBD Support Group Meetings

DATE: Wednesday, January 3, 2018 from 6 p.m. – 8 p.m.

TOPIC: Complementary and Alternative Medications in IBD

LOCATION: University Physician Center, suite 4200

DATE: Wednesday, March 7, 2018 from 6 p.m. – 8 p.m.

TOPIC: Mental Health Assessment: Stress Management in IBD

LOCATION: University Physician Center, suite 4200

DATE: Wednesday, May 2, 2018 from 6 p.m. – 8 p.m.

TOPIC: Yoga Demonstration by Certified Yoga Therapist

LOCATION: University Fitness & Conference Center, Room 1010

Note location change! Please bring a towel or exercise mat.

Registration is not required. Call Rachael Hays at 717-350-3354

or email gotgutshmc12@gmail.com for more information.

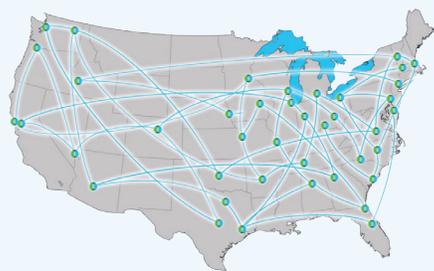
IBD Update Day for GI Healthcare Professionals

DATE: Friday, April 6, 2018 from 7:30 a.m. to 4:00 p.m.

LOCATION: University Fitness & Conference Center

Visit our web page to register at hmc.PennStateHealth.org/ibd

ImproveCareNow Expands Registry at Penn State Health Children's Hospital



ImproveCareNow (ICN) is a network of more than 90 pediatric gastroenterology divisions throughout the United States and abroad. The network is focused on the health of children with IBD, including patients with Crohn's disease and ulcerative colitis. In ICN, patients, families and clinicians work together to enhance the care of IBD patients and move them closer to remission.

The Division of Pediatric Gastroenterology at Penn State Children's Hospital joined ICN in 2014. Dr. Marc Schaefer, a pediatric gastroenterologist, is the physician leader for Hershey Medical Center in ICN. As of November 2017, 180 pediatric IBD patients from the Medical Center were enrolled into the ICN registry, and 76 percent of the active pediatric IBD population is enrolled.

The registry allows clinicians to monitor the pediatric IBD population and develop strategies to enhance their care. Currently, 95 percent of pediatric IBD patients have satisfactory nutrition status, and 99 percent have satisfactory growth status.

Schaefer attends the biannual ICN conference each spring and fall where he collaborates with other pediatric IBD leaders from around the country on ways to improve the well-being of all pediatric IBD patients. The conference is not only attended by doctors—the parent of a Children's Hospital IBD patient attended the April 2017 event and met with other parents from around the country, learning how they can help improve the care of their children with IBD.

ICN encourages parents and patients to taken an active role in their IBD care. For more information, visit the ICN website ImproveCareNow.org or contact Schaefer at 717-531-5901.