



PBSGL
NHS Education for Scotland
Centre for Health Science
Old Perth Road
Inverness IV2 3JH
Tel: 01463 255712
Fax: 01463 255736



PBSGLadministrator@nes.scot.nhs.uk
www.gpcpd.nes.scot.nhs.uk/pbsgl

Inflammatory Bowel Disease

INTRODUCTION

Inflammatory Bowel Disease (IBD) is a term mainly used to describe two conditions, ulcerative colitis and Crohn's disease.

Patients find symptoms of ulcerative colitis and Crohn's disease embarrassing and humiliating. IBD can result in loss of time in education, difficulty in gaining employment and insurance, psychological problems and, in young people, growth failure and retarded sexual development. The impact of IBD on society is disproportionately high, as presentation often occurs at a young age with the potential for lifelong ill-health¹.

Diagnostic delay in IBD is common, as initial symptoms are often vague and may mimic Irritable Bowel Syndrome. Delay in diagnosis is associated with reduced response to medical therapy and higher incidence of surgical intervention. Improved remission rates for both Crohn's disease and ulcerative colitis are seen in those treated aggressively at an early stage².

There have been recent developments in diagnosis and surveillance and also in pharmaceutical management, which now includes use of biological agents.

This module will look at:

- the role of new diagnostic tests such as faecal calprotectin
- who and when to refer
- management of a flare in established IBD
- maintenance treatment including biological therapies
- surveillance and follow up

This module will not consider children with IBD.