

Title of the activity	Optimizing the care of IBD patients
Scientific objectives of the activity	<p>Optimizing the care of IBD patients by</p> <ul style="list-style-type: none"> -the development of support activities in the field of Stress management, nutrition and physical activities -the development of biomarkers associated with disease remission, endoscopic healing, fibrosis and cancer -the use of innovative monitoring tool, including intestinal ultrasound and probe-based confocal endomicroscopy
Rationale and needs of the of the activity	<p>Despite a significant increase in the therapeutic armamentarium, the proportion of deep remission in Crohn and ulcerative colitis is still below 50% and the predictability and continuous maintenance of this remission remains insufficient. The work of our department focuses on two aspects:</p> <ul style="list-style-type: none"> -impact the patient's way of life to improve the proportion of deep remission -better predict the degree of remission to optimize and tailor therapy
Benefits	<p>The first part of our activities focuses on the organization of supportive activities for the patients, free of charge to increase adherence, and including</p> <ul style="list-style-type: none"> -sessions of adapted physical activities and education to promote autonomy in the field -sessions of education on nutrition and appropriate food -Yoga -Fatigue management by behavioural therapy -chronic pain management by auto-hypnosis <p>The benefit for the patients is immediate in terms of quality of life and may also positively impact biological control of the disease. This is currently assessed by our department since some activities are also associated with research design and structured assessment of disease activity</p> <p>The second part of our activities is linked to translational research and more specifically looking at markers and mechanisms of intestinal healing, intestinal fibrosis and intestinal cancer. The benefit for the patient is less immediate and direct, but our team has already identified new makers of intestinal healing and of the risk of disease relapse which may help in a near future to better optimize pharmacotherapy. This second part also includes the use of innovative monitoring tools like intestinal ultrasound and probe-based confocal endo-microscopy. Here the benefit for the patients may be more direct since it directly improves the patients care.</p>