

# IBD U.N.I.T.E.

Unify, Network, Inspire, Treat & Educate



## Course Handout

### Schedule and General Information

Saturday, March 13, 2021

9:30 am to 12:00 pm

Virtual Platform > <https://livestream.com/mediaquest/IBDUNITE2021>

Page 2	<b>Welcome Message and Program Overview</b> <b>Learning Objectives</b> <b>Target Audience</b>
Page 3	<b>IBD UNITE Agenda</b>
Page 4	<b>Acknowledgement of Educational Grants</b> <b>and IBD UNITE Support</b>
Page 5	<b>Course Faculty Listing</b>
Page 6	<b>Accreditation for Nurses</b>
Page 7	<b>Accreditation for Dietitians</b>
Page 8	<b>UPMC IBD Center</b>

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**UPMC's IBD UNITE** program will provide a full morning of education and support for patients with Inflammatory Bowel Disease (IBD) and their loved ones. IBD includes Crohn's disease and ulcerative colitis as well as indeterminate, microscopic, or collagenous colitis. Participants will learn innovative ways to manage their IBD during lectures and panel discussions.

## **Learning Objectives:**

- #1** To educate patients and nurses about IBD treatment advancements and personalized approaches to disease management.
- #2** To provide support for parents, nurses and caregivers to encourage more knowledgeable and full-service care for patients and families.
- #3** To enable IBD patients to interact with their caregivers in a relaxed educational environment to support networking among all speakers, patients, and caregivers in attendance.

## **Target Audience:**

IBD UNITE is designed for patients, family members, and loved ones. IBD UNITE is also accredited for nurses and dietitians. All who are interested in IBD disease diagnosis, management, and treatment advancements are welcome to attend.

*The information presented at this program represents the views and opinions of the individual presenters and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may related to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.*

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## IBD Care in a Brave New World

TIME	LECTURE	SPEAKER(S)
9:30 am	<b>Welcome</b>	Jeffrey Dueker, MD, MPH
9:30 am	<b>The New Era of IBD Care</b>	Jeffrey Dueker, MD, MPH
9:45 am	<b>IBD-related COVID Updates</b>	Marc Schwartz, MD
10:00 am	<b>Promising New IBD Therapies</b>	David Binion, MD
10:15 am	<b>Break and Patient Reflections</b>	Emily Weaver, LCSW Echo Eggebrecht, MFA
10:25 am	<b>IBD Management from Stress to Resilience</b>	Eva Szigethy, MD, PhD
10:40 am	<b>IBD Nutrition Updates</b>	Therezia Alchoufete, MS, RD, LDN
10:55 am	<b>Q&amp;A with Medical Team</b>	Moderator: Elyse Johnston, MD
11:15	<b>Break and Patient Reflections</b>	Emily Weaver, LCSW Echo Eggebrecht, MFA
11:25 am	<b>Patient Panel</b>	Moderator: Arthur Barrie, MD, PhD <ul style="list-style-type: none"><li>• Lori P.</li><li>• David W.</li></ul>
11:45 am	<b>Time for More Questions</b>	Moderator: Jeffrey Dueker, MD, MPH
12:00 pm	<b>Closing Remarks &amp; Adjourn</b>	Jeffrey Dueker, MD, MPH

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*The Division of Gastroenterology, Hepatology and Nutrition  
and the UPMC IBD Center are grateful to the following  
for making IBD UNITE possible by providing educational grants:*

***Abbvie Inc.***

***Ferring Pharmaceuticals Inc.***

***Gilead Sciences, Inc.***

***Olympus Corporation of the Americas***

***UPMC Health Plan***

We also recognize generous support from:

**UPMC Clinical Marketing**

**UPMC Corporate Communications**

**UPMC Center for Continuing Education in the Health Sciences**

*and*

***our dedicated & knowledgeable***

***planning committee, speakers, and patient panelists***



## IBD UNITE Course Faculty

Course faculty are part of the University of Pittsburgh and UPMC Division of Gastroenterology, Hepatology and Nutrition with the exception of our patient panelists.

### Faculty Disclosure

No planners, members of the planning committee, speakers, presenters, authors, content reviewers, and/or anyone else in a position to control the content of this education activity have relevant financial relationships to disclose.

#### **\*Jeffrey M. Dueker, MD, MPH**

***IBD UNITE Course Director***

Assistant Professor of Medicine

Gastroenterologist, UPMC IBD Center, Total Care-IBD, and VA Pittsburgh Healthcare System

#### **\*Therezia Alchoufete, MS, RDN, LDN**

***IBD UNITE Co-Course Director***

Lead Dietician/Nutritionist - Total Care-IBD

#### **\*Emily Weaver, LCSW**

***IBD UNITE Co-Course Director***

Lead Clinical Social Worker - Total Care-IBD

#### **Arthur M. Barrie, III, MD, PhD**

Assistant Professor of Medicine

Gastroenterologist, UPMC IBD Center

#### **David G. Binion, MD**

Professor of Medicine

Director, Nutrition Support Service

Gastroenterologist and Translational Research Lead,  
UPMC IBD Center

#### **\*Echo Eggebrecht, MFA**

Clinical Social Work Intern, Total Care-IBD

#### **Elyse Johnston, MD**

Assistant Professor of Medicine

Gastroenterologist, UPMC IBD Center,  
Total Care-IBD, and VA Pittsburgh Healthcare System

#### **\*Cassie Myers, CRNP**

Nurse Practitioner,

UPMC IBD Center & Total Care-IBD

#### **\*Lori Plung**

Leader, Crohn's & Colitis Foundation Support  
Group @ UPMC and Community Volunteer

#### **Marc B. Schwartz, MD**

Assistant Professor of Medicine

Clinical Lead, UPMC IBD Center, Total Care-IBD

#### **Eva M. Szigethy, MD, PhD**

Professor of Psychiatry, Medicine, and Pediatrics

Co-Director, UPMC Program for Gut-Brain Health

(PGH) and Director, Total Care-IBD

Director, Behavioral Health with the Chief Medical  
and Scientific Office

#### **David Weisbord**

Community Volunteer

#### **\*2021 IBD UNITE Planning Committee**

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## Nursing Accreditation

IBD UNITE - March 13, 2021

<https://cce.upmc.com/ibd-unite>

*All other learners will receive a certificate of attendance.*

**This is not your official certificate.**

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### Nursing (CNE)

**The maximum number of hours awarded for this Continuing Nursing Education activity is 2.5 contact hours.**

**Other Healthcare Professionals: Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.**

**To receive credit**, login, complete the course evaluation and claim credit on the CCEHS Learning Portal, <https://cce.upmc.com>. The activity is accessible in your [Pending Activities](#). Please allow up to 14 days before accessing.

**If you are a new user**, click [Register](#) (upper right corner) to create an account. The email address used to register for this activity should be the same email you use when creating your account. If you choose a different email, please notify the UPMC Center for Continuing Education by emailing [ccehs\\_support@upmc.edu](mailto:ccehs_support@upmc.edu) or <https://cce.upmc.com/contact-us> to update your attendance records.

To answer common questions or for step by step instructions please visit the [FAQs](#) available on the CCEHS Learning Portal. For questions about IBD UNITE, please email [joj2@pitt.edu](mailto:joj2@pitt.edu).

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## **Dietitian Accreditation**

**IBD UNITE Webcast**

**March 13, 2021**

This activity is approved for 2.5 CPEU's by the Commission on Dietetic Registration.

Certificates will be emailed to attendees seeking dietician credits after the program. Please expect your emailed certificate no later than March 17, 2021.

Questions? > [joj2@pitt.edu](mailto:joj2@pitt.edu).

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## UPMC Inflammatory Bowel Disease Center

<https://www.upmc.com/services/digestive-disorders-center/services/ibd>

At the UPMC Inflammatory Bowel Disease Center, our gastroenterologists specialize in the treatment of ulcerative colitis and Crohn's disease and are prepared to help you no matter the severity of your condition. That level of focus means that we have extensive expertise treating IBD and its symptoms. Our center also includes experts in nutrition and behavioral health who specialize in IBD, allowing us to work with you to develop a highly personalized treatment plan.

### Physicians & Advanced Practice Providers:

Arthur Barrie, MD, PhD – gastroenterologist  
David Binion, MD – gastroenterologist  
Heather Cottage, CRNP  
Caroline Culig, PA-C  
Jeffrey Dueker, MD, MPH - gastroenterologist  
Richard Duerr, MD – gastroenterologist  
Jill Dusak, PA-C

Janet Harrison, MD – gastroenterologist  
Elyse Johnston, MD – gastroenterologist  
Gina Kozak, PA-C  
Rebecca Lutheran, DNP FNP-C  
Cassie Myers, CRNP  
Marc Schwartz, MD - gastroenterologist  
Eva Szigethy, MD, PhD – psychiatrist

### Nurses:

Cindy Catalano, RN  
Heather Diss, RN  
Cathy Hayden, RN  
Maria Jaksec, RN  
Lou Ann Lobert, RN

Eileen Massof-Barney, RN  
Christine Patterson, RN  
Jennifer Rosenberry, RN  
Amy Scheib, RN  
Michelle Yaniga, RN

### Additional Healthcare Team Members:

Therezia Alchoufete, MS RDN LDN – dietitian/nutritionist for Total Care-IBD  
Joann Fultz – research assistant  
Colleen Peddycord, LSW – clinical social worker for Total Care-IBD  
Emily Weaver, LCSW – clinical social worker for Total Care-IBD

<https://www.upmc.com/services/digestive-disorders-center/services/ibd>