

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

Unify, Network, Inspire, Treat & Educate



## Course Handout

### Schedule and General Information

Saturday, March 4, 2023

Monroeville DoubleTree Hotel - 9:30 am to 2:30pm

(Registration Open @ 9:00 am)

|         |   |
|---------|---|
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## U.N.I.T.E.

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**UPMC's 2023 IBD UNITE** program will provide 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 case discussions, lectures and panel discussions.

This year's conference will be held in-person. Zoom access is provided for those who cannot travel. Only the IBD UNITE plenary sessions will be streamed, and breakout and Q&A sessions in which patients may participate will not be provided virtually. Nurses and dietitians who are seeking credits may only claim credit hours for the time in the meeting, so those joining via Zoom will claim fewer hours.

### Learning Objectives:

- #1** To educate patients, nurses, dietitians, and caregivers about IBD treatment advancements and personalized approaches to disease management.
- #2** To provide support for parents, nurses, dietitians, and caregivers to encourage knowledgeable and full-service multidisciplinary 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 in attendance.

### Target Audience:

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

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## Accreditation:

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) In-person attendance:**

The maximum number of hours awarded for this Continuing Nursing Education activity is **4.25** contact hours.

### **Nursing (CNE) Virtual attendance:**

The maximum number of hours awarded for this Continuing Nursing Education activity is **2.75** contact hours

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.

*The information presented at this accredited 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 relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.*

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## AGENDA

| TIME     | LECTURE   | SPEAKER(S)  |
|----------|---|---|
| 9:00 am  | <i>Registration and Continental Breakfast</i>   |   |
| 9:30 am  | <b>Welcome and IBD Overview</b><br>Jeffrey M. Dueker, MD, MPH   |   |
| 9:50 am  | <b>Multidisciplinary Discussion: What is Disease Remission?</b><br>Therezia Alchoufete, MS, RD, LDN<br>Arthur M. Barrie, MD, PhD<br>Kellie Cunningham, MD<br>Jeffrey M. Dueker, MD, MPH, <i>moderator</i><br>Helen Hunt, LSW  | Elyse. R. Johnston, MD<br>Rebecca Lutheran, DNP, FNP-C<br>Cassie Myers, CRNP<br>Marc Schwartz, MD |
| 11:00 am | <i>Break &amp; Move to Breakout Rooms</i>   |   |
| 11:15 am | <i>Breakout sessions will occur concurrently for 45 minutes. Attendees may go to any session.</i> <ul style="list-style-type: none"> <li><b>Information for New IBD Patients</b> <i>Tionesta Room, 2<sup>nd</sup> floor</i><br/>Arthur M. Barrie, MD, PhD; Rebecca Lutheran, DNP, FNP-C; Cassie Myers, CRNP</li> <li><b>Surgery and IBD</b> <i>Confluence Ballroom, main floor</i><br/>Kellie Cunningham, MD; Cecilia (Cece) Zamarripa, PhD, RN, CWON</li> <li><b>Extra-Intestinal Manifestations of IBD</b> <i>Oxford Ballroom, main floor</i><br/>Jeffrey M. Dueker, MD, MPH</li> <li><b>Mood and Food</b> <i>Pymatuning Room, 2<sup>nd</sup> Floor</i><br/>Helen Hunt, LSW; Therezia Alchoufete, MS, RD, LDN; Tara Sherry-Torres, LSW</li> </ul> |   |
| 12:00 pm | <i>Break, Boxed Lunch Pick Up, and Return to the Confluence Ballroom</i>  |   |
| 12:20 pm | <b>New IBD Medications and Promising Research Advancements</b><br>Marc Schwartz, MD   |   |
| 1:10 pm  | <b>Nutrition and IBD: Food, Fiber, and Texture Modification</b><br>Therezia Alchoufete, MS, RD, LDN and Jacquelyn Klunk, MS, RDN, LDN   |   |
| 1:45 pm  | <b>The Patient and Caregiver Experience</b><br>Lori Plung and Tom Joyce   |   |
| 2:15 pm  | <b>General Q&amp;A with the Multidisciplinary IBD UNITE Course Faculty</b><br>Jeffrey Dueker, MD, MPH, <i>moderator</i>   |   |
| 2:30 pm  | <i>Adjourn</i>  |   |

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The Division of Gastroenterology, Hepatology and Nutrition  
and the UPMC IBD Center are grateful to the

## UPMC HEALTH PLAN

for making IBD UNITE possible through an educational grant.

We also acknowledge our industry partners for educational grant support:

**AbbVie**

**Bristol-Myers Squibb**

**Takeda Pharmaceutical Company**

We are grateful for generous support and services from:

**UPMC Clinical Marketing**

**UPMC Corporate Communications**

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

**Commission on Dietetic Registration**

*and*

***our dedicated & knowledgeable***

***planning committee, speakers, and advocacy panelists***



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## Course Faculty: UPMC IBD UNITE 2023

*Course Faculty are part of the University of Pittsburgh | UPMC  
Division of Gastroenterology, Hepatology and Nutrition, unless noted otherwise.*

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

**IBD UNITE Course Director**

Assistant Professor of Medicine

Gastroenterologist, UPMC IBD Center, Total Care-IBD, and Associate Program Director, Gastroenterology Fellowship

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

**IBD UNITE Co-Course Director**

Lead Dietician/Nutritionist - Total Care-IBD

### **\*Helen Hunt, LSW**

**IBD UNITE Co-Course Director**

Clinical Social Worker - Total Care-IBD

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

Assistant Professor of Medicine

Gastroenterologist, UPMC IBD Center

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

Advanced Practice Provider, UPMC IBD Center  
and Total Care-IBD

### **Kellie E. Cunningham, MD**

Assistant Professor of Surgery

Division of Colorectal Surgery, Dept. of Surgery

### **\*Lori Plung**

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

### **Elyse R. Johnston, MD**

Clinical Assistant Professor of Medicine

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

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

Assistant Professor of Medicine

Gastroenterologist, Clinical Lead, UPMC IBD Center  
and Co-Director, Total Care-IBD

### **Thomas P. Joyce**

Community Advocate

### **\*Tara Sherry-Torres, LSW**

Clinical Social Worker, Total Care-IBD

### **Jacquelyn Klunk, MS, RDN, LDN**

Dietitian

### **Cecilia (Cece) Zamarripa, PhD, RN, CWON**

Wound, Ostomy, Continency (WOC) Nurse

Manager, UPMC WOC Nursing Department

and Coordinator for: Wound Treatment, Ostomy Care  
Associates at UPMC Presbyterian Shadyside

### **Rebecca Lutheran, DNP, FNP-C**

Advanced Practice Provider, UPMC IBD Center  
and Total Care-IBD

## **\*UPMC IBD UNITE 2023 Planning Committee**

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## Faculty Disclosure

All individuals in a position to control the content of this education activity have disclosed all financial relationships with any companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

All of the relevant financial relationships for the individuals listed below have been mitigated:

- Ms. Helen Hunt receives grant/research support from Kaiser Permanente.

No other 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 with any companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.



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## **Dietitian Accreditation**

**UPMC IBD UNITE**

**March 4, 2023**

This activity is approved for 3.50 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 19, 2023.

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, enabling 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  
Jeffrey Dueker, MD MPH - gastroenterologist  
Richard Duerr, MD – gastroenterologist  
Jill Dusak, PA-C  
Amir-Ali Ghaffari, MD PhD - gastroenterologist  
Janet Harrison, MD – gastroenterologist

Katie Jenkins, PA-C  
Elyse Johnston, MD – gastroenterologist  
Gina Kozak, PA-C  
Rebecca Lutheran, DNP FNP-C  
Kelly Martin, CRNP  
Cassie Myers, CRNP  
Marc Schwartz, MD - gastroenterologist

### Nurses:

Cindy Catalano, RN  
Cathy Hayden, RN  
Maria Jaksec, RN  
Patricia Keller, RN  
Rachel Kozura, 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 – lead dietitian/nutritionist for Total Care-IBD  
Joann Fultz – research assistant  
Helen Hunt, LSW – social worker for Total Care-IBD  
Melanie Mays – research coordinator, IBD clinical trials  
Tara Sherry-Torres, LSW – social worker for Total Care-IBD  
Lori Snyder – research assistant

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