

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

Unify, Network, Inspire, Treat & Educate



## Course Handout

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Saturday, March 2, 2024

The University Club – University of Pittsburgh Campus

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

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**UPMC's 2024 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. The first two case-related sessions will be recorded and will be posted on the UPMC IBD UNITE webpage this spring. Physicians, nurses, dietitians, and social workers who are seeking credits may claim credit hours for course participation time.

### 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, dietitians, and social workers. Attendance is welcome from everyone interested in IBD disease diagnosis, management, and treatment advancements.

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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.

### Physician (CME)

The University of Pittsburgh designates this live activity for a maximum of *4.0 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is 4.0 contact hours.

### Social Work

As a Jointly Accredited Organization, University of Pittsburgh is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive 4.0 continuing education credits.

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

### UPMC IBD UNITE 2024

## IBD: Digesting the Facts!

9:00 – 9:30 Registration & Continental Breakfast

9:30 – 9:40 Welcome  
Jeffrey M. Dueker, MD, MPH

#### MULTI-DISCIPLINARY CASE DISCUSSIONS with the UPMC IBD Team

9:40 – 10:20 **Case #1: UC/Pouchitis**

10:20 – 11:00 **Case #2: CD/Perianal Fistulizing Disease**

**Moderator:** Jeffrey M. Dueker, MD, MPH

#### **Panelists:**

Therezia Alchoufete MS, RD, LDN  
Arthur Barrie MD, PhD  
Shrinivas Bishu, MD  
Patrick Buckley MD  
David Gardinier RD  
Amir-Ali Ghaffari MD, PhD

Helen Hunt LSW  
Elyse Johnston MD  
Cassie Myers CRNP  
Lori Plung  
Marc Schwartz MD  
Tara Sherry-Torres LSW

Joseph Sleiman MD  
Robert Tessler MD, MPH  
Linda Wang MD  
Cecilia Zamarripa PhD, RN, CWON

11:00 – 11:15 Break

11:15 – 11:45 Breakout #1:

- A. **Tiny but Mighty: Micronutrients in IBD** *Ballroom A, 1<sup>st</sup> floor*  
David Gardinier, RD, Vladimir Lamm, MD, and Therezia Alchoufete, MS, RD, LDN
- B. **Gut Feelings: Managing the Brain Gut Connection in IBD** *Conference Room A, 3<sup>rd</sup> floor*  
Patrick Buckley, MD, Helen Hunt, LSW, and Tara Sherry-Torres, LSW
- C. **Ostomy: Dispelling Myths Versus Reality** *Ballroom B, plenary room*  
Robert Tessler, MD, MPH, Cecilia Zamarripa PhD, RN, CWON, and Lori Plung

11:45 – 12:10	Lunch & Break
12:10 – 12:35	<b>Keynote Lecture: New Therapies for IBD</b> Shrinivas Bishu, MD
12:35 – 12:45	<b>Q&amp;A with Dr. Bishu</b>
12:45 – 12:55	Break
12:55 – 1:25	Breakout #2 (repeated): <ul style="list-style-type: none"> <li>A. <b>Tiny but Mighty: Micronutrients in IBD</b> <i>Ballroom A, 1<sup>st</sup> floor</i> David Gardinier, RD, Vladimir Lamm, MD, and Therezia Alchoufete, MS, RD, LDN</li> <li>A. <b>Gut Feelings: Managing the Brain Gut Connection in IBD</b> <i>Conference Room A, 3<sup>rd</sup> floor</i> Patrick Buckley, MD, Helen Hunt, LSW, and Tara Sherry-Torres, LSW</li> <li>B. <b>Pregnancy, Fertility, &amp; Family Planning</b> <i>Ballroom B, plenary room</i> Arthur M. Barrie, MD, PhD, Elyse Johnston, MD, and Lori Plung</li> </ul>
1:25 – 1:35	Break
1:35 – 2:00	<b>Living with IBD: The Patient Experience</b> Lori Plung; David Gardinier, RD
2:00 – 2:30	<b>Q&amp;A and FAQ with Medical Team and Patient Advocates</b> <b>Moderator:</b> Jeffrey M. Dueker, MD, MPH
2:30	Adjourn

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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 gratefully acknowledge these industry supporters for educational grants:

**Bristol Myers Squibb Company**  
**Takeda Pharmaceuticals U.S.A., Inc.**

We appreciate generous support and services from:

**UPMC Clinical Marketing**

**UPMC Corporate Communications**

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

**Commission on Dietetic Registration**

**University of Pittsburgh School of Social Work**

**Crohn's & Colitis Foundation/UPMC Patient Support Group**

**Crohn's & Colitis Foundation IBD Education and WPA/WV Chapter**

*and*

*our dedicated & knowledgeable planning committee, guest speakers,  
UPMC speakers, and advocacy panelists*

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We also gratefully acknowledge our industry supporters for their exhibit support:

## **PREMIERE EXHIBITORS:**

**AbbVie**

**Bristol Myers Squibb**

**Chartwell Pennsylvania Home Infusion/Specialty Pharmacy**

**Gilead**

**Janssen Biotech, Inc.**

**Pfizer Inc.**

**Prometheus Laboratories**

**Regeneron Healthcare Solutions, Inc.**

**Salix Pharmaceuticals**

**Takeda Pharmaceuticals America, Inc.**

## **GENERAL EXHIBITORS:**

**Coloplast**

**Convatec Ostomy Care**

**Ferring Pharmaceuticals**

**Lilly**

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## Course Faculty: UPMC IBD UNITE 2024

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  
Co-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**

Social Worker - Total Care-IBD

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

Assistant Professor of Medicine  
Gastroenterologist, UPMC IBD  
Center

#### **Shrinivas Bishu, MD**

**Keynote Speaker**

Clinical Assistant Professor of  
Medicine  
Clinical Director of IBD, Crohn's &  
Colitis Center  
Gastroenterologist  
Associate Program Director, GI  
Fellowship  
University of Michigan  
Ann Arbor, MI

#### **Patrick Buckley, MD**

Assistant Professor of Psychiatry  
Psychiatrist, Total Care-IBD

#### **David Gardinier, RD**

**Guest Speaker**

Dietitian, Digestive Disease &  
Surgery Institute  
Cleveland Clinic Foundation  
Cleveland, OH

#### **Amir-Ali Ghaffari, MD, PhD**

Clinical Assistant Professor of  
Medicine  
Director, Advanced IBD Fellowship  
Program  
Gastroenterologist

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

Clinical Assistant Professor of  
Medicine  
Gastroenterologist, VA Pittsburgh  
Healthcare System and UPMC IBD  
Center

#### **Vladimir Lamm, MD**

Clinical Assistant Professor of  
Medicine  
Gastroenterologist

#### \*Cassie M. Myers, CRNP

Advanced Practice Provider  
UPMC IBD Center and Total Care-  
IBD

#### \*Lori Plung

Patient Advocate  
Facilitator and Manager, Crohn's &  
Colitis Foundation/UPMC Support  
Groups

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

Assistant Professor of Medicine  
Gastroenterologist, UPMC IBD  
Center

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

Social Worker, Total Care-IBD

#### **Joseph Sleiman, MD**

Gastroenterology Fellow, Year III

#### **Robert A. Tessler, MD, MPH**

Assistant Professor of Surgery  
UPMC Division of Colorectal  
Surgery  
Department of Surgery

#### **Linda Wang, MD**

Gastroenterology Fellow, Year II

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

Wound, Ostomy, Continency (WOC)  
Nurse  
Manager, UPMC WOC Nursing  
Department  
Coordinator, Wound Treatment,  
Ostomy Care Associates at UPMC  
Presbyterian Shadyside

\*UPMC IBD UNITE 2024 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:

- **Dr. Shrinivas Bishu** receives grant/research support from the Crohn's & Colitis Foundation and National Institutes of Health. He is also a consultant for AbbVie, Janssen, Takeda, and Bristol-Myers Squibb.
- **Ms. Helen Hunt** receives grant/research support from Kaiser Permanente.
- **Ms. Lori Plung** is a consultant for Ironwood Pharmaceuticals.

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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## Physician and Nursing Accreditation

UPMC University of Pittsburgh School of Medicine  
Center for Continuing Education in the Health Sciences

*This is not your official certificate.*

### Instructions for Receiving Credit

**Must be completed BEFORE March 17, 2024.**

#### Step #1:

- Go to <http://cce.upmc.com/code>
- \*Login to your account
- Enter code **HODMOM**

#### Step #2:

- Go to **My Account, My Courses, and Choose Pending Activities**
- Click on the course title then click on the **Register/Complete Course** button to complete the *course evaluation*.

\*If you are a **NEW USER** to the UPMC accreditation system, go to <http://cce.upmc.com> to create an account first.

*Certificates will be available for download and will be stored for future reference.*

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## Dietitian Accreditation

### UPMC IBD UNITE

This activity is approved for 4.0 CPEU's by the Commission on Dietetic Registration.

Certificates will be emailed to attendees seeking dietitian credits after the program. Please expect your emailed certificate no later than March 17, 2024.

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

## Social Worker Accreditation

### UPMC IBD UNITE

This activity is approved for 4.0 CPEU's by the University of Pittsburgh School of Social Work.

Certificates will be emailed to attendees seeking social work accreditation after the program. Please expect this communication no later than March 17, 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. This level of focus means that we have extensive expertise to treat 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  
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  
Laurie Rabeneck, RN  
Jennifer Rosenberry, RN  
Amy Scheib, RN  
Michelle Yaniga, RN

### Additional Clinical 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  
Tara Sherry-Torres, LSW – social worker for Total Care-IBD  
Lori Snyder – research assistant

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