

IBD U.N.I.T.E. |

Saturday, March 15, 2025
9 a.m. to 3 p.m.

My Medical Team and Me: Empowering Patients and Advocating for Health

To register or learn more, visit **UPMC.com/IBDUnite** or scan the QR code below.



UPMC HEALTH PLAN

Welcome to IBD U.N.I.T.E.

My Medical Team and Me:
Empowering Patients and Advocating for Health

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UPMC HEALTH PLAN



Elyse R. Johnston, MD
Gastroenterologist
IBD UNITE Course Director

Acknowledgements

- Special Thanks to Joy Jenko Merusi!
- Course Co-Directors:
 - Therezia Alchoufete, MS, RD, LDN and Helen Hunt, LSW
- Course Faculty
- Our Educational Grant Sponsor: UPMC Health Plan



Acknowledgments

Premiere Exhibitors

- AbbVie
- Johnson & Johnson
- Pfizer
- Regeneron Healthcare Solutions
- Takeda Pharmaceuticals America

General Exhibitors

- Chartwell Specialty Pharmacy
- Eli Lilly and Company
- Ferring Pharmaceuticals
- Healix Infusion Care
- Olympus America Inc.
- Prometheus Laboratories
- Salix Pharmaceuticals

Reminders

Didactic learning will be recorded. Audience discussion will NOT be recorded

Accreditation information for Physicians, Nurses, Dietitians, and Social Workers is in the course handout

Restrooms are available on each floor of the University Club

Visit our Exhibitors. Visit 6 or more exhibitors and enter the prize raffle!

Questions? Visit Registration Desk

Agenda

Time	Session
9:40AM	Cognitive Behavioral Approaches to Empower Patients with IBD - Patrick Buckley, MD
10:00AM	Case Discussion: My IBD Diagnosis and Me: How Treatment May Transform as We Age
11:00AM	Q&A with Panel
11:15AM	Break, Exhibits, and Move to Breakout Session #1
11:30AM	Breakout Session #1
12:00PM	Pick Up Lunch, Break, Exhibits, and Return to Ballroom B, 2nd Floor
12:15PM	Lunch Roundtables: By-table Topic Discussions with IBD U.N.I.T.E. Course Faculty
1:00PM	Break, Exhibits, and Move to Breakout Session #2
1:15PM	Breakout Session #2
1:45PM	Break, Exhibits, and Return to Ballroom B, 2nd Floor
2:00PM	My Role on My IBD Medical Team: How Patients May Take an Active Role in Their Care
2:20PM	“Prior Auths”: Navigating Health Insurance with Patients and Providers
2:40PM	Provider Advocacy Panel: Open Discussion and Q&A with Course Faculty
3:00PM	Adjourn

Breakout Sessions

Session #1

- 1) Why the TV Commercial Med May Not be Right for You: How to Choose Therapies with your Provider
- 2) Sex, Drugs, & Rock 'n Roll: Approaches to Psychosocial & Fertility Health
- 3) So, What Should I Eat? Let's Talk Nutrition Therapy for IBD

Session #2

- 1) What's New with IBD, Weight Management, & Weight Loss Medications
- 2) Surgery is "Just Another Treatment"
- 3) IBD University: Accommodations in High School, College, and the Workplace





Cognitive Behavioral Approaches to Empower Patients with IBD

Patrick Buckley, MD



Case Presentations

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Panelists:

Therezia Alchoufete, MS, RD, LDN

Arthur M. Barrie, MD, PhD

Patrick Buckley, MD

Jeffrey M. Dueker, MD, MPH

Whitney Gray, CRNP

Lori Plung

Marc B. Schwartz, MD

Whitney Sunseri, MD

Kelly Thomas, MD

Sean Whelan, MD

Q&A

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Patrick Buckley, MD

Jeffrey M. Dueker, MD, MPH

Whitney Gray, CRNP

Lori Plung

Marc B. Schwartz, MD

Whitney Sunseri, MD

Kelly Thomas, MD

Sean Whelan, MD

Other Course Faculty:

RJ Bendis, PharmD, PhD

Amir-Ali Ghaffari, MD, PhD

Kyle Hoffman, MD

Helen Hunt, LSW

Guylda Johnson, MD

Rebecca Lutheran, DNP, FNP-C

Billi Meli, RN, MSN

Kevin Mollen, MD

Cassie Myers, CRNP



Break and Breakout Time

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Take a quick break and then time for Breakout Session #1

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- 3) So, What Should I Eat? Let's Talk Nutrition Therapy for IBD

Lunch Roundtables

Therezia Alchoufete, MS, RD, LDN

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Patrick Buckley, MD

Jeffrey M. Dueker, MD, MPH

Whitney Gray, CRNP

Amir-Ali Ghaffari, MD, PhD

Kyle Hoffman, MD

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My Role on My IBD Medical Team: How Patients Take an Active Role in Their Care

Guylda Johnson, MD

Lori Plung, IBD Patient Advocate

Kevin Mollen, MD

Marc Schwartz, MD





“Prior Auths”: Navigating Health Insurance with Patients and Providers

Rebecca Lutheran, DNP, FNP-C

Lori Plung, IBD Patient Advocate

Billi Meli, RN



Provider Advocacy Panel: Q&A

Therezia Alchoufete, MS, RD, LDN

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Thank you for attending!

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 - Premiere: AbbVie, Johnson & Johnson, Pfizer, Regeneron Healthcare Solutions, Takeda Pharmaceuticals America
 - General: Chartwell Specialty Pharmacy, Eli Lilly and Company, Ferring Pharmaceuticals, Healix Infusion Care, Olympus America Inc., Prometheus Laboratories, Salix Pharmaceuticals
- Thank you also to Joy and course faculty

