

IBDNET
Annual Report
IBDnet
2019–2020

WWW.IBDNET.CH



IBDnet



Prof. Dr. med. Stephan Vavricka
President of the IBDnet

Over the last 20 years the IBDnet was continuously growing. Today, the IBDnet counts over 137 members and is constantly reaching out to more Gastroenterologist interested in IBD.

Since 2018 the IBDnet is an official working group of the Swiss Society for Gastroenterology. Within this role the main fields of interest are Clinical Research, Education, Expert Opinions and Patient Relations.

Irrespective of the current very special situation, the IBDnet has invested a great effort to ensure medical IBD education, thus building-up a virtual platform for implementation of webinars and e-learning. Between March and September 2020, we were able to implement 10 webinars, four of which directed to patients in collaboration with Crohn Colitis Switzerland.

Our most important activities are summarized in this Yearly Report 2019-2020.

On behalf of the IBDnet I would like to thank all participating gastroenterologists for their unremitting efforts and all sponsors for their long-standing support.

Yours faithfully

A handwritten signature in blue ink, which appears to read 'S. Vavricka', written over a light blue horizontal line.

Prof. Dr. med. Stephan Vavricka

IBDnet

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ABOUT IBDnet

The IBDnet is working in various fields, touching scientific projects, continuing medical education and political talking points concerning IBD drug approval, pricing and reimbursement.

MEMBERS

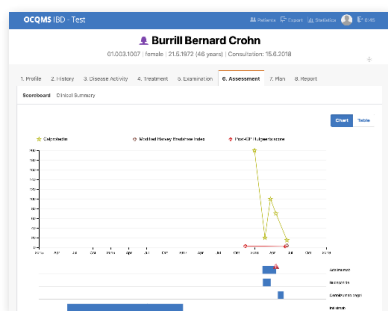
The IBDnet has currently 137 members, with a steering committee of 5 IBD specialists and an operational committee of 7 gastroenterologists. We invite all physicians interested in IBD or wanting to support our work to become a member. The singular membership fee of 30.– CHF is non-recurring and gives you access to the general assembly. Participation at the general assembly allows you to play an active role in deciding about the future research focus and planning of educational projects of the IBDnet. You stay IBDnet member until you decide to cancel your membership.

More

For more information about IBDnet please visit www.ibdnet.ch

Clinical research is one of the main emphasis of IBDnet. Several clinical projects are on-going.

Swiss IBD Cohort (SIBDC): Transition to electronic data capture



The most successful project that was made possible by the effort of IBDnet was the Swiss IBD Cohort Study (SIBDCS).

In recent years, the need of developing the SIBDC into a web-based registry allowing electronic data capture and reporting of patient data became obvious. In analogy to the Swiss Rheumatology registry SCQM, a respective technical solution was implemented, called eSIBDC. Transition to electronic

data capture, eSIBDC allows continuous follow-up of IBD patients treated by any therapeutic agent, centered on efficacy and pharmacovigilance of these agents. This database is crucial at the time when anti-TNF biosimilars and several new agents beyond anti-TNFs are introduced for the treatment of IBD.

Development of this sophisticated registry started in 2013, eSIBDC is a professional and user-friendly platform perfectly lined-up for future requirements and has been launched in August 2020.

ALERT Trial: CALPROTECTIN QUESTIONNAIRE TO PREDICT CALPROTECTIN LEVELS

This GP-setting driven project is an important step to shorten time to diagnosis of IBD patients. A short and easy to use questionnaire should help GPs to decide about the necessity of a calprotectin test and /or a referral to a gastroenterologist. The goal of the study was to validate sensitivity, specificity and feasibility of this questionnaire. Data collection has been accomplished in early 2017. Final results are now published.

Can the CalproQuest predict a positive Calprotectin test? A prospective diagnostic study. Chmiel et al., PLoS One. 2019 Nov 21;14(11).

Feasibility of an 8-item-questionnaire for early diagnosis of inflammatory bowel disease in primary care. Chmiel et al., J Eval Clin Pract. 2019 Feb;25(1):155-162.

Validation of an 8-item-questionnaire predictive for a positive calprotectin tEst and Real-life implementation in primary care to reduce diagnostic delay in inflammatory bowel disease (ALERT): protocol for a prospective diagnostic study. Hasler and Zahnd et al., BMJ Open. 2015 Mar 10;5(3).

HARVEDO TRIAL

Retrospective analysis of 174 blood samples sent to the CHUV for vedolizumab trough levels. Clinical data have been extracted from the SIBDCS database, and from patient files. The study is completed and its manuscript will be submitted shortly.

Vedolizumab first-line Study

A retrospective analysis in SIBDC patients investigated efficacy and safety in IBD patients treated with vedolizumab as first-line therapy. Results of the study have been presented at DDW 2019 and a respective manuscript has been accepted for publication.

CX3CR1 biomarker Study

The aim of this clinical biomarker study is to investigate whether the presence of a genetic variation within the CX3CR1 gene locus can be used as predictive biomarker for the disease course of CD patients. By analyzing and correlating ASCA serum levels, CX3CR1 polymorphism and disease characteristics using biosamples from 450 SIBDCS patients, it will be tested whether presence of the CX3CR1 gene variation is associated with a complicated disease behavior. The manuscript is submitted for publication.

Swiss GWAS Study

Within a genetic association study, the genetic risk profile will be investigated in about 2'700 SIBDCS patients. By analyzing the presence of genetic polymorphisms in all of the 240 so far known IBD risk genes in the SIBDCS patient collective, we aim at identifying novel associations between genetic risk variations and IBD disease course, therapy response and the onset of complications in IBD patients. The manuscript is submitted for publication.

EoE-like syndrome with low-grade or absent esophageal eosinophilia – Molecular characterization of a new disease entity

This EoE-like phenomenon was recently proposed and described in several EoE families. Other factors such as the newly discovered entity of lymphatic esophagitis and the fact that eosinophil-targeting drugs failed to show efficacy cast doubts on eosinophils' key role in EoE and warrant further investigation of other mechanism contributing to EoE. This study includes 71 patients from six large EoE referral centers in Switzerland and the US. The current project will use readily available biosamples; by performing state-of-the-art big data experiments combined with bioinformatics, this international collaborative study will unravel both pathogenetic mechanisms an EoE-like disease as well as in conventional EoE. The manuscript is submitted for publication.

Further studies with involvement of IBDnet

- Efficacy and safety of Upadacitinib, a JAK1 inhibitor, in moderate to severe CD and UC (Abbvie)
- Efficacy and safety of Risankizumab, a p19-selective IL-23 inhibitor, in moderate to severe CD and UC (Abbvie)
- Efficacy and safety of Filgotinib, a JAK1-inhibitor, in moderate to severe CD (GILEAD)
- Efficacy and safety of SHP-647, a MAdCAM1 inhibitor, in moderate to severe UC (Shire)
- Efficacy and safety of Anthocyanin Rich Extract (ACRE) in moderate UC (USZ)
- Swiss IBD Cohort Study (SIBDCS)

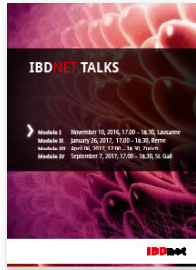
ONGOING studies 2020-2021

Registry to study the incidence, phenotype, risk factors and clinical course of inflammatory bowel disease in Zimbabwe

This non-interventional registry-based study aims at enrolling Zimbabwean IBD patients for long-term follow-up, collect comprehensive data on disease phenotype, severity, complications, disease course, and common environmental risk factors. Furthermore, establishment of a biobank with stool samples, intestinal biopsies, and germline DNA for future research on the etiology and evolution of inflammatory bowel disease in an African population at an early stage of the IBD epidemic is emphasized.

With emphasis on continuing medical education, the IBDnet has generated several educational platforms for physician, medical assistants and nurses. In collaboration with university hospitals and sponsors, the IBDnet ran a variety of local educational events. National events are highlighted below.

IBD NET TALKS 2021



IBD NET TALKS is a training curriculum for Swiss gastroenterology and hepatology fellows and experienced clinicians who want to refresh their knowledge. IBD NET TALKS was initiated in 2016. In its fourth edition in 2019-20 four training modules were broadcasted into 9 centers and up to 50 participants throughout Switzerland were reached by interactive videoconferencing. This educational format will be maintained in 2020. For further information and registration please visit www.ibdnet.ch/education.html.

THREE WEBINARS ON COVID-19

Due to the current COVID-19 pandemic, many questions arose concerning management of IBD patients. To address a few of these uncertainties, three webinars were implemented in April 2020 with over 200 participants each.

TEACH THE TEACHERS

Teach the Teachers is a guidebook for gastroenterologists, summarizing most important clinical studies on medical IBD therapy. Teach the Teachers is under development since end of 2015, first edition is expected in 2020.

PLANNED EVENTS 2020-2021

7TH POSTGRADUATE COURSE IN IBD 2020

The 7th Postgraduate Course in IBD will be held on November 27, 2020, as a virtual event due to the corona pandemic. The program consists of state-of the art lectures and case-based presentations. For further information and registration please visit www.ibdnet.ch/education.html.

5TH IBD NET TALKS

Based on the positive resonance, IBD NET TALKS will be continued in its 5th edition with four modules throughout 2021. For further information and registration please visit www.ibdnet.ch/education.html.

IBD SUMMER SCHOOL 2021

As in previous years, on a biennial basis, an interactive two-day summer workshop will be held on August 26-27, 2021, in its 5th edition in Thun. The program will be available in due time. For further information please visit www.ibdnet.ch/education.html.

The yearly Nurse Workshop has been a very popular IBD-specific educational platform for medical assistants and IBD nurses over the last twelve years.

NURSE WORKSHOPS 2019 AND 2020



In 2019, the focus was layed on the psychological care of patients having chronic inflammatory bowel diseases. Within this context, pregnancy was emphasized as a phase in life with a strong emotional impact.

This program was implemented in Zurich and Lausanne, with 49 and 29 medical assistants participating, respectively.

In 2020, the workshop had to be implemented as interactive webinar around clincial picture of IBD and telemedicine. We were able to reach a total of 80 medical assistants with this virtual format.

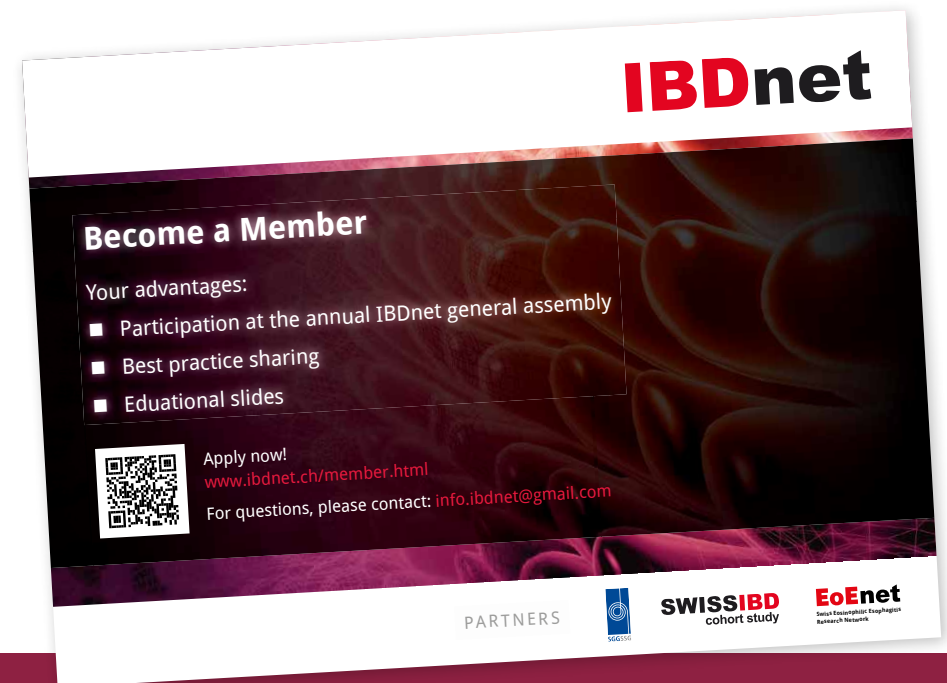
PLANNED EVENTS 2021

NURSE WORKSHOP 2021

In 2021, the workshop will be held on 25 November 2021 in Zurich, and 11 November 2021 in Lausanne, respectively. For further information and registration please visit www.ibdnet.ch/education.html.

BECOME A MEMBER

The IBDnet is a Swiss interest group of medical doctors and scientists specializing in infl ammatory bowel disease. The aim is the promotion of research communication and education on diagnosis and therapy in order to improve patient outcomes.



Apply now!
www.ibdnet.ch/member.html

For questions, please contact: info.ibdnet@gmail.com

Based on the scientific and educational activities of the IBDnet several practical guidelines have been developed.

IBD SPECIAL ISSUE IN DIGESTION

As in recent years, authors from Switzerland in collaboration with international colleagues have the pleasure to contribute to a special issue/supplement of *DIGESTION* focused on IBD. The following manuscripts have been prepared throughout 2020:

- Treatment algorithm for moderate to severe ulcerative colitis - an update
- TNF-alpha blockers in inflammatory bowel diseases: practical consensus recommendations and a user's guide - an update
- Pregnancy in IBD
- Treatment algorithms for Crohn's Disease
- Vaccination in patients with IBD
- Emerging treatments in IBD: Stem cells, JAKS and more
- Therapies in IBD patients with extraintestinal manifestations
- Gender differences in IBD
- The elderly IBD patient
- Nutrition in IBD

This special issue was published online in *DIGESTION* in March 2020. Print version will be available by the end of 2020.

IBDnet Position Statement on the management of IBD during pregnancy and lactation

Following a Delphi process and consensus conference in April 2019, the IBDnet has developed expert recommendations on the medical and surgical management of IBD before and during pregnancy as well as during lactation period. The manuscript was submitted beginning 2020 and is under review.

FMT: CURRENT APPROACHES IN FECAL MICROBIOTA TRANSPLANTATION IN DAILY PRACTICE

Following a Delphi process and consensus conference in April 2018 the IBDnet has developed expert recommendations on the use of fecal microbiota transplantation in daily gastroenterological practice. The manuscript is submitted and currently being reviewed.

BIOSIMILARS: IBDnet POSITION STATEMENT ON THE USE OF BIOSIMILARS IN IBD

Following a Delphi process and consensus conference in June 2018 the IBDnet has developed a position statement on the use of biosimilars in IBD based on the current literature and clinical experience. The manuscript was accepted for publication in December 2019.

PLANNED PROJECTS 2021

For the upcoming year the IBDnet intends to develop practical consensus recommendations and a user's guide for biological therapies and small molecules.

The IBDnet and patient organisation Crohn Colitis Switzerland (CCS) are in close collaboration for several shared activities.

THREE WEBINARS ON COVID-19 FOR PATIENTS

In collaboration with the patient organization Crohn Colitis Switzerland a series of three interactive, Q&A based patient information webinars were conducted in April and May 2020. Up to 1000 patients joined this information platform.

PATIENT EVENTS

The IBDnet broadly supports patient events organized by Crohn Colitis Schweiz (SMCCV/ASMCC). Most speakers at these patient information events are IBDnet steering committee members.

PATIENT GUIDEBOOKS FOKUS / ACCENT



In collaboration with the patient association Crohn Colitis Schweiz (SMCCV/ASMCC) a novel concept of patient information material called fokus / accent has been developed in 2015. To date, several patient guidebooks covering basic aspects of IBD and IBD therapy, respectively, have been published, more are to come.

Download: <http://www.ibdnet.ch/index.php/brochures.html>

GENERAL INFORMATION ABOUT CROHN'S DISEASE AND ULCERATIVE COLITIS



MEDICAL THERAPY
IN IBD (3RD EDITION)
ACUTE



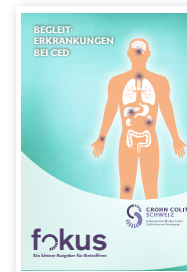
SOCIAL INSURANCES
AND IBD



INTIMACY IN IBD



STEROIDS FOR THE
TREATMENT OF
IBD FLARES



EXTRAINTESTINAL
MANIFESTATIONS
IN IBD

PLANNED PROJECTS 2020–2021

In collaboration with Crohn Colitis Schweiz the IBDnet will further develop fokus / accent guidebooks on bowel preparation and endoscopy.

ACKNOWLEDGEMENT

We thank our sponsors for their long standing financial support:



