Impact of dedicated inflammatory bowel disease (IBD) clinic on IBD-related hospitalizations at Veterans Hospital

Regina McBride CGRN, Brent Rosson MD, Eric Siegel MSc., Eric Schultz BS, Jerry Meharg RN, Daniel Brown MD, Julia Liu, MD. MSc.

Division of Gastroenterology
Central Arkansas Veterans Healthcare System
Disclosure

- No relevant disclosures
Background

- Patient education and continuity of care plays a crucial role in the care and clinical outcome of IBD
- Central Arkansas Veterans Healthcare System (CAVHS) cares for >1,000 IBD patients
- Most VAs do not have dedicated IBD clinic
- IBD clinic established May, 2014
IBD Nurse in Clinic

- Patient education
- Ensure access and continuity to care
- Present at clinic visits
- Patient calls
- Scheduling of clinic visits and endoscopic procedures
Patient Education

• Initial visit
  - Disease process, symptoms, complications
  - Treatment plan, side effects of meds

• Subsequent visit
  - Medication compliance
  - Lab/endoscopy follow up visits

• Post-hospital visit
  - Medication compliance
  - Identify risk factors for flares, symptom management, stress reduction
Access and Continuity of Care

• A dedicated telephone line for IBD clinic
• All calls returned within one business day
• Continuous direct access to IBD nurse/physician
• Follow-up within a month of hospital discharge
• Reminder for clinic and endoscopy appointments
• Lab results and reminders
Study Aim

• The study was designed to evaluate the impact of the newly created IBD clinic on IBD-related hospitalizations

• Hypothesis: improved patient education, access and continuity of care would improve patient outcomes and reduce hospitalizations
Patients and Methods

• Retrospective chart review of patients at CAVHS a year before and after creation of IBD clinic
• Search using ICD-9 diagnosis codes for Crohn’s, UC and indeterminant colitis of electronic medical record (CPRS)
• Details of hospitalizations including indication, diagnostic tests performed, therapy and duration were documented
Results

• IBD related hospital admissions
  - Year before (May 2013-April 2014): 26 admissions for 14 pt
  - Year after (May 2014-April 2015): 24 admissions for 19 pt
  - Total hospital days: 205 versus 171 days, a 20% reduction
Impact on hospital admissions

- Before IBD Clinic
- After IBD Clinic

<table>
<thead>
<tr>
<th></th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>total admissions</td>
<td></td>
</tr>
<tr>
<td>patients admitted</td>
<td></td>
</tr>
</tbody>
</table>
Effect on length of stay

Before After
0 5 10 15 20 25 30 35 40 45 50

Sum of LOS per subject

$P < 0.05$
Conclusion

- Dedicated IBD clinic significantly reduced the length of stay for IBD-related admissions at CAVHS within a year
Future directions

- The impact on healthcare costs and patient quality of life will be studied
Funding Support

- Grant support: Janssen Biotech (Dr. Julia Liu)
Questions?

The Adventures of Mighty Nurse

Ahh, the SWEET SMELL of NURSING IN THE MORNING...

Oh, there's NO WAY that is HUMAN!