



## IMPACTS OF IBD

Social effects of symptoms	Functional effects	Psychological
<ul style="list-style-type: none"> <li>• Education missed</li> <li>• Employment absence</li> <li>• Relationships altered</li> <li>• Social/family life impacted</li> </ul>	<ul style="list-style-type: none"> <li>• Faecal frequency and urgency</li> <li>• Abdominal/rectal pain</li> <li>• Fatigue</li> <li>• Managing a stoma</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced self-esteem</li> <li>• Uncertainty due to unpredictable course of illness</li> <li>• Psychological impact of social difficulties</li> <li>• Self-image due to surgical scarring</li> </ul>

## BLOOD TESTS

Anaemia	Nutritional status	Electrolytes
<ul style="list-style-type: none"> <li>• Present in 1/3 of patients with active IBD</li> <li>• Due to inflammation, malabsorption, bleeding</li> <li>• Also consider colorectal cancer</li> <li>• Inflammation may obscure low ferritin (rises in acute phase)</li> <li>• Consider other measures of iron status or treating at higher ferritin level</li> </ul>	<ul style="list-style-type: none"> <li>• Impaired due to low bowel transit time, malabsorption, active disease</li> <li>• Iron</li> <li>• B12</li> <li>• Vitamin D</li> <li>• Calcium</li> <li>• Vitamin K</li> <li>• Folic acid</li> </ul>	<ul style="list-style-type: none"> <li>• Dehydration due to diarrhoea or ileostomy</li> <li>• Risk of acute kidney injury in severe flares</li> </ul>

## CONCURRENT CONDITIONS

Gastroenterological	Women's health	Infections
<ul style="list-style-type: none"> <li>• IBS-type symptoms in half of IBD patients in remission</li> <li>• Low-FODMAP diet may help</li> <li>• Dietitian input essential due to increased risk of malnutrition</li> <li>• Increased risk of colorectal cancer</li> <li>• Cancer surveillance frequency determined by IBD team</li> </ul>	<ul style="list-style-type: none"> <li>• Effectiveness of oral contraception may be reduced</li> <li>• Fertility rates for women with IBD in remission, without prior surgery, are not reduced</li> <li>• Active IBD in pregnancy: increased risk of preterm birth, small for gestational age and foetal loss</li> <li>• Pre-conception planning to optimise medication</li> </ul>	<ul style="list-style-type: none"> <li>• Increased risk of infections requiring admission</li> <li>• May be due to disease or treatment</li> <li>• Live vaccines contraindicated if patient immunosuppressed</li> <li>• Live vaccines include BCG, MMR, nasal flu, oral polio, rotavirus, varicella zoster and yellow fever</li> </ul>

## ONGOING CARE

Medications	Clinical Support	Other support
<ul style="list-style-type: none"> <li>• Tablet absorption may be impaired: consider soluble or liquids instead</li> </ul>	<ul style="list-style-type: none"> <li>• IBD team should provide contact details for queries</li> <li>• IBD specialist nurse</li> </ul>	<ul style="list-style-type: none"> <li>• Signpost to voluntary organisations, including Crohn's &amp; Colitis UK and CICRA</li> <li>• Information and support including helplines, accredited resources, online forums and local networks.</li> <li>• Social prescribers</li> <li>• NHS Talking Therapies</li> </ul>