

LIVING WELL WITH IBD

Evidence proves that adherence to clinical guidelines can help patients with chronic illness stay healthier and symptom-free. And the key to adherence? Self-management. Self-management is patients with chronic illness and their families playing an active role in their health to manage symptoms, improve health and express their concerns and problems. Self-management tools enhance patient education, activate patients to help them ask questions, and improve communication with healthcare providers.

Living Well with IBD: An online resource

Living Well with IBD: A Self-Management Program provides detailed information about living with Crohn's disease and ulcerative colitis, treatment options, possible complications and much more, in an easy-to-navigate online program. More importantly, it provides information about what patients need to learn and do to be active participants in their care. Patients and families can use it as a reference between visits to the doctor, and download tools and handouts to take to the clinic to discuss what they have learned with their healthcare team. Most sections in the self-guided program are very quick and easy to complete. Certain sections (e.g., the Food Journal, Growth Log) may be used frequently, while other sections (e.g., Surgery) may not apply to everyone. We know that when patients and their families become actively involved in their own care, and work in cooperation with their healthcare team, the results can be incredibly positive. The self-management support program can help do just that.

This online education program was developed in collaboration with the NASPGHAN Foundation for Children's Digestive Health and Nutrition and ImproveCareNow, Inc.

It was supported by an independent educational grant from Abbott.

*The content of the program was adapted from *Living Well with Inflammatory Bowel Disease: A Self-Management Handbook for Patients and Families with IBD*.*

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CONTACT

Customer Service

NASPGHAN

naspghan@naspghan.org

Project Lead

Wallace Crandall, MD

Nationwide Children's

Timeline

December 2012

Usernames and passwords to be issued to SMS+ ImproveCareNow care centers

January 2013-Forward

Participating care centers will conduct PDSAs (*Plan, Do, Study, Act*) on use of online program

Requirements to Participate

Living Well with IBD: A Self-Management Program will be implemented in a phased approach across ImproveCareNow care centers. Initially, care centers working in Self-Management Support will be able to provide usernames and passwords to their age-appropriate patients in order to access the program. Subsequently, all ImproveCareNow care centers will be able to provide this resource for their patients. The program will also be made available to NASPGHAN members generally, whether or not they are ImproveCareNow participants.

Care Center

- Confirm participation in test
- Identify potential users
- Get username / password for users
- Develop / document PDSAs for testing online program
- Provide username / password to patients, begin PDSAs

