Inflammatory Bowel Disease Supported, Self Help and Management Programme (IBD-SSHAMP)

SAGE Summary

Self management in inflammatory bowel disease (IBD) has proven itself to be a safe and cost effective method of managing the more stable IBD patients. It is however not without its issues. In February 2012 we introduced our IBD-Supported, Self Help and Management Programme (IBD-SSHAMP) with specialist nursing and consultant support to try an avoid some of the issues inherent on relying on self management alone. We now have 3 years experience of IBD-SSHAMP and have 425 patients being monitored and managed from within the community. These patients avoid the traditional hospital based outpatient system and are instead managed using virtual telephone clinics and support from a personalised web-site. In 3 years we have had just 43 flares within this cohort and most of these were successfully treated by self management guiding increases in mesalazines dosing. Steroids were however required in 16 of these patients, most of which was directed by telephone consultation. With this cohort of patients we have had to make just 8 urgent outpatient appointments (OPAs) and have had no hospital admission. Most patients have been only to happy to engage in a community based management system, however, we leave this down to patient choose and are happy to continue the traditional hospital based outpatients review system for those that request it.

IBD-SSHAMP has been shown to be a highly efficient and cost effective method of keeping community based IBD patients under close specialist review. Reductions in flares, emergency OPAs and admissions have all been seen. It has been well received by the patients who prefer to be supported rather than discharged and left alone to self manage. Winning the SAGE Award in 2014 has certainly helped put our work under the spotlight. The attention drew a considerable amount of both National and International interest. We have had 24 hospitals come to visit the hospital and see the system in action. By the end of 2015, there will be 15 UK hospitals using our personalised web-based management system. It was after the SAGE Awards that the Royal College of Physicians contacted us asking if they could use IBD-SSHAMP as a flagship project to help highlight the ideals of their “Future Hospitals” programme. The award money was used to develop the system further and provide us with C-SSHAMP. This is a similar system aimed at safely transferring the management of Coeliac patients into the community, whilst still keeping a close control on the monitoring and management of their condition.