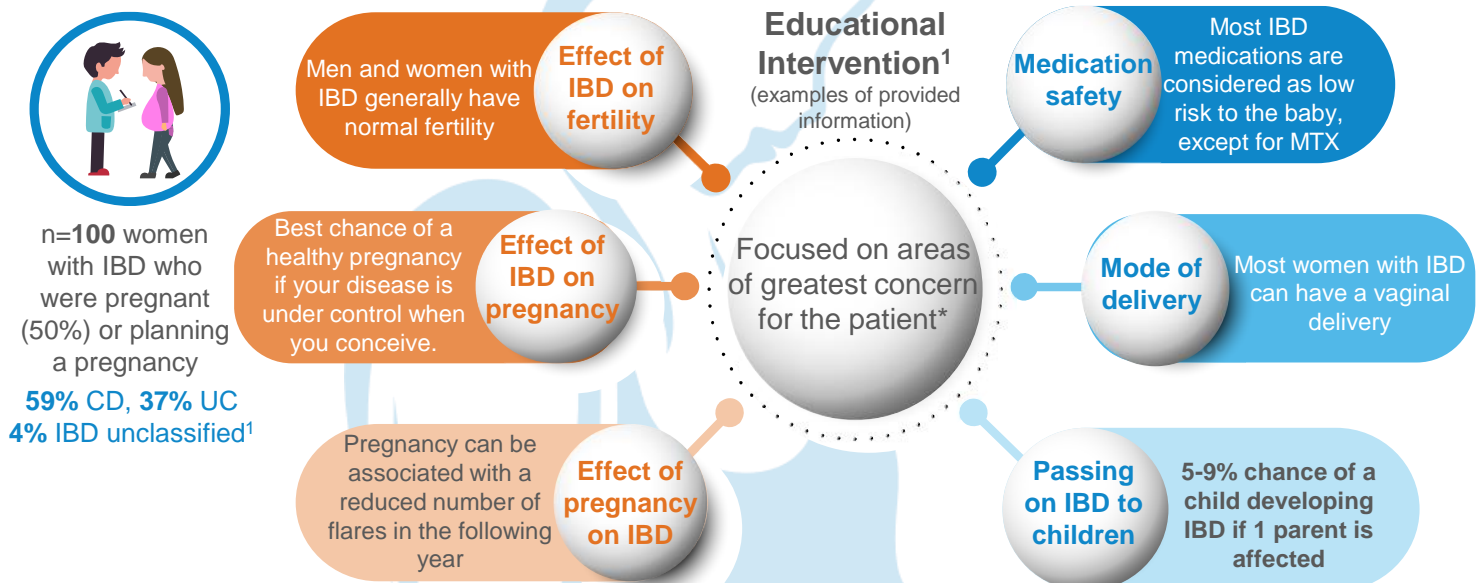




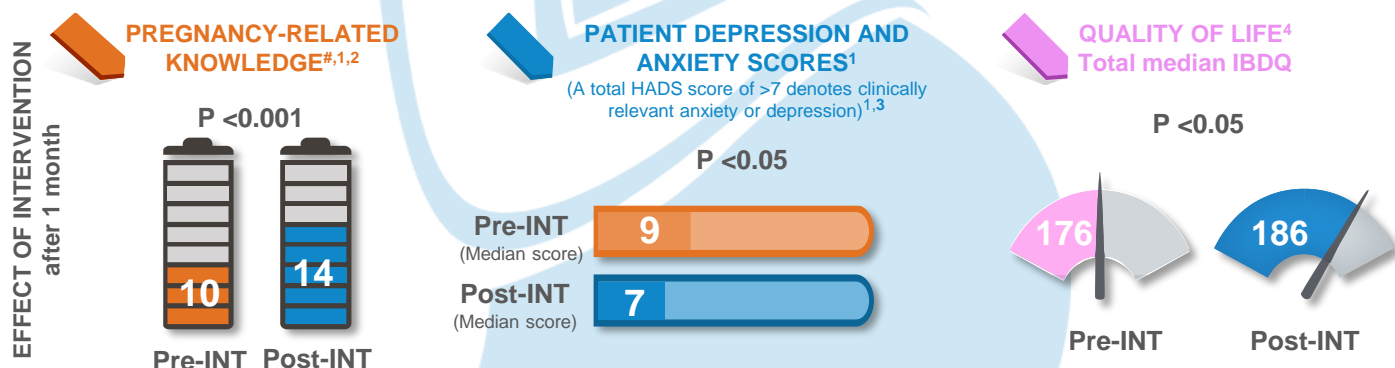
## Did you know?

... educational intervention has the potential to improve pregnancy knowledge, and enhance quality of life for women with IBD<sup>1</sup>

The effectiveness of a simple educational intervention for improving pregnancy-related knowledge and patient outcomes including anxiety, depression, and quality of life was studied prospectively in women with IBD.<sup>1</sup>



\*The intervention was provided via a half-day clinic run with a single gastroenterologist per clinic and was characterized by a single one-on-one information session on standardized topics, using a pro-forma for evidence-based advice and a structured discussion relating to IBD and pregnancy. All participants received the same information.<sup>1</sup>



<sup>#</sup>Patients were asked to complete the CCPKnow questionnaire, which includes 17 multiple-choice questions covering aspects of IBD and pregnancy, with scores out of 17 categorized as follows: poor (0-7), adequate (8-10), good (11-13), and very good (14-17). Reported results are median scores. Eighty-two participants (82%) completed the 1-month follow-up.

Uptake of educational interventions may have the potential to not only improve pregnancy knowledge but also optimize patient satisfaction, promote medication adherence, and enhance quality of life for women with IBD who are pregnant or planning to conceive.<sup>1</sup>

CD: Crohn's disease; CCPKnow: Crohn's and Colitis Pregnancy Knowledge Score; IBD: Inflammatory bowel disease; IBDQ: Inflammatory bowel disease questionnaire; INT: Intervention; MTX: Methotrexate; UC: Ulcerative colitis

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