

A Retrospective Audit Of a Nurse-Led Inflammatory Bowel Disease (IBD) Service

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Introduction

Nurse-specialists in IBD are demonstrated to improve patient outcomes and be cost-effective. The Mercy Hospital was the first hospital in Ireland to have an IBD Advanced Nurse Practitioner and has three Clinical Nurse Specialists.

Aim

In this article we aim to delineate the role undertaken by the advanced nurse practitioner and three nurse-specialists in the IBD centre in a university teaching hospital.

To evaluate the impact of IBD nurse-led care

Method

This was a retrospective audit of a 12 week period – September to November 2020. This was chosen to reflect the usual levels of activity, whilst minimising the impact of covid-19. Type of patient encounter with CNS (phone, email, infusion clinic review) was recorded, along with the result. Outcomes included expedited clinic appointment, nurse-led decision, discussion with the gastroenterology consultant or advice to attend the emergency department (ED).

Results

There were 4,858 patient-nurse contacts. These consisted of 2,314 telephone calls, 1,929 via email and 615 reviews at the infusion clinic.

Most were managed with nurse-led decision making based on an agreed algorithm, and only a quarter of patients were discussed with the consultant

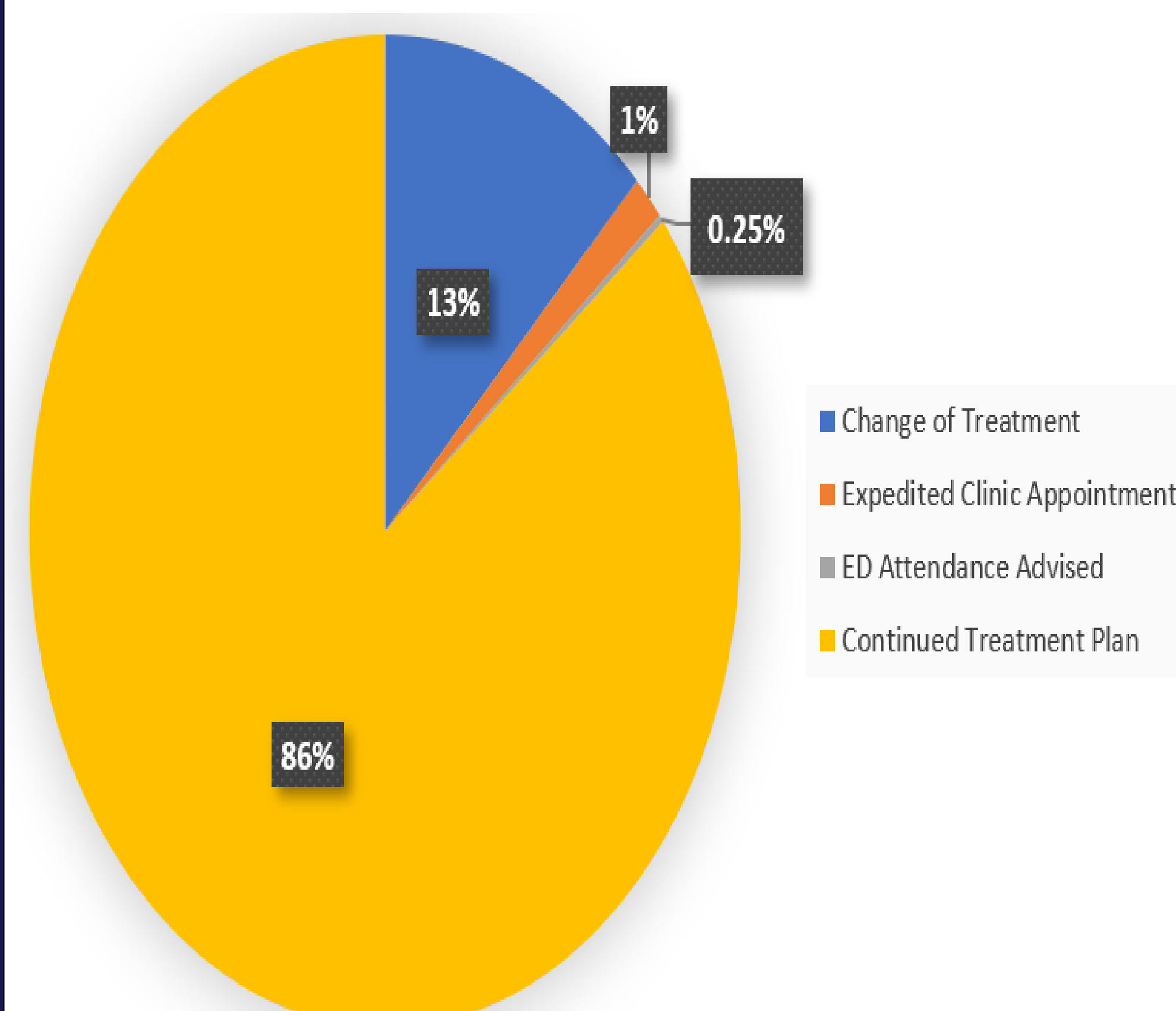
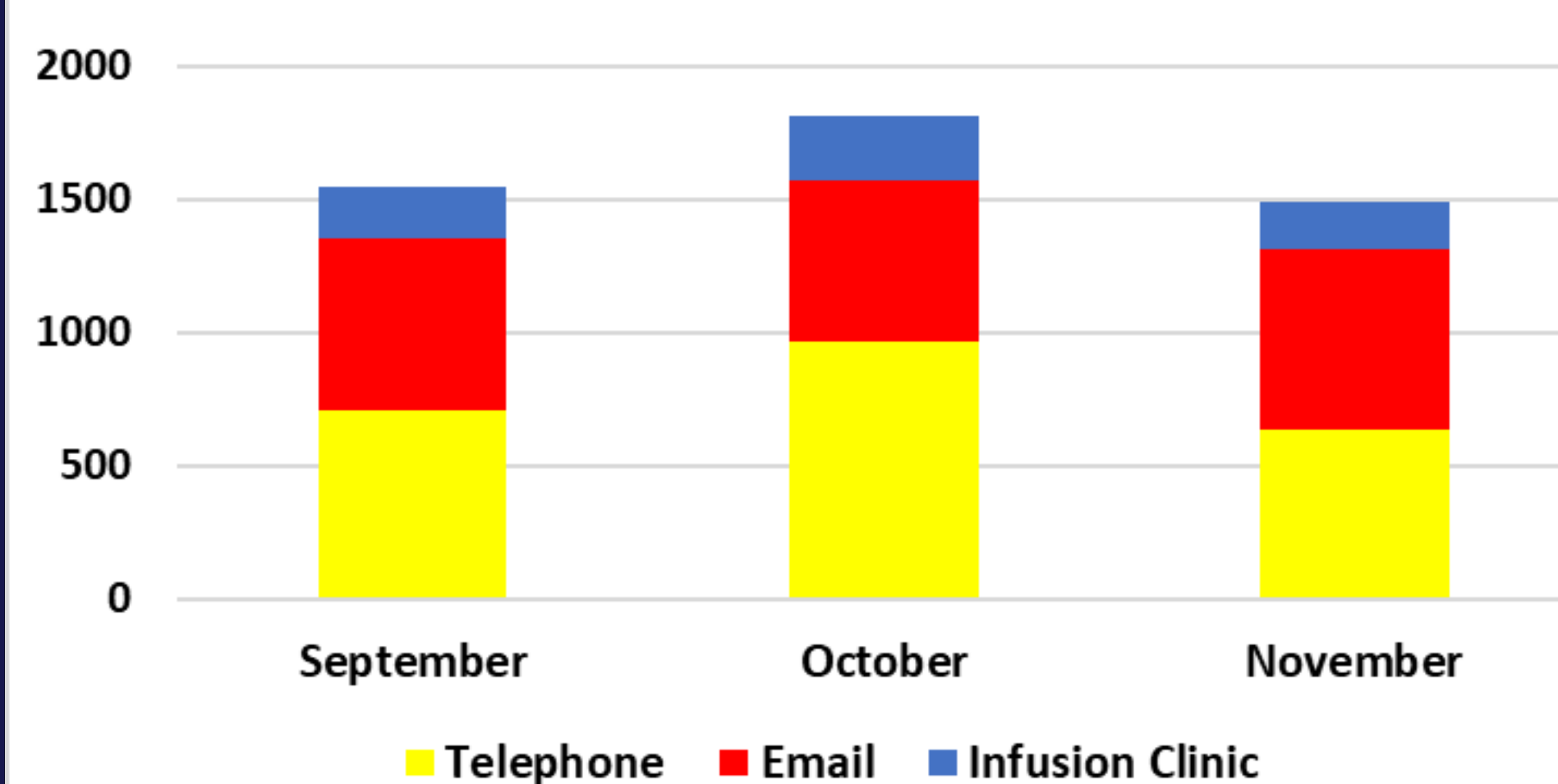
609 (12.5%) patients required a change in treatment.

73 (1.5%) had an expedited clinic appointment.

Only 12 (0.25%) patients were advised to attend ED.

No patients attending infusion clinic attended outpatient clinic.

Patient-Nurse Contacts



Discussion

- Our audit shows that the IBD nurse-specialist service conducts a large volume of work, both virtual and in person.
- Remote management of patients is facilitated in the majority, leading to lower healthcare costs.
- Access to prompt response from an IBD trained professional allows a rapid treatment of flares.

Conclusion

- Nurse-led algorithm-based decision making is safe, effective and cost-effective
- A majority of patients were managed through this nurse-led service without the need for OPD appointment or emergency department attendance

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