

9th N-ECCO Network Meeting 2015

Beautiful Barcelona was host to the 9th N-ECCO Network Meeting attended by 193 nurses from across the world with a shared goal of delivering quality care to people with IBD all over the world.

Delegates were welcomed by the ECCO President Séverine Vermeire, who expressed warm appreciation of the key role of IBD nursing and set the tone for an invigorating day.

The main programme was opened by a talk on quality measurement and standards by Xavier Calvet (Spain), who gave an honest and thorough overview of the challenges as well as the opportunities in that field. Nienke Ipenburg (the Netherlands) then tackled the theme of compliance and concordance in patient care: A key issue for all IBD patients. Her clear approach demonstrated how important this is, and how often its significance is underestimated in our daily practice.



Prior to coffee there was a brief explanation from Henny Tomlow (the Netherlands) of his experience in using the N-ECCO Travel Award. This opportunity is open to all nurses and encouragement to take advantage of the opportunity was reiterated throughout the day.

Please apply in response to the official call in May 2015!

The pre-lunch session concentrated on dietary issues and the role of enteral nutritional therapy as primary treatment was addressed in a lively debate between Miles Parkes (Cambridge) and Oliver Brain (Oxford). While this „spat between two English gentlemen“ provided some entertainment, it also enabled us to explore the evidential and practical aspects of enteral therapy which underpin some difficult decision making and to vote on a case study. It must be mentioned that Oliver Brain (arguing against primary enteral therapy) won the debate on this occasion before we moved on to the next dietary challenge: The IBD–IBS interface. This crossover is often confusing for patients and also clinicians but was expertly navigated by Krisztina Gecse (Hungary).



Following lunch (yes, there was lunch!), two sessions aimed at optimising the care that we provide for our IBD patients by looking at laboratory interpretation in IBD (Pieter Hindryckx, Belgium) and new biomarkers and their roles (Laurent Peyrin-Biroulet, France). Both speakers did an excellent job of stretching our expertise and opened new ways of looking at monitoring in order to achieve better, safer, more effective care.



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We then heard from three nurses about their own work: Aki Kawakami (Japan) on a patient compliance tool transferred to the Japanese context, Lisa Younge (UK) on the satisfaction of older patients with types of follow-up in IBD care, and Francisca Murciano Gonzalo (Spain) on her innovative toilet finding project for patients in Barcelona. These are nursing interventions to be proud of and they generated ideas for all the delegates!

The second half of the afternoon concentrated on looking forward to what lies ahead. We listened with uncomfortable fascination to a talk about the use of faecal transplantation as a treatment for IBD (Gijs van den Brink, the Netherlands). A further topic was the role of stem cell transplantation in IBD and how this extreme but potentially transformative treatment might have a place in the options for patients with debilitating disease (Elena Ricart, Spain). Finally, Gert van Assche (Belgium) gave an excellent overview of medical therapies coming onto the market and expertly linked these to the mechanisms and theory behind their development. It will be interesting to see how all these new treatments make their way into everyday practice in the near future.

Finally the meeting was closed by our N-ECCO Chair, Janette Gaarenstroom (the Netherlands), who threw open the door to a variety of opportunities for all IBD nurse members. These cannot be repeated enough: Please do consider the **N-ECCO Travel Awards!** Please do consider the **teaching opportunity** for nurses in Cyprus, or elsewhere! Please do consider the other opportunities as they emerge, such as **guideline projects, e-CCO Learning modules and more!** Nurses have a key role to play in the delivery of excellent and up-to-date care of IBD patients and we are proud to be IBD nurses. Let's get even more involved and return for more networking and exploration of IBD care in Amsterdam next year.

We hope to see you there.

Lydia White

N-ECCO Committee Member