Redesign of Dietetic Services for Inflammatory Bowel Disease (IBD) Outpatients in NHS Fife

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Background
Increasing numbers of patients are being diagnosed with IBD. British Society of Gastroenterology (BSG) Guidelines (2011)1, National IBD Standards (2013)2, NICE Quality Standards for IBD (2015)3 and A National Blueprint for IBD in Scotland (2016)4 highlight all patients with IBD should have access to a Dietitian working as part of the IBD multidisciplinary team. In order to meet these standards and enable IBD patients to receive Dietetic support in a timely manner we have changed our Dietetic referral pathway. Historically patients were waiting up to 16 weeks to be assessed in either a general or GI Dietetic outpatient clinic (Figure 1).

Method
A Dietetic service is now provided to patients who attend the GI Consultant or Specialist Nurse weekly IBD clinic and Rapid Access Clinics at Victoria Hospital (VHK) (Figure 2). Patients are referred based on specific referral criteria which includes: unintentional weight loss >5% over the last 3-6 months, exclusive enteral nutrition, dietary advice in view of stricturing disease or to assess the nutritional adequacy of those patients diets with self-imposed restrictive intakes. These patients are nutritionally assessed on the day of referral following their appointment with the clinician.

Results
The majority of IBD patients referred at VHK now receive Dietetic intervention at the IBD Clinic VHK (43%) and Rapid Access Clinic VHK (46%) on day of referral without waiting for a separate Dietetic outpatient appointment. A much smaller proportion of patients are seen at the GI Dietetic Clinic VHK (11%) (Figure 3). Nutritional support intervention is required for almost 70% of IBD patients assessed by the Dietitian at the IBD clinic (Figure 4).

Conclusions
The results highlight 89% of IBD patients are assessed on day of referral at VHK demonstrating the benefit of changing our Dietetic referral pathway. This allows IBD patients to receive Specialist Dietetic intervention in a timely manner throughout their journey. The multidisciplinary team approach is also beneficial when decisions are required surrounding a patient’s nutritional management and can be made without delay on the day of their appointment with the GI team. Future work will focus on undertaking a patient satisfaction questionnaire to establish patient’s opinions on input and access to Dietetic services. Further work is required to redesign additional services at Queen Margaret Hospital (QMH), to allow an increase in Dietetic resources, so that all IBD patients across NHS Fife receive an equitable service.

References
2. IBD Standards Group (2013) Standards for the Healthcare of People who have Inflammatory Bowel Disease (IBD).
4. Scotland Leading the Way – A National Blueprint for Inflammatory Bowel Disease in Scotland (2016).