

Inflammatory Bowel Disease



Patients in remission after three months of treatment

\$5,800,917

Research funding from the NIH and other sources from July 2021–June 2022

97.2%

Of patients with satisfactory nutrition

95.77%

Of patients with satisfactory growth



Cincinnati Children's is ranked #1 in Gastroenterology & GI Surgery and #3 among Honor Roll hospitals.

The Schubert-Martin Inflammatory Bowel Disease Center at Cincinnati Children's provides a comprehensive, multidisciplinary approach to the treatment of ulcerative colitis, Crohn's disease, very-early-onset IBD (VEO-IBD) and IBD unclassified (IBD-U). Our team includes pediatric gastroenterologists, surgeons, gastroenterology nurses, behavioral medicine experts, social workers, dietitians and chronic pain management specialists, all working together to meet the unique needs of each patient. In our last fiscal year, we cared for more than 1,100 children with IBD including second opinions from many states.

HOW WE'RE DIFFERENT

Patients, families and referring physicians are integral to our care team. Our IBD experts take a multidisciplinary approach that includes medical, surgical, behavioral medicine, nutrition, expert nursing care and, if needed, chronic pain management. Using evidence-based protocols, we are able to achieve outcomes that are among the best when compared to other high-volume IBD programs in the United States.

- Our remission criteria are based on objective clinical data as well as patients' own feedback regarding symptom control. Our remission rate after three months of treatment is 82.25 percent.
- Less than 1.5 percent of our patients take prednisone after three months of treatment, an indication of our ability to utilize steroid-sparing medications effectively.
- Patients are seen by all disciplines during the same clinic to plan the most coordinated treatment approach as quickly as possible.
- Before considering surgery, we will confirm that all reasonable medical therapies have been tried. If surgery is necessary, we will collaborate with our experienced surgical team to achieve the best outcome possible.
- In 2007, Cincinnati Children's helped establish ImproveCareNow, an international quality improvement learning network. Our physicians continue to provide leadership within the network, which now includes 112 care centers in the U.S. and overseas. Since the network was established, remission rates at all member centers have improved significantly.



TREATMENT TEAM

Pediatric Gastroenterology

Lee A. Denson, MD
Director, IBD Center

Phillip Minar, MD
Medical Director, IBD Center

Jasbir Dhaliwal, MD

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Kaitlin Whaley, MD

Pediatric Surgery

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Nursing

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Alexandra Szabova, MD

Social Work

Marlee Recker, MSW, LSW

Nutrition

Kathryn Hitchcock, MS, RD, LD

Emily Romantic, RD, LD

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TREATMENT APPROACH

Our goal is to provide a personalized treatment plan that encourages self-management through nutrition and medication. Before a patient's first visit, our team has already reviewed all medical records and identified which additional tests need to be conducted. We use sophisticated diagnostic tools, including magnetic resonance enterography, to accurately stage the disease and, if necessary, determine whether surgery could be beneficial.

After initial treatment begins, we conduct regularly scheduled lab tests (such as the tests to measure fecal fetal calprotectin and therapeutic drug levels) that help us gauge intestinal healing and identify early warning signs of problems that might require medical intervention. Research indicates that patients who are carefully monitored in this way experience fewer flare-ups and require fewer hospitalizations or surgery. We also partner with patients and families to build skills in managing the disease. Skills are assessed, goals are determined and progress toward these goals is discussed at each encounter.

If Surgery Is Indicated

We have surgeons who specialize in IBD surgeries, including minimally invasive techniques for Crohn's and ulcerative colitis.

Our pediatric surgeons can also accept direct referrals from physicians, and work closely with them to develop a streamlined treatment plan for those patients.

RESEARCH TO IMPROVE PATIENT CARE

Researchers at Cincinnati Children's are actively engaged in basic, clinical and translational studies to advance the understanding and treatment of IBD. The IBD team leads several research projects that involve learning ways to personalize medications, long-term studies to help predict and improve outcomes, and clinical trials of new therapies.

For urgent issues, or to speak with the specialist on call 24/7, call the Physician Priority Link® at 1-888-987-7997.

For international inquiries, call +1-513-636-3100 or email international@cchmc.org.