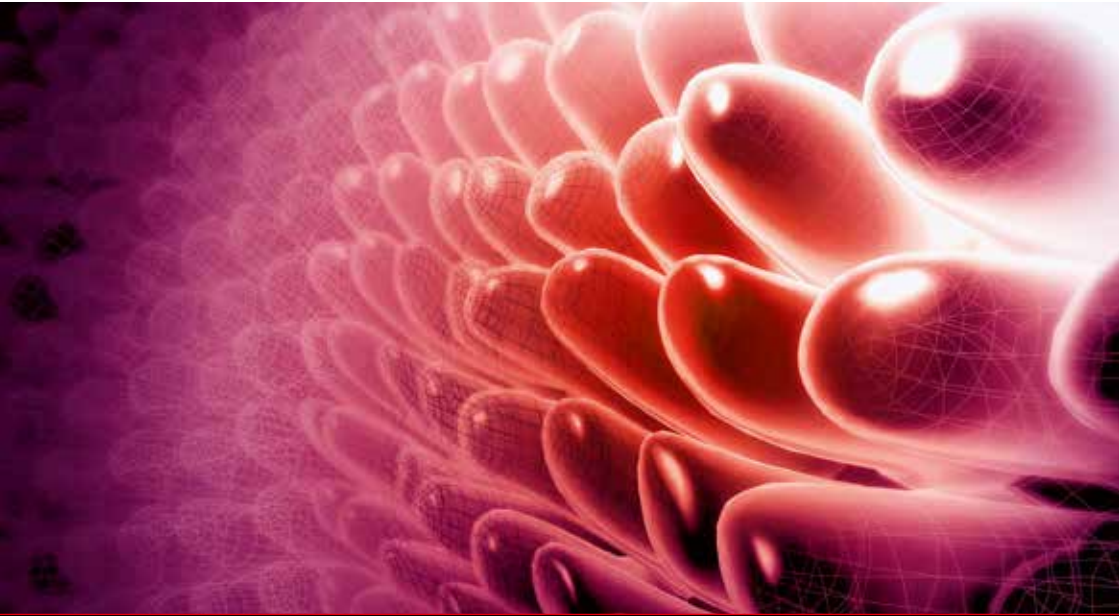


**IBDnet**



# Annual Report 2022–2023

[www.ibdnet.ch](http://www.ibdnet.ch)



A cooperation partner of SGGSSG

# **IBDnet**

IBDnet

8000 Zurich

[info.ibdnet@gmail.com](mailto:info.ibdnet@gmail.com)

[www.ibdnet.ch](http://www.ibdnet.ch)

# EDITORIAL



Dear colleagues,

Over the last 23 years the IBDnet was continuously growing. Today, the IBDnet counts over 158 members and is constantly reaching out to more Gastroenterologist interested in IBD.

Since 2018 the IBDnet is an official working group of the Swiss Society for Gastroenterology. Within this role the main fields of interest are Clinical Research, Education, Expert Opinions and Patient Relations.

This year, the IBDnet has again placed great emphasis on the implementation of high-quality continuing education in the field of IBD. Our educational offerings include extensive on-site events as well as virtual formats for physicians and medical assistants, with the goal of ensuring the highest possible level of patient care in IBD.

Furthermore, we have put a lot of energy into the further development of the eSIBDC platform for gastroenterologists and pediatricians to ensure the continued success of the cohort after integration into IBDnet.

Our most important activities are summarized in this Annual Report 2022–2023.

On behalf of the IBDnet I would like to thank all participating gastroenterologists for their unremitting efforts and all sponsors for their long-standing support.

Yours faithfully,

A handwritten signature in black ink, appearing to read 'Maillard'.

PD Dr. med. Michel Maillard,  
President of the IBDnet 2020–2024

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# ABOUT IBDnet

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The IBDnet is working in various fields, touching scientific projects, continuing medical education and political talking points concerning IBD drug approval, pricing and reimbursement.

## Members

The IBDnet counts for 158 active members to date, with a steering committee of 16 IBD specialists and an operational committee of 7 gastroenterologists.

We invite all physicians interested in IBD or wanting to support our work to become a member. Annual membership fees can be paid on an annual basis or on a triennial basis (one year: CHF 30, three years: CHF 60). Members have access to the general assembly allowing to play an active role in deciding about the future research focus and planning of educational projects of the IBDnet.

Furthermore, IBDnet members have access to a vast library of educational slides and virtual on-demand education.

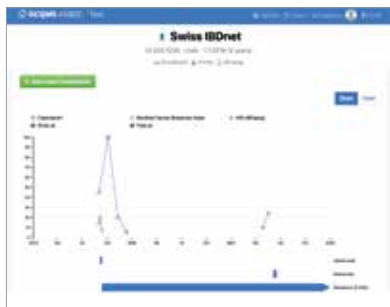
## More

For more information about IBDnet please visit [www.ibdnet.ch](http://www.ibdnet.ch)

# CLINICAL RESEARCH

Clinical research is one of the main emphasis of IBDnet. Several clinical projects are on-going.

## eSwiss IBD Cohort Study (eSIBDCS): Integration into IBDnet and introduction of the paediatric eCRF



The most successful project that was made possible over a decade ago by the effort of IBDnet is the Swiss IBD Cohort Study (SIBDCS).

In recent years, the need of developing the SIBDCS into a web-based registry allowing electronic data capture and reporting of patient data become obvious. In analogy to the Swiss Rheumatology registry SCQM, a respective technical solution was implemented, called eSIBDCS. With the electronic data capture, the eSIBDCS allows continuous follow-up of IBD patients treated by any therapeutic agent, centered on efficacy and pharmacovigilance of these agents. This database is crucial at the time when anti-TNF biosimilars and several new agents beyond anti-TNFs are introduced for the treatment of IBD.

Today, the eSIBDCS is a professional and user-friendly platform perfectly lined-up for future requirements. Last year, the cohort faced further challenges: on the one hand, there was a change of sponsor and thus definitive integration of the cohort into IBDnet, because the financial support of the SNSF expired. On the other hand, the paediatric questionnaire of the cohort also had to be digitised; the paediatric eSIBDCS now uses the same electronic input mask as the adult cohort and is linked to it.

Prof. Dr. med. Dr. phil. Gerhard Rogler  
Prof. Dr. med. Pierre Michetti

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Also last year, the collection of PROs was rolled out widely. This is done directly by the patient via a password-protected web app. The data entered by the patient is transmitted directly to the eCRF of the eSIBDCS and can thus be viewed by the attending physician.

We encourage you to participate in this very successful and important cohort study. Please contact us: [sibdc@ibdnet.ch](mailto:sibdc@ibdnet.ch)

### CX3CR1 biomarker Study

The aim of this clinical biomarker study is to investigate whether the presence of a genetic variation within the CX3CR1 gene locus can be used as predictive biomarker for the disease course of CD patients. By analyzing and correlating ASCA serum levels, CX3CR1 polymorphism and disease characteristics using biosamples from 450 SIBDCS patients, it will be tested whether presence of the CX3CR1 gene variation is associated with a complicated disease behavior. The study is ongoing.

Further information: [michael.scharl@usz.ch](mailto:michael.scharl@usz.ch)

### Registry to study the incidence, phenotype, risk factors and clinical course of inflammatory bowel disease in Zimbabwe

This non-interventional registry-based study aims at enrolling Zimbabwean IBD patients for long-term follow-up, collect comprehensive data on disease phenotype, severity, complications, disease course, and common environmental risk factors. Furthermore, establishment of a biobank with stool samples, intestinal biopsies, and germline DNA for future research on the etiology and evolution of inflammatory bowel disease in an African population at an early stage of the IBD epidemic is emphasized. So far, 35 patients have been included in the registry, patient enrollment is ongoing. Further information: [benjamin.misselwitz@insel.ch](mailto:benjamin.misselwitz@insel.ch)

# CLINICAL RESEARCH

## Role of MAIT cell stimulatory bacterial metabolites in IBD-associated liver disease

This translational project is addressing the role of Mucosal-associated invariant T (MAIT) cells in primary sclerosing cholangitis (PSC) and inflammatory bowel disease (IBD)-related PSC. There is a strong clinical association of PSC with IBD, the latter being associated with a decreased intestinal barrier integrity, changes in the gut microbiome, and strong mucosal inflammatory responses also involving MAIT cells. Little is known about the involvement of MAIT cells and their bacteria-derived ligands in the pathogenesis of PSC.

Further information: [emanuel.burri@ksbl.ch](mailto:emanuel.burri@ksbl.ch)

## Cholecalciferol Comedication in patients with Chronic inflammatory bowel disease – the 5C-study

The overall purpose of this study is to investigate whether the administration of vitamin D in addition to the basic treatment in IBD patients influences the intestinal inflammatory process. The primary outcome to be assessed will be the change in the concentration of faecal calprotectin [ $\mu\text{g/g}$ ]. Secondary outcome will be change in CRP, 25(OH)D serum levels and change in clinical disease activity scores (HBI, MTWSI). A positive ethics vote was given, the study is ongoing.

Further information: [petr.hruz@clarunis.ch](mailto:petr.hruz@clarunis.ch)

## Further studies with involvement of IBDnet members

- Phase 2 dose-finding, efficacy and safety study of efavaleukin alfa in Ulcerative colitis patients with moderately severe disease (Amgen)

### PLANNED STUDIES 2023–2024

#### **PRECISE TRACKING OF BACTERIAL STRAINS REPLACEMENT IN CROHN'S DISEASE PATIENTS AFTER FECAL MICROBIOTA TRANSPLANTATION FROM HEALTHY HOUSEHOLD MEMBERS**

Fecal microbiota transplantation (FMT) has been successfully used in treating subjects infected with recurrent *Clostridium difficile*2 and IBD patients. However,



Prof. Dr. med. Dr. phil. Gerhard Rogler  
Prof. Dr. med. Pierre Michetti

until now, a detailed study that evaluates the stability of the bacterial strain in FMT recipients and their association with clinical outcomes is lacking. There is no clear evidence of which strains in the FMT donor stool do or do not engraft or which colonized strains before FMT in recipients persist after the transplant, and whether engrafting and persisting strains are durable members of the resulting microbiota is unresolved. Hence, in this study, we aim to characterize the strain-level resolution and to track the transmission of strains after FMT using the tool 1 for analysis of cooccurring genome populations from metagenomes that allows highly accurate genome comparisons, micro-diversity, and sensitive detection of shared microbial strains between donor and recipient which can help us to pinpoint a therapeutically defined cocktail of gut microbial components as a safer and scalable alternative to FMT.

Further information: [bahtiyar.yilmaz@unibe.ch](mailto:bahtiyar.yilmaz@unibe.ch)

### **EVOLUTION OF GROWTH FOLLOWING ANTI-TNF $\alpha$ THERAPY IN PAEDIATRIC CROHN'S DISEASE**

The aim of this eSIBDCS-based study is to determine the impact of biological agents on growth in paediatric Crohn's disease patients with respect to medication and treatment strategy (top-down vs. step-up approach). Furthermore this study aims at determining whether a particular group of individuals would benefit more from biological agents, growth-wise, and what factors influence this growth benefit.

Further information: [clea.kunz@unil.ch](mailto:clea.kunz@unil.ch)

### **UNDERSTANDING THE EVOLUTION OF INFORMATION NEEDS AND EXPECTATIONS OF SWISS ULCERATIVE COLITIS PATIENTS OVER A 10-YEAR FOLLOW-UP**

The main objectives will be to explore what participants considered to be the key unmet needs in diagnosis, treatments and follow-up and their hopes for the future, and compare it with results of focus groups (FG) we performed in 2014. Furthermore, we aim at conducting a survey to assess the overall levels of patient-reported concerns, needs and expectations in our Swiss UC population after 10 years.

Further information: [valerie.pittet@unisante.ch](mailto:valerie.pittet@unisante.ch)

# CONTINUING MEDICAL EDUCATION

With emphasis on continuing medical education, the IBDnet has generated several educational platforms for physician, medical assistants and nurses. In collaboration with university hospitals and sponsors, the IBDnet ran a variety of local educational events. National events are highlighted below.



## 8<sup>th</sup> Postgraduate Course in IBD 2022

With 150 participants, the 8<sup>th</sup> Postgraduate Course is one of the most successful in this series. The top-class international faculty, the Swiss experts as well as the interest of the participants contributed to this success. As in previous years, the Postgraduate Course was also broadcast as an interactive live-stream.



## IBDnet TALKS 2023

IBD NET TALKS is a training curriculum for Swiss gastroenterology and hepatology fellows and experienced clinicians who want to refresh their knowledge. IBD NET TALKS was initiated in 2016. In its 7<sup>th</sup> edition in 2023 four training modules were broadcasted, up to 120 participants participated in the interactive webinars. This educational format will be maintained in 2024. For further information and registration please visit

[www.ibdnet.ch/education/medical](http://www.ibdnet.ch/education/medical)

Prof. Dr. med. Stephan Vavricka  
PD Dr. med. Emanuel Burri  
PD Dr. med. Pascal Juillerat



## Summer School 2023: Quality of Care in IBD

As in previous years, on a biennial basis, an interactive two-day summer workshop was held in its 6<sup>th</sup> edition in Thun end of August. Starting with a hands-on sonography training on patient volunteers on Thursday, the Friday lectures were dedicated to shed light on different aspects of novel therapeutic concepts. 102 participants attended the Summer School 2023.



## IBD Forum

The IBD FORUM is an interactive round-table educational format in which clinical situations from the daily practice of the participants are discussed by experts. Subsequently, the corresponding data is presented in lectures. Participants are invited to bring their current cases from practice. The IBD FORUM is held three times a year.

## PLANNED MEDICAL EVENTS 2023–2024

### 9<sup>TH</sup> POSTGRADUATE COURSE IN IBD 2024

Mark your agenda on December 5–7, 2024. According to the long-standing tradition the 9<sup>th</sup> Postgraduate Course in IBD will be held in the remote Wolfsberg Educational Center in Ermatingen. Beside interactive hands-on workshops, case-based tutorials and state-of-the-art lectures, the Postgraduate Course will be extended with a poster session to give more space to IBD research. For further information and registration please visit [www.ibdnet.ch/education/medical](http://www.ibdnet.ch/education/medical)

### 8<sup>TH</sup> IBD NET TALKS

Based on the positive resonance, IBD NET TALKS will be continued in its 8<sup>th</sup> edition with four modules throughout 2024. For further information and registration please visit [www.ibdnet.ch/education/medical](http://www.ibdnet.ch/education/medical)

# NURSE EDUCATION

The yearly Nurse Workshop has been a very popular IBD-specific educational platform for medical assistants and IBD nurses over the last thirteen years.

## Nurse Workshops 2022



The Nurse Workshop 2022 was dedicated to the topic of IBD pathogenesis and relapse prevention. From this point of view, factors that may trigger a disease as well as factors that may have a positive effect on relapse-prevention were illuminated.

In collaboration with the patient organization Crohn's Colitis Switzerland (CCS), various patients reported on their experiences. The Nurse Workshop 2022 was held as a face-to-face event and was attended by overall 91 participants in Zurich (73) and Lausanne (18), respectively.

## Nurse Webinars 2023



Increasing number of participants in the Nurse Workshops as well as many enquiries from IBD Nurses have prompted us to launch another training format for IBD Nurses.

The Nurse Webinars are intended as a complementary continuing education format for IBD Nurses. The Nurse Webinar Curriculum includes six webinars per national language, which are conducted over two years. The Nurse Webinars are offered in German and French, respectively, and are each conducted by a gastroenterologist and an experienced IBD nurse. The Nurse Webinar Curriculum has started very successfully and enjoys with 104 unique participants a high level of participation.

PD Dr. med. Luc Biedermann  
PD Dr. med. Christian Mottet

## PLANNED NURSE EVENTS 2023–2024

### **NURSE WORKSHOPS 2023**

In 2023, the workshops will be held on November 16 in Zurich, and November 9 in Lausanne, respectively. Thematically, this year's workshop will address extraintestinal manifestations in IBD. For further information and registration please visit [www.ibdnet.ch/education/nurse](http://www.ibdnet.ch/education/nurse)

### **NURSE WEBINARS 2024**

As a continuation of the Nurse Webinar Curriculum, three interactive virtual sessions per national language will take place again in 2024. For further information please visit [www.ibdnet.ch/education/nurse](http://www.ibdnet.ch/education/nurse)

# PRACTICAL GUIDELINES

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Based on the strategic focus of IBDnet, clinically relevant topics are defined, which are addressed within the framework of expert recommendations.

## FMT: Current approaches in fecal microbiota transplantation in daily practice

Under the leadership of Prof. Dr. med. Frank Seibold, a group of experts has developed recommendations for FMT therapy in practice. The statements were evaluated in a Delphi process and then finalised at the expert meeting in June 2022.

The manuscript entitled «Swiss Expert Opinion: Current Approaches in Fecal Microbiota Transplantation in Daily Practice» has been accepted by Swiss Medical Weekly for publication in 2023.

PD Dr. med. Luc Biedermann  
Prof. Dr. med. Alain Schöpfer

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## PLANNED PROJECTS 2023–2024

### **THERAPY SEQUENCING**

For the upcoming year the IBDnet intends to develop practical consensus recommendations on sequencing of therapies and patient stratification.

# PATIENT RELATIONS

The IBDnet and patient organisation Crohn Colitis Switzerland (CCS) are in close collaboration for several shared activities.

## Patient Webinars 2022–2023

In collaboration with the patient organization Crohn Colitis Switzerland a series of several interactive, Q&A based patient information webinars and hybrid events were conducted throughout the year. We were able to reach out to up to 1000 patients with this informational platform. Most speakers at these patient information events were IBDnet steering committee members. The following topics were discussed, among others:

- Current and future therapies
- Nutrition in IBD
- Complementary medicine in IBD
- The role of the IBD Nurse
- Pathogenesis of IBD
- Interaction intestine - psyche
- Biosimilars
- Pregnancy and breast feeding
- Travelling with IBD

All patient events were recorded and can be viewed on-demand on the Crohn Colitis Switzerland website.



## Patient Guidebooks fokus / accent



General information about Crohn's disease and Ulcerative colitis

In collaboration with the patient association Crohn Colitis Schweiz (CCS) a novel concept of patient information material called fokus / accent has been developed in 2015. To date, several patient guidebooks covering basic aspects of IBD and IBD therapy, respectively, have been published, more are to come.

Download: [www.ibdnet.ch/patients](http://www.ibdnet.ch/patients)



Medical therapy in IBD (4<sup>th</sup> edition)



Social insurances and IBD



Intimacy in IBD



Steroids for the treatment of IBD flares



Extraintestinal Manifestations in IBD



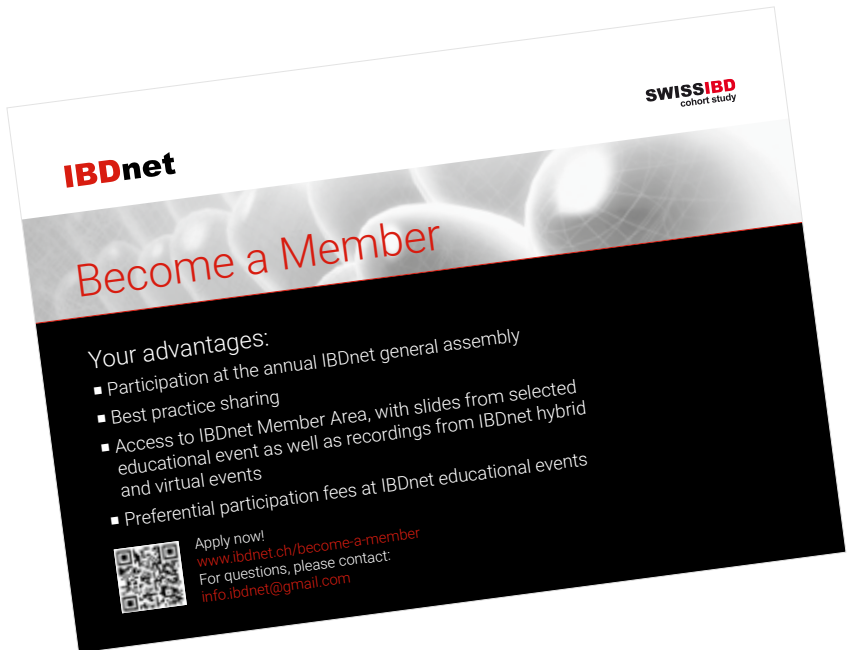
Perianal fistulas in Crohn's disease

## PLANNED PROJECTS 2023–2024

In collaboration with Crohn Colitis Switzerland the IBDnet will further develop fokus / accent guidebooks on bowel preparation and endoscopy.

# BECOME A MEMBER

The IBDnet is a Swiss interest group of medical doctors and scientists specializing in inflammatory bowel disease. The aim is the promotion of research communication and education on diagnosis and therapy in order to improve patient outcomes.



The flyer features the IBDnet logo at the top left and the SWISS IBD cohort study logo at the top right. The main title 'Become a Member' is written in a large, red, sans-serif font across the middle. Below this, a list of advantages is presented in white text on a dark background. At the bottom left of the flyer is a QR code, and to its right are the contact details for joining.

**IBDnet**

**SWISS IBD**  
cohort study

## Become a Member

Your advantages:

- Participation at the annual IBDnet general assembly
- Best practice sharing
- Access to IBDnet Member Area, with slides from selected educational event as well as recordings from IBDnet hybrid and virtual events
- Preferential participation fees at IBDnet educational events

Apply now!  
[www.ibdnet.ch/become-a-member](http://www.ibdnet.ch/become-a-member)  
For questions, please contact:  
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