IBD Specialist Nursing in Oxford

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IBD Advanced Nurse Practitioners

Sept 2013
What about you?
1. Role of the IBD nurse (UK)

- Telephone advice line
- Follow-up clinics
- Rapid access clinics
- In-patient support
- Managing an immunosuppression service
- Administration and monitoring of anti-TNF therapy
- Nutritional support
- Education and counselling
- Developing and defining IBD services
- Liaising with the multidisciplinary team
- Involved in the care of patients with IBD
- Undertaking endoscopy
- Co-ordinating colorectal cancer surveillance

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- IBD Advanced Nurse Practitioners
- IBD Research Nurses
One definition of ANP’s encompassing role is: "aspects of education, research and management but is firmly grounded in direct care provision or clinical work with patients, families and populations.”

Advanced level nurses: “understand the implications of the social, economic and political context of healthcare. Their expertise, experience, professional and clinical judgment are demonstrated in the expert nature of their practice and the depth of their knowledge” Dame C. Beasley (CNO 2012).
Advice Line

- Telephone and Email
- Monday to Fridays
- Majority contact returned same day
- Administrative calls returned by IBD Administrator
- Clinical calls returned by IBD nurse

2012-2013

- 1,626 contacts
- 77% charged (£25)
- = Income: £31,666
Advice Line

Advice Line Contacts

- Triage
- Early Intervention
- Rapid Access
Advice Line

- Triage
- Early Intervention
- Rapid Access

September – November 2007

January 2013
The Advice line provides direct access to the IBD team for IBD patients without them having to get in contact via primary care services.

Patient surveys were sent to 109 patients who phoned the IBD Advice line consecutively in October 2012. The survey was to ascertain what the main reason was for their contact, whether their query was answered in a timely manner, whether their worries were alleviated by the end of the consultation and whether the appropriate questions and/or investigations were carried out.

There was a 57% response rate with overall very positive results. 100% of patients said that they would use the advice line again, with 94% of patients praising the service in very positive terms such as an “invaluable and reassuring tool”.

The IBD team have been able to measure the results of the patient survey and set clear goals for streamlining the advice line service in accordance with patient comments.
Advice Line - Ideas

- Triage to clinic as main role
- Check in for well patients
- Results given
Follow-up clinics

Face to Face

- New diagnoses
- Lifestyle issues
- (Nutrition)
- Medication:
  - New medication
  - Topical Therapy
  - Review/Compliance
- Anti-TNF

OUT-PATIENTS

- Smoking Cessation
- Transition
  - Surgery
  - Adolescents
- Lack of understanding
- Research
- Psychological support
- General Review
Follow-up clinics

OUT-PATIENTS

12 Month TELEPHONE

- Instruction Letter
- History reviewed prior
- Set time to call
- Blood tests prior
- Protocol agreed
- Self-audit / Nurse-led
- Medical support as needed

2010-2011

OUH Income: £21,701
PCT Saving: £47,575
Now 900 slots/year
12 Month TELEPHONE advantages

- **Management:**
  - Income and Savings
  - Clinic capacity

- **Physicians:**
  - History
  - Context reviewed
  - Clinic capacity
  - Cancer surveillance

- **Patients:**
  - “It saved another trip to the hospital”
  - “Blood results on the day means you have answers”
  - “I saved parking money”
  - “No travelling time”
Follow-up clinics

- Virtual clinics
- Face-to-face reviews as main review
- Immuno-suppression clinics
- Specialist clinics e.g. new diagnoses
The nurse patient ratio applied to the bed patient ratio.
**UK IBD Standards:**

*IBD inpatients should be seen by an IBD Nurse*

- Trust
- Transition
- Translation
- Teaching
- Team liaison
- Translational Research

**UK IBD Standards:**

*IBD inpatients should be seen by an IBD Nurse*

- Re-evaluate
- Research
- Refer
- Reviews organised

Available at: [www.ibdstandards.org.uk/](http://www.ibdstandards.org.uk/)
Administering and Monitoring Anti-TNF therapy

IBD Clinic

IBD Nurse and GI pharmacist

Patient reviewed in Biologics clinic

Stop

Change

Continue

Wards

IBD NURSE
REFERRAL form
And ASSESSMENT form

Endoscopy

Central Records Updated

Administration of Anti-TNF

IBD Advice Line
Administration of Anti-TNF therapy

Anti-TNF therapy on ward 5F 2008-2010

Patient numbers

Month

Jan 08 Apr July Oct Jan 09 Apr July Oct Jan 10 Apr

0 10 20 30 40 50 60 70 80

Anti-TNF therapy on ward 5F

Linear (Anti-TNF therapy on ward 5F)
Administration of Anti-TNF therapy

5F Day Cases 2010-2011

Patient numbers

Month

Anti-TNF
Ferrinject
Linear (Anti-TNF)
Linear (Ferrinject)
Administering and Monitoring Anti-TNF therapy

Specialist Nurses

- **2 sessions per week:**
- Teaching of Adalimumab
- Initial Doses of Infliximab
- Coordinating changes
- Liaising with MDT
- Protocols and Service design

(Counselling and pre-start checks done prior)

Gastroenterology ward Nurses

- **Ward and Day case unit:**
- Maintenance Infliximab
- Initial dose of Infliximab for inpatients

(Refer to IBD nurse and/or Gastro pharmacist for pre-start counselling and pre-start checks)
<table>
<thead>
<tr>
<th>Incurred Costs</th>
<th>Cost per hour / set of equip</th>
<th>Number hours / infusions</th>
<th>Total Cost</th>
<th>Cost</th>
</tr>
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<tbody>
<tr>
<td>Ward Nurse (mid band 6 / top 5 - on cost)</td>
<td>£21.37*</td>
<td>x7.5</td>
<td>£160.28</td>
<td></td>
</tr>
<tr>
<td>IBD Nurse (band 7 - on cost)</td>
<td>£27.37*</td>
<td>X10</td>
<td>£273.70</td>
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<tr>
<td>Infusion equipment</td>
<td>Cannula £0.24*</td>
<td>x10</td>
<td>£87.70</td>
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<tr>
<td></td>
<td>Giving Set £5.81*</td>
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</tr>
<tr>
<td></td>
<td>Filter £2.72*</td>
<td></td>
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</tr>
<tr>
<td>Chargeable Price</td>
<td>Charge per admission</td>
<td>Minimum number admissions</td>
<td>Charge</td>
<td></td>
</tr>
<tr>
<td>Day Case Admission</td>
<td>£404</td>
<td>x10</td>
<td>£4040</td>
<td></td>
</tr>
<tr>
<td>Charge – Cost = Balance</td>
<td></td>
<td></td>
<td>4040 – 521.68 = £3518.33</td>
<td></td>
</tr>
</tbody>
</table>

*Figures calculated in 2009-2010 tariffs*
Anti-TNF’s Ideas

- Give all Anti-TNF’s
- Give less Anti-TNF’s (ie healthcare at home)
- Phone Anti-TNF patients (virtual clinics) re bloods, monthly review, individual funding requests, liaising with healthcare at home/setting up home delivery
Liaising with the MDT

Weekly MDT meeting

- **Attendance**

  - Medics
  - Surgeons
  - Radiologist
  - Histopathologist
  - Dieticians
  - Pharmacists
  - Trainees
  - Nurses

- **Participation in discussion,**

- **Meeting preparation from notes**

- **Meeting discussion recorded**

- **Actioned as appropriate**

- **Patient advocate**
Choice of patients

e.g. all patients on TNF, for surgery etc
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IBD Research Nurses (Adjuvant therapy)

- Increasing awareness
- Bridging the gap
- Recruiting patients
- Provision of information
- Patient education
- Facilitating and undertaking trial visits
- Liaising with other healthcare providers, inside and outside agencies.
- Current IBD trials (Sept 2013)
Current Clinical Trials

- **CALM** - Naive active Crohn’s - Comparing 2 treatment strategies, Use of Ada, Steroids and Aza,

- **SHIELD-4** - Active Crohn’s – GSK1605786A for moderate-severe disease,

- **IM-UNITI** - Preventing relapse in Crohn’s - After completing UNITI-1/2,

- **MERCK** – Active Crohns – Biomarkers in mucosal healing,

- **INSPIRADA** - Active ulcerative colitis - Adalimumab, quality of life questionnaires,

- **CONSTRUCT** - Acute severe colitis - Inpatients, post IV steroids, IFX vs Cyc,

- **GILEAD** - PSC – Safety and effectiveness of LOXL2,

- **INTERCEPT-3** - Primary biliary cirrhosis – Obeticholic Acid alongside UDCA,
| Differences |
|-------------|-------------|
| **ANPs** (Band 7) | **CNSs** (Band 6) |
| • History taking | • Support and Advice |
| • Assessment and diagnosis | • Education and Health Promotion |
| • Prescribing (GP) | • Practical specialist tasks (infusions) |
| • Investigation request | • Protocol driven practice (investigations, PGDs) |
| • Physical Assessment | • Participates in Service Audit |
| • Colonoscopy | |
| • Autonomous review | |
| • Leads Service Audit | |
| • Service Design | |
What about you?