

TRAINING AT A NETHERLANDS CENTER OF EXCELLENCE FOR DGBI AND MOTILITY DISORDERS

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I had the honor of being awarded the 2023 ACG North American International GI Training Grant to travel to Maastricht University Medical Centre (MUMC), a tertiary academic center in the Netherlands. My clinical and research interests include disorders of gut-brain interaction (DGBI) such as irritable bowel syndrome (IBS) and functional dyspepsia (FD) and defecatory disorders.

DGBIs are highly prevalent globally, affecting about 40% of the global population (including the United States) with associated negative impact on quality of life for patients and economically on the healthcare system. Integrated DGBI care (with dietitians and gastropyschologists) is now recognized as the most optimal model for improving patient outcomes. I had the privilege to learn from the neurogastroenterology and motility team at MUMC who have established a center of excellence for DGBI and motility disorders and are referred patients from across the Netherlands and neighboring European countries.

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There is a tremendous need for collaborative and innovative research to generate new ideas for treatment modalities, change the paradigm of care and deliver better outcomes for patients with DGBI globally. I thoroughly enjoyed the chance to immerse myself in a different healthcare and hospital system; for example, I was reminded again of the indelible importance of social determinants of health on both a population and individual patient level (e.g., universal healthcare, easy access to affordable public transport, and minimally processed foods).





Additionally, I had the opportunity to participate in research meetings and hear about the plethora of ongoing research projects using novel methodologies and devices, observe the patient recruitment process for ongoing studies, and learn from their multidisciplinary team on the workflow and treatment approach for complex patients. I especially appreciated learning about MUMC's patient hotel model[1] where patients with suspected complex GI motility disorders stay in a nearby hospital hotel (to avoid an inpatient stay and improve patient satisfaction) with carefully coordinated testing and clinical visits on consecutive days. There are many things I took away from both the clinical and research perspective that I hope we can apply to our practice and projects.

I am incredibly grateful to the American College of Gastroenterology for providing this unparalleled opportunity for early career gastroenterologists; to my mentors and fellowship program at Mount Sinai for their support over the years (including Dr. Laurie Keefer and Dr. David Greenwald for their support for this grant and Dr. Bhavana Rao for encouraging me to apply); to Dr. Daniel Keszthelyi, chief of gastroenterology and hepatology at MUMC for thoughtfully coordinating my visit; and to all the staff and students at MUMC for being gracious hosts.

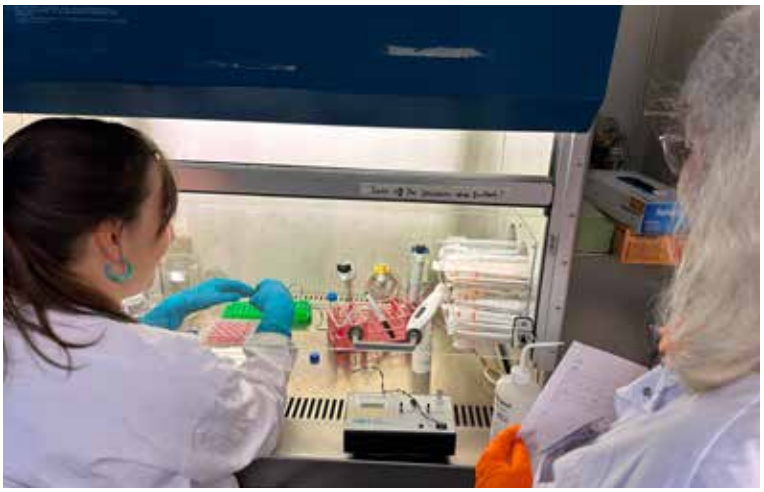




Photo page 47: Dr. Daniel Keszthelyi and Dr. Yuying Luo. Photo top right: Fresh fruits and vegetables available in the hospital.

REFERENCE

1. Masclee GM, Masclee AA, Kruimel JW, Conchillo JM, van Vliet J, Keszthelyi D. Using a Patient Hotel: Perceptions of the Quality of Care by Patients Undergoing Analysis for Gastrointestinal Motility Disorders in the Netherlands. *J Patient Exp.* 2022 Mar 28;9:23743735221089453. doi: 10.1177/23743735221089453. PMID: 35372681.