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ACG VIRTUAL GRAND ROUNDS

Gastroenterology & Hepatology Fellowship Match Application:
Tips & Tricks For Prospective Fellowship Applicants

Moderators
Anne Tuskey, MD, FACG
Mohammad Bilal, MD

Faculty & Panelists
Carl Crawford, MD
Rashmi Advani, MD
Kathryn Hutchins, MD
Lauren Feld, MD
Lin Chang, MD, FACG
Judy Trieu, MD, MPH
Mariam Naveed, MD
Chiazotam Ekekezie, MD

WEDNESDAY, MAY 11, 8-9:30 PM EDT
Register: gi.org/ACGVGR
#GIhomeschooling

ACG Institute
YOUNG PHYSICIAN LEADERSHIP SCHOLARS PROGRAM

Application Deadline: Friday, June 3, 2022
Apply Online: gi.org/yplsp
ACG® 2022
OCTOBER 21–26, 2022 | CHARLOTTE, NC

REGISTRATION IS OPEN!

REGISTER ONLINE:
ACGMEETINGS.GI.ORG

ACG’s IBD School & Midwest Regional Postgraduate Course
AUGUST 26–28, 2022 | JW MARRIOTT HOTEL
INDIANAPOLIS, INDIANA

Register online:
meetings.gi.org
Visit acgmeetings.gi.org to Submit!

Present Your Abstract at ACG 2022
The Deadline for Submission is Monday, June 20, 2022 at 11:59 pm ET

Abstract Categories:

- Biliary/Pancreas
- Colon
- Colorectal Cancer Prevention
- Endoscopy Video Forum
- Esophagus
- Functional Bowel Disease
- General Endoscopy
- GI Bleeding
- IBD
- Interventional Endoscopy
- Liver
- Obesity
- Pediatrics
- Practice Management
- Small Intestine
- Stomach
- Clinical Vignettes/Case Reports

All attendees will be muted and will remain in Listen Only Mode.

Type your questions here so that the moderator can see them. Not all questions will be answered but we will get to as many as possible.
How to Receive CME and MOC Points

LIVE VIRTUAL GRAND ROUNDS WEBINAR
ACG will send a link to a CME & MOC evaluation to all attendees on the live webinar.

ABIM Board Certified physicians need to complete their MOC activities by **December 31, 2022** in order for the MOC points to count toward any MOC requirements that are due by the end of the year. No MOC credit may be awarded after **March 1, 2023** for this activity.

MOC QUESTION

If you plan to claim MOC Points for this activity, you will be asked to: Please list specific changes you will make in your practice as a result of the information you received from this activity.

Include specific strategies or changes that you plan to implement.

**THESE ANSWERS WILL BE REVIEWED.**
ACG Virtual Grand Rounds
Join us for upcoming Virtual Grand Rounds!

Week 19
An Updated Approach to Idiopathic Acute Pancreatitis in 2022
Gregory Coté, MD, MS, Oregon Health and Science University
Dhiraj Yadav, MD, MPH, UPMC Presbyterian Shadyside
May 12, 2022 at Noon Eastern and NEW! 8pm Eastern!

There will be NO Virtual Grand Rounds on May 19

Week 21
Management of Disorders of the J-Pouch: A Practical Guide
Laura Raffals, MD, MS, FACG
May 26, 2022 at Noon Eastern and NEW! 8pm Eastern!

Visit gi.org/ACGVGR to Register

ACG Virtual Grand Rounds

ACG
CHARLOTTE
NORTH CAROLINA
OCTOBER 21 - 26, 2022

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- Liver
- Obesity
- Pediatrics
- Practice Management
- Small Intestine
- Stomach
- Clinical Vignettes/Case Reports

Visit acgmeetings.gi.org to Submit!
Disclosures:

There are no relevant financial relationships with this activity.
Sneha, 23  
Diagnosed with IBD at age 6

Leah, 25  
Diagnosed with IBD at age 12

Isabela, 22  
Diagnosed with IBD at age 3

"MEET ME IN A PLACE WHERE I AM A PERSON NOT A PROBLEM TO BE SOLVED."

-Rina Bloom

DISCLOSURES
We have no disclosures to report.
**WHO WE ARE**

The Crohn’s and Colitis Young Adults Network (CCYAN) is an international platform and fellowship program for young adults with inflammatory bowel disease.

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**25% of patients are diagnosed with IBD before the age of 16.**

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Events

The Health Advocacy Summit (HAS) is the prior name of the overall organization but now serves as the name for our virtual and in-person events. Prior to the pandemic, we facilitated seven in-person Summits in four states and during the pandemic, we have held two international virtual Summits.

Programs

CCYAN

The Crohn’s and Colitis Young Adults Network (CCYAN) facilitates a fellowship program, community space, and more for young adults with Inflammatory Bowel Diseases. CCYAN is the only disease-specific programming of Generation Patient.

www.ccyanetwork.org

And More!

- Seven virtual community meetings per month
- Roundtables to bring together stakeholders on a variety of topics
- Advocacy to increase access to higher education
- Critical resources for our community, including civic engagement and advance care planning.

(HEALTH) policylab

The mission of the (Health) Policy Lab is to provide health policy education and advocacy opportunities to young adults with chronic and rare conditions in an effort to increase meaningful access to prescription medications.

www.hplab.org
**SUPPORT MEETINGS**

250
The number of virtual support meetings for young adults with chronic conditions, including IBD in the past two years.

200
The number of articles or videos created by and for young adults with IBD since 2020.

4
Countries represented in our 2022 Fellowship Program.

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**INTERNATIONAL FELLOWSHIP**

In 2019, we launched a pilot fellowship program to directly empower young adults ages 18-30 with inflammatory bowel diseases so that they could continue using their platforms and skills to empower their peers with IBD. CCYAN has now currently facilitated three years of its fellowship program and is approaching its fourth in 2022. We are in our fourth year with eight fellows spanning from Ethiopia, Dubai, India, and the U.S.

We focus on direct empowerment and peer support.
TOGETHER, WE ARE STRONGER.

All of the content produced by the CCYAN is provided by young adults living with inflammatory bowel disease. You will find stories, videos, articles, and more from our international IBD fellows. For some, it is their first time sharing their story publicly and for others, it is their first time reading about IBD patients their same age.

Through our content, we hope to reduce isolation and destigmatize topics important to us as we enter adulthood with a lifelong condition.

THE YOUNG ADULT PATIENT

- Agency
- Patient-centered
- Identity
- Self-management
- Self-advocacy
- Self-efficacy
- Burnout

Virtual Grand Rounds
Young adults with a chronic illness are at an increased risk of developing a psychiatric disorder, leading to an increased risk of having suicidal thoughts (28%), having a death by suicide (134%) and attempting suicide (363%).

- Important to establish interventions for young adult patients with IBD to help them navigate their health with their healthcare team.

- A study analyzing the needs of 21 young adults with IBD, of whom 15 were diagnosed as a child, found that their psychosocial needs were not being met.

**Key point:** need for peer support, mental health care & patient activation

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**WHAT ARE SOME IMPORTANT THEMES YOUNG ADULT IBD PATIENTS ARE THINKING ABOUT IN THEIR TRANSITION INTO ADULTHOOD?**

- IBD Patient Leah in the year she was diagnosed and now
- IBD Patient Isabela in the year she was diagnosed and now

**Key point:** Recognizing that transition is a long process

**Key point:** Start introducing time alone with the patient early on!

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**Virtual Grand Rounds**
INITIATE CONVERSATIONS:

- Alcohol
- Sexual health
- Mental health
- Social Life

Tips from YOUNG ADULTS

- Emphasize importance and define the role of a PCP within the adult system
- Encourage and normalize mental health support
- Normalize conversations about reproductive health
- Prioritize time alone with patients
- Offer options to manage symptoms that are not defined by textbooks or chronic illness
- Remember patients are the experts of their own bodies
- Incorporate young adults on advisory boards when possible
- Recognize how ableism impacts medical care
- Create space to have honest conversations about concerns related to past experience
Insurance & Financial Responsibility

- Considerations taken to afford medication and/or medical procedures
- Coordinating insurance plans
  - Parent health plans until age 26
  - Employer health benefits
  - Affordable Care Act
- Personal Notes:
  - "I knew from an early age I would need a good paying job or one with excellent health insurance to survive" - Leah

"Drugs don't work if patients can't afford them"

Taking charge of nutrition: Disordered Eating

"Out of 109 IBD patients in an outpatient setting, 81% had at least one criteria that met disordered eating behavior."

- Pain or feelings of discomfort eating certain foods can lead to disordered eating behavior
- Disordered eating: frequent dieting, anxiety towards food, weight fluctuations, rigidity towards eating behavior, guilt and shame towards food, body image issues, loss of control around food, and using harmful measures to make up for bad eating habits
- Considerations for childhood diagnosis
  - Stunted growth during puberty distorts body image (distorted body image just in general)
  - Bullying from students
  - Uncommon eating habits and diets compared to other children
  - Weight fluctuations
- Help the patient find a diet that makes them feel good
- Refer them to an IBD dietitian
- What can help the patient? Tracking foods that make you "feel good" and switching to a mindset that food is intended to be fuel, not to hurt
**Takeaways**

- Ask your patient: “What is important to you? Is there anything else I should know about you or keep in mind as we work together”
- Promote your patient’s sense of agency in their care and identity
- Speak the same language as your patient re: identity, pronouns, diagnoses
- Invite your patient to the table as an expert of their own body, experience, life
- Listen when your patient is telling you something
- Be mindful of providing age and developmentally appropriate care for your young adult patient
- Consider alternative educational and supportive methods to provide information to your patient
- Do not shy away from addressing your patient’s mental health and looping in members of a multidisciplinary team (if available)
- Peer support is a critical component of the disease journey for a young adult

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**2022 FELLOWS**

- Isabela Hernandez
- Ibrahim Konate
- Varada Srivastava
- Fasika Teferra
- Maalvika Bhuvasundar
- Carina Diaz
- Mara Shapiro
- Natasha Kachari
For more information or to sign up for our newsletter please visit ccyanetwork.org or follow us on social media @ccyanetwork.
CONNECT AND COLLABORATE IN GI

ACG GI Circle
Connect and collaborate within GI

ACG & CCF IBD Circle
ACG Hepatology Circle
ACG Functional GI Health and Nutrition Circle
ACG Women in GI Circle

ACG’s Online Professional Networking Communities
LOGIN OR SIGN-UP NOW AT: acg-gi-circle.within3.com