D-ECCO Working Group

Dietitians of ECCO

D-ECCO WG Mission
- Improve understanding of dietary therapy among physicians and dietitians
- Support and facilitate research of diet and its role in pathogenesis and treatment of IBD
- Increase participation of IBD Dieticians in ECCO
- Increase the number of IBD Centres that have a dedicated IBD Dietician

D-ECCO WG Activities
- Position paper on research gaps on diet as an environmental factor and dietary therapy
- Educational sessions for IBD Dietitians
- D-ECCO WG network

Scan and contact the ECCO Office
www.ecco-ibd.eu
ECCO

ECCO is a fast growing and highly active non-profit association:

- Focusing on Inflammatory Bowel Disease (IBD)
- Acting inside Europe and encouraging collaboration beyond Europe’s borders

ECCO’s Mission is to improve the care of patients with IBD in all its aspects through international guidelines for practice, education, research and collaboration in the area of IBD.
ECCO Congress participation

1. ECCO Congress participation

<table>
<thead>
<tr>
<th>Year</th>
<th>City</th>
<th>Number of Delegates</th>
</tr>
</thead>
<tbody>
<tr>
<td>ECCO '06</td>
<td>Amsterdam</td>
<td>350</td>
</tr>
<tr>
<td>ECCO '07</td>
<td>Innsbruck</td>
<td>816</td>
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<tr>
<td>ECCO '08</td>
<td>Lyon</td>
<td>1,614</td>
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<td>ECCO '09</td>
<td>Hamburg</td>
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<td>ECCO '10</td>
<td>Prague</td>
<td>2,610</td>
</tr>
<tr>
<td>ECCO '11</td>
<td>Dublin</td>
<td>3,509</td>
</tr>
<tr>
<td>ECCO '12</td>
<td>Barcelona</td>
<td>4,282</td>
</tr>
<tr>
<td>ECCO '13</td>
<td>Vienna</td>
<td>4,515</td>
</tr>
<tr>
<td>ECCO '14</td>
<td>Copenhagen</td>
<td>5,175</td>
</tr>
<tr>
<td>ECCO '15</td>
<td>Barcelona</td>
<td>5,420</td>
</tr>
</tbody>
</table>
Professional representation - Congress 2015

4. ECCO Congress 2015 - Professional representation

- Clinical Researcher
- Endoscopist
- Fellow/Trainee
- IBD Nurse
- Industry
- Other
- Paediatrician
- Pharmacist
- Physician
- Research nurse
- Scientist
- Student
- Surgeon

2016 – Dietitians!
General Assembly

Governing Board

Scientific Officer  Education Officer  Secretary  President  President-Elect  Past President  Treasurer

ECCO Office

JCC

ECCO News

Corporate Members

Operational Board

Scientific Officer  Education Officer  Secretary

SciCom  EduCom  S-ECCO

ClinCom  GuiCom  P-ECCO

EpiCom  N-ECCO  Y-ECCO

H-ECCO WG  D-ECCO WG

Strategic Council

President  President-Elect  Past President

National Representatives

Honorary Members

Global Relations Committee

ECCO Partners

*Working group (not an official committee)
ECCO Scientific Platform – Who does what?*

www.sp.ecco-ibd.eu

*ECCO Membership 2015 is required to access the ECCO Scientific Platform. If you would like to become an ECCO Member or renew your Membership you can do so here: www.ecco-ibd.eu
2015 - What is new? Dietitians as a part of a multidisciplinary team

- 2015 - The interest in diet and IBD has increased
- Dietitians should be involved in dietary therapy
- Dietitians will increase the success of dietary therapy
- Physicians should be aware of this ability

- How can we inform and convince physicians?
ECCO

Why ECCO?

Increase awareness of physicians for dietary therapy and increase involvement of dietitians

Educational activities - to educate dietitians about all aspects of IBD - become experts in IBD
Let’s meet D-ECCO Working Group...

Arie Levine
Holon, Israel

Nicolette Wierdsma
Amsterdam, The Netherlands

Miranda Lomer
London, UK

Rotem Sigall-Boneh
Holon, Israel

Kostas Gerasimidis
Glasgow, UK
D-ECCO Working Group’s Mission

The D-ECCO WG will be dedicated to education, training, research, and guidelines for individuals involved in the role of diet in IBD.

This will be accomplished first by educational activities designed to train and educate dietitians, and other health professionals and scientists with a strong interest in the nutrition/diet in IBD. D-ECCO WG will set up a forum for dietitians and other health professionals and scientists with a strong interest in the nutrition/diet to exchange knowledge, expertise, and network. To increase awareness about the role of diet and nutrition in IBD. D-ECCO WG will further facilitate these goals by encouraging dietitians from IBD centres to join ECCO, organising symposia and lectures for dietitians, nurses and doctors.
Goals

1) Set up D-ECCO WG Network
2) Topical Reviews
3) Educational activities
1) D-ECCO WG Network

- European network
- Connect dietitians; short distances
- Educate/train dedicated IBD dietitians
- Exchange knowledge, expertise
- Inform dietitians
- Research
- To increase the number of IBD centres that have a dedicated IBD dietitian
2) Topical Reviews

- Research gaps on diet in IBD
  - Expected 2016

- How to become an IBD dietitian
  ECCO Consensus statements on the European dietitians’ roles in caring for patients with Crohn's Disease or Ulcerative Colitis (TBC)
  - Expected 2017-2018
3) Educational activities

- **Educational sessions during ECCO Congresses**
  - Cooperation with N-ECCO [Nurses School and Network] - 12 dietitians will participate in N-ECCO School 2016
  - D-ECCO Workshop - dietary assessment, therapy and research for dietitians, physicians, nurses etc.
  - N-ECCO Research Forum
  - School for Clinical Trialists

- **e-Learning courses**
  - Illustrative courses based on Topical Reviews - Cooperation with EduCom [Educational Committee of ECCO]
Membership of dietitians as Affiliate Members (annual fee of EUR 25)

Access the following ECCO Initiatives:

- Reduced registration fee for the annual ECCO Congress for the year of membership (according to congress website)
- e-CCO Learning including e-CCO Courses and e-CCO Library
- Monthly eNewsletter (ECCO news) on all ECCO Activities and latest news on IBD
- Free subscription to the quarterly ECCO News – The society’s magazine
- Membership login to www.ecco-ibd.eu (reports of the General Assembly)
- Educational and networking activities for graduates, fellows and nurses and dietitians
- Eligibility to participate in Guidelines, ECCO Fellowships, Grants and Travel Awards
D-ECCO WG in ECCO News

Introduction to the D-ECCO Working Group

The importance of diet as a potential therapeutic tool has increased over the recent years. This is partly due to the recognition that exclusive enteral nutrition is the preferred first-line therapy for children and the increasing number of centers using this therapy throughout Europe, Canada, and Australia. However, in addition, several factors have come together during the last few years to generate increasing interest in understanding the role of diet in the pathogenesis of IBD, and particularly in Crohn's disease. These include an increasing number of epidemiological studies demonstrating associations between dietary factors (fiber, Western diet and Crohn's Disease) or Ulcerative Colitis, the importance of the microbiome in pathogenesis, and the fact that the composition and function of the microbiota is determined primarily by diet. Finally, newer studies, especially those involving dietary interventions that do not require exclusive enteral nutrition and may be effective in adults as well as children suggest that diet can be efficacious in becoming more available and feasible for patients and will find increasing acceptance among specialists.

This surge in interest in dietary therapy and research will increase the importance of integrating dietitians into the multidisciplinary approach for the treatment of IBD. Dieticians should be integrated to the IBD teams that should administer dietary therapies for induction and maintenance of remission, provide nutritional assessment and support and deliver dietary advice to all patients living with IBD. Dieticians are increasingly playing an integral part in the therapy for pediatric IBD, and we anticipate that this will spread to adult IBD units, creating an unmet need for IBD-specialized dieticians, well versed in IBD and dietary therapy. Dieticians will be the cornerstone of dietary therapy. They will be in charge of education of patients and teaching dietary lifestyle, as well as in screening and assessment of the nutritional status of each patient.

In order to ensure that dieticians are in a position to implement dietary therapy to best effect, they will receive a place where they can accumulate expertise in the treatment of IBD, to develop and become familiar with all aspects of IBD and be exposed to the most up-to-date topics in the field. Dieticians should have a venue to educate themselves on how to become dedicated IBD dieticians and they should have a role in educating other members of the IBD team about nutritional therapy in IBD. This place should be a society where dieticians are part of the integral team, this place should be ECDI.

The Dieticians of ECCO working group or D-ECCO WG will be dedicated to education, training, research and definition of the role of dieticians in the field of IBD. It will include dieticians and other health professionals or scientists interested in diet and nutrition.

The goals of the D-ECCO WG will be accomplished first by educational modules designed to train potential IBD dieticians and to educate physicians, nurses and researchers on how to use dietary therapies for the clinical care and also by setting up a forum where dieticians and dieticians will be able to exchange information about dietary therapy. We shall further facilitate the attainment of our goals by encouraging dieticians from IBD centers to get involved to foster an ongoing dialogue between dietitians, nurses and physicians. This is our vision.

Allow me to introduce the members of the D-ECCO Working Group.

D-ECCO WG is composed of:

- Rotem Sigall-Bony, Hodot, Israel - Paediatric and Clinical Research Branch and Chair of the Working Group
- Miranda Lemer, London, United Kingdom - Adult and Clinical Research Dietitian
- Konstantinos Gerasimos, Glasgow, United Kingdom - Translational Research Dietitian
- Nicolete Wiersma, Amsterdam, The Netherlands - Adult Clinical Dietitian

The D-ECCO Working Group is planning several activities that will take place over the next few years, these will include educational activities (e-Cases) and dietary sessions during the annual ECCO Congress, papers, research and the creation of a European IBD dietitian network.

If you are a dietitian, health professional or scientist with an interest in diet and nutrition for patients with IBD, we invite you to participate in our activities and to become a part of this exciting new network. Welcome to the D-ECCO Working Group!
### Sessions of interest

<table>
<thead>
<tr>
<th>Sessions of interest</th>
<th>Dates March</th>
<th>Target audience</th>
<th>EUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. N-ECCO School - Basics in IBD</td>
<td>16</td>
<td>Nurses, dietitians</td>
<td>Free *</td>
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<tr>
<td>2. D-ECCO Workshop</td>
<td>18</td>
<td>Dietitians</td>
<td>Free **</td>
</tr>
<tr>
<td>3. ECCO Scientific programme</td>
<td>17-19</td>
<td>All ECCO Participants</td>
<td>Free **</td>
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</table>

### Additional options

<table>
<thead>
<tr>
<th>Sessions of interest</th>
<th>Dates March</th>
<th>Target audience</th>
<th>EUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. N-ECCO Network Meeting</td>
<td>17</td>
<td>Nurses advanced level, dietitians</td>
<td>25</td>
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<tr>
<td>5. N-ECCO Research Forum</td>
<td>17</td>
<td>Nurses advanced level/research, dietitians</td>
<td>50 ***</td>
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<tr>
<td>6. N-ECCO School for Clinical Trialists</td>
<td></td>
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<td>15 ***</td>
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* Max 20 dietitians  
** Free of charge only for ECCO´16 Congress, upon proof of profession  
*** Overlap with the N-ECCO School
<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Activity</th>
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<tbody>
<tr>
<td>07:15-08:15</td>
<td>Breakfast satellite symposium tbc</td>
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<tr>
<td>08:30-08:45</td>
<td>Welcome and introduction</td>
</tr>
<tr>
<td></td>
<td>Usha Chauhan, Hamilton, Canada</td>
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<tr>
<td></td>
<td>Karen Kemp, Manchester, United Kingdom</td>
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<tr>
<td>08:45-12:15</td>
<td>Session 1: Diagnosis and assessment</td>
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<td></td>
<td>Chairs tba</td>
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<tr>
<td>08:45-09:30</td>
<td>Diagnosing, anatomy and physiology in IBD</td>
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<td></td>
<td>Bas Oldenburg, Utrecht, The Netherlands</td>
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<tr>
<td>09:30-10:15</td>
<td>Psychosocial implications of living with IBD</td>
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<td>Speaker tba</td>
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<td>10:15-10:45</td>
<td>Coffee break</td>
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<tr>
<td>10:45-11:15</td>
<td>Surgery in IBD</td>
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<tr>
<td></td>
<td>André D’Hoore, Leuven, Belgium</td>
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<tr>
<td>11:45-12:15</td>
<td>Adherence</td>
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<td></td>
<td>Palle Bager, Aarhus, Denmark</td>
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<tr>
<td>12:15-13:20</td>
<td>Lunch break</td>
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<tr>
<td>13:20-14:50</td>
<td>Session 2: Case studies – Disease management</td>
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<td></td>
<td>Chairs tba</td>
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<tr>
<td>13:20-14:05</td>
<td>UC Management - Group A</td>
</tr>
<tr>
<td></td>
<td>Andreas Sturm, Berlin, Germany</td>
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<tr>
<td>13:20-14:50</td>
<td>CD Management - Group B</td>
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<tr>
<td></td>
<td>Nanne de Boer, Amsterdam, The Netherlands</td>
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<tr>
<td>14:05-14:50</td>
<td>UC Management - Group B</td>
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<tr>
<td></td>
<td>Andreas Sturm, Berlin, Germany</td>
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<tr>
<td>14:05-14:50</td>
<td>CD Management - Group A</td>
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<td>Nanne de Boer, Amsterdam, The Netherlands</td>
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<tr>
<td>14:50-15:10</td>
<td>Coffee break</td>
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<tr>
<td>15:10-16:10</td>
<td>Session 3: General management in IBD</td>
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<td></td>
<td>Chairs tba</td>
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<tr>
<td>15:10-15:40</td>
<td>Nutritional aspects in IBD</td>
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<tr>
<td></td>
<td>Rotem Sigall Boneh, Tel Aviv, Israel</td>
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<tr>
<td>15:40-16:10</td>
<td>Nursing roles in IBD management</td>
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<td>Lydia White, Oxford, United Kingdom</td>
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<tr>
<td>16:10-16:15</td>
<td>Closing remarks</td>
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<tr>
<td></td>
<td>Usha Chauhan, Hamilton, Canada</td>
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<tr>
<td>Time</td>
<td>Session 1</td>
</tr>
<tr>
<td>------------</td>
<td>----------------------------------------------------------------------------</td>
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</table>
| 08:30-08:35| Welcome  
Rotem Sigall Boneh, Tel Aviv, Israel                                | 10:00-11:05  
Philippe Seksik, Paris, France  
Nicolette Wierdsma, Amsterdam, The Netherlands |
| 08:35-09:40| Session 1  
Miranda Lomer, London, United Kingdom  
Rotem Sigall Boneh, Tel Aviv, Israel  
Diet, environment and genetics in IBD  
Arie Levine, Tel Aviv, Israel  
Microbiota and IBD  
Philippe Seksik, Paris, France  
Nutritional assessment in IBD patients  
Konstantinos Gerasimidis, Glasgow, United Kingdom  
Panel Q&A |
| 09:40-10:00| Coffee Break                                                              | 10:00-10:20  
Exclusive and partial enteral nutrition in IBD  
Richard Russell, Glasgow, United Kingdom  
10:20-10:40  
New dietary therapies in IBD  
Rotem Sigall Boneh, Tel Aviv, Israel  
10:40-11:00  
Iron deficiency anaemia in IBD  
Charlie Lees, Edinburgh, United Kingdom  
11:00-11:05  
Panel Q&A |
| 11:05-11:20| Coffee Break                                                              | 11:00-11:25  
Konstantinos Gerasimidis, Glasgow, United Kingdom  
Petra Tap-Zandkuil, Woerden, The Netherlands |
| 11:20-12:00| Session 3                                                                 | 11:20-11:40  
Dietary treatment of functional symptoms in IBD  
Miranda Lomer, London, United Kingdom  
11:40-12:00  
Dietary treatment in short bowel syndrome/intestinal insufficiency  
Nicolette Wierdsma, Amsterdam, The Netherlands  
12:00-12:20  
The evidence of fibre and prebiotics in IBD  
Kevin Whelan, London, United Kingdom  
12:20-12:25  
Panel Q&A |
| 12:25-12:30| Closing remarks  
Arie Levine, Tel Aviv, Israel                                              | 12:55-13:00  
Closing remarks  
Arie Levine, Tel Aviv, Israel |
ECCO’16 Amsterdam Congress
IBD innovations driving clinical decisions

11th Congress of ECCO
March 16-19, 2016

- RAI Amsterdam
- EACCME applied

See you there
D-ECCO WG Members

**Working Group Chair**

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