



PROJECT: The Development of a multi-disciplinary team (MDT) approach to establish a patient-focused adolescent Inflammatory Bowel Disease (IBD) clinic for 16-24 year olds.

'I am truly delighted to win the Dr Falk IBD Nurse Recognition Award and I would like to thank the wonderful team who supported me in this project. I really hope that this raises awareness of the needs of this particular and quite vulnerable group of patients. It has been a real pleasure to be part of this project and I would encourage any other nurses to enter the awards.'

Ms Mary Hamzawi is a Clinical Nurse Specialist at St Vincent's University Hospital, Dublin.

'In Ireland patients transition from paediatric to adult care at the age of 16. The years from 16–24 are a time of great change and pressure, whilst at the same time living with all the consequences of significant chronic disease including pain, fatigue, hospital visits and possibly surgery and stoma. As a result, whilst the clinical care they receive in adult care is exemplary, the particularly psychological needs of this particular cohort may not be met in an adult care environment and this is something I have always been keen to address.'

'The two aims of my project were firstly to provide this group of patients (and their carers) with the opportunity, via a year-long pilot study, to provide feedback on a new MDT-led OP clinic. We would then use this information to develop and steer future services including a patient information booklet.'

'I was privileged to obtain the support of a fantastic dietician, psychologist and of course our transition consultant.'

'We picked a clinic day in March 2019 where we all met, as an MDT, with eight young people and their carers and obtained their consent to be part the pilot, at the end of which a questionnaire was taken.'

'The results indicated that carers needed almost as much support as the adolescents. In addition, whilst regular MDT appointments were welcomed by some, others felt that they did not need this on an ongoing basis and that services should be individualised. From a clinical standpoint, we had determined that even in a busy GI department, MDT could be run in an OP setting.'

'The feedback provided the information for me to develop a welcome booklet for youngsters informing them of what to expect in this adult setting and how best to navigate the new environment.'

***Ms Hamzawi's Manager, Gastroenterologist
Dr Garret Cullen comments:***

'The successful transitioning of patients with IBD from paediatric to adult care is absolutely crucial and Mary has spearheaded the development of the process at St. Vincent's University Hospital. She has endless energy and enthusiasm and a genuine interest in the physical and mental wellbeing of all of the young people transitioning their care. Mary is a truly outstanding Clinical Nurse Specialist and truly deserving of this award. We are all delighted for her!'