

**PROJECT:** IBD (Inflammatory Bowel Disease) Diary

'I am really pleased that my work has been recognised and acknowledged by the Dr Falk team. I welcome the awareness that this award will hopefully bring to my project and it would be really rewarding if other GI units found the concept useful as well.'

Ms Emma Anderson is an Inflammatory Bowel Disease Clinical Nurse Specialist at Our Lady of Lourdes Hospital Drogheda, Co. Louth.

'I have been an IBD CNS for eight years and I really enjoy the opportunity working in this disease area brings - to both build a long term relationship with my patients and make a difference to their quality of life. Taking ownership of the disease is possibly one of the most important things a patient can do to help themselves. However, over the years I have become aware that some of my patients were often unaware of quite basic factors regarding their care, such as their medications, GP appointments etc. As a result, we might spend time in clinic just sorting out these details which meant less time to concentrate on the patient and their individual needs.'

'I put together a questionnaire which, in 2018, I distributed to my 100 patients. The results showed that 32% did not know the name of their disease, 63% did not know the names of all their medications whilst 45% were unsure of GP appointments or steroid medication since their last OPD.'

'These figures came as quite a shock to myself and the team and spurred me on to devise a system that would support patients to record essential information about their disease easily and effectively.'

'I first investigated how this was done in other areas of chronic disease and taking what I thought was useful in an IBD setting, designed and created an IBD Diary that patients could bring into clinic. The diary contains clear areas to record name of disease, medications, any side effects or any GP, ED visits or steroid use. Extra space allows patients to record other relevant events and they can use the diary as often or as little as they like.'

'Over 250 diaries have either been given to or posted out to patients since July 2019. Unfortunately the pandemic has delayed our plans to carry out a formal follow-up on the clinical usefulness of the diary but patient feedback makes clear that they feel it is a positive addition to their OP care and that they will continue to use it. I also feel it is a useful way of encouraging patients to begin to take ownership of their disease.'