Inflammatory bowel disease (IBD)

IBD is a serious disease that can affect people at any age, with varying degrees of severity, and can cause other health problems. It can affect quality of life and requires life-long medical management and possibly surgical, dietary, and psychological management. Childhood IBD is the fast growing population group and often the most severe cases are seen in children. There is currently no cure for this disease, but with current research studies and nationwide networking, we are working towards improving the lives of our patients through a multidisciplinary approach to care and disease management.

IBD diagnoses include:

- Crohn’s Disease
- Ulcerative Colitis
- Indeterminate Colitis

The Mission for Phoenix Children’s Hospital’s Inflammatory Bowel Disease (IBD) Program

Our mission is to provide excellent, personalized, multidisciplinary care to pediatric patients with inflammatory bowel disease through the utilization of cutting edge therapies, education programs, community and parent support groups, research (including multicenter collaborations), and pathways to transition to adult care while remaining at the forefront of global policy and practice change.

The PCH Multidisciplinary Inflammatory Bowel Disease team

Brad Pasternak, MD, Pediatric Gastroenterology
Gary Silber, MD, Pediatric Gastroenterology
Lisa McMahon, MD, FACS, FAAP, Pediatric Surgery
Ginger Carlson, PhD, ABPP, Pediatric Psychology
Jamie Smith, Senior Research Coordinator
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The Inflammatory Bowel Disease Program
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A Multidisciplinary approach to Inflammatory Bowel Disease (IBD)

The IBD Team:
- Pediatric Gastroenterologists
- Pediatric Surgeons
- Dieticians
- Pediatric Psychologist
- RN IBD Coordinator
- Research Coordinators
- Child Life Specialists

Single location:
- Specialty clinics
- Endoscopy suite
- Radiology
- Laboratory / Pathology
- Emergency Department
- Infusion Suite – PALS certified RNs
- Outpatient Pharmacy

Our program focuses on the physical, as well as emotional needs of the complex IBD patient. Our team of professionals work closely together to coordinate and personalize the treatment plan to ultimately improve outcomes. Our providers are dedicated to providing our patients with the best possible, proactive, and innovative care based on the latest research and national care standards.

Care Coordination

Care is coordinated by our IBD program coordinator, a registered nurse, who works closely with patients and families during initial diagnosis, acute illness, and inpatient hospitalizations. Care coordination extends into the ambulatory setting to develop individualized care plans, and help coordinate visits with multiple specialists. The goal of care coordination is to provide a point of contact and ultimately help improve outcomes for our pediatric IBD patients through patient and family support and advocacy.

Gastroenterology

Our team of board certified pediatric gastroenterologists specialize in the diagnosis and medical management of IBD. They are involved in research studies and clinical trials for new therapeutic regimens for IBD and interested in mechanisms to decrease antibody formation against biologic therapies in pediatric patients. The GI providers rotate into the inpatient system, as well as the clinic setting to provide seamless care and open communication through acute flare, chronic, and remission phases of the disease.

Phoenix Children's Hospital is part of a worldwide quality improvement and research collaboration community called Improve Care Now. Patients, parents, clinicians, and researchers work together to improve the health and care of children with IBD.

Surgery

The IBD program includes a board certified surgeon, specialized in surgical intervention and treatment for IBD. Some IBD complications that may lead to surgery include:
- Failure of medical management
- Strictures (Crohn’s Disease)
- Fistula or abscess formation
- Uncontrollable bleeding or other emergent reasons

Dietary Considerations

Our team of dieticians work closely with our team to help evaluate nutritional status to develop an individualized diet plan to optimize growth, development, and nutrition. Our program can coordinate a dietitian to be available for office visits. We also utilize nutrition as a therapeutic and maintenance option through guidance with a registered dietician.

Support

❖ PCH Parent Working Group

Families with children diagnosed with IBD have organized a support group here at PCH. They plan group outings and support group meetings bimonthly. They work closely with our PCH Foundation to organize and participate in fundraisers. Some of our representatives attend national and regional IBD conferences and are involved in innovative projects for education and outreach.

For more information, visit their website!

❖ Crohn’s and Colitis Foundation (CCF)

The local chapter of the Crohn’s and Colitis Foundation holds a support group in the GI clinic monthly. We are active in CCF fundraisers throughout the year including the Take Steps Walk, where a team of providers, nurses, and other clinic staff form a team to spread awareness and raise funds to help find a cure!

Psychology

The IBD program has a dedicated psychologist to meet with each patient during the clinic visit and can provide follow-up care to those needing additional visits. Our psychologist is board-certified in clinical child and adolescent psychology with a focus on psychotherapy for children with special medical needs and includes pain management, improving medical treatment compliance, reducing fears related to medical procedures, adjustment and coping related to diagnosis of chronic illnesses and following illness or injury and treatment of somatic symptom disorders.