

# IBD U.N.I.T.E.

Unify, Network, Inspire, Treat & Educate

Education for Inflammatory Bowel Disease (IBD) Patients and Their Loved Ones

UPMC's IBD U.N.I.T.E. program will provide a full day of education and support for patients with inflammatory bowel disease (IBD) and their loved ones. IBD includes Crohn's disease and ulcerative colitis as well as indeterminate, microscopic, or collagenous colitis. Participants will learn about innovative ways to manage their IBD during keynote presentations, in breakout sessions, and at various exhibits.

This program includes education about IBD, a continental breakfast, lunch, snacks, and information from complementary programs. This event has been designed for patients, families, and loved ones and is also accredited for nurses and dietitians.

**Saturday, April 4, 2020**  
**9 a.m. to 1:30 p.m.**

**DoubleTree Hotel - Greentree**  
**500 Mansfield Ave.**  
**Pittsburgh, PA 15205**

Admission is free, but all attendees must preregister. To register, visit [UPMC.com/IBDUnite](http://UPMC.com/IBDUnite).

**Registration Deadline: Friday, March 20**

Please register separately for each attendee. There will be no on-site registration.

Questions? Please email [joj2@pitt.edu](mailto:joj2@pitt.edu) or call 412-578-9518.

## Learning Objectives:

- Review advances in IBD treatments.
- Learn from IBD providers outside the clinical setting.
- Experience nontraditional medical approaches to mind-gut health.
- Learn about IBD patient experiences and community resources for comprehensive IBD patient care.

## Accreditation:

Continuing Nursing Education Contact Hours: 4.33

IBD U.N.I.T.E. is eligible for Registered Dietitian credits.

UPMC HEALTH PLAN

UPMC LIFE CHANGING MEDICINE

# Education for Patients and Families Affected by IBD

(Crohn's disease & ulcerative colitis, collectively known as inflammatory bowel disease or IBD)

## AGENDA

- 9 a.m. Registration, Exhibits, and Beverages
- 9:30 a.m. "Hope Not Hype" in Inflammatory Bowel Disease  
Moderator: Jeffrey Dueker, MD, MPH, IBD U.N.I.T.E. Course Director
- 9:35 a.m. Advances in IBD  
Marc Schwartz, MD
- 9:50 a.m. What Surgeries May Help Me?  
Jennifer Holder-Murray, MD, FACS, FASCRS
- 10:05 a.m. Overview of Behavior- and Evidence-Based Health Interventions for IBD  
Eva M. Szigethy, MD, PhD
- 10:20 a.m. Advances in Nutrition in IBD  
Therezia Alchoufete, MS, RDN, LDN
- 10:35 a.m. Panel Discussion
- 10:50 a.m. Break and Exhibits
- 11 a.m. Breakout Sessions #1
- Pearls for New IBD Patients  
Arthur M. Barrie, III, MD, PhD  
Debbie Cheng, MD
  - IBD Surgery: Ostomy vs. J Pouch  
Jennifer Holder-Murray, MD, FACS, FASCRS  
Cecilia Zamarippa, MSN, RN, CWON
  - Intimacy & Fertility in IBD  
Arun Jeyabalan, MD, MSCR  
Rory Grace, MD
- 11:25 a.m. Break and Exhibits
- 11:35 a.m. Breakout Sessions #2
- Sleep & Your IBD Health  
Emily Weaver, LCSW  
Jeffrey Dueker, MD, MPH  
Ryan Young
  - IBD Lifestyles: Exercise and Nutrition  
Siobhan Proksell, MD  
Therezia Alchoufete, MS, RDN, LDN
  - IBD Pain Management  
Tammy Flemming, DNP, ACNP-BC  
Elyse Johnston, MD
- Noon Lunch and Exhibits
- 12:15 p.m. Insights: IBD Patient Panel  
Moderator: Jeffrey Dueker, MD, MPH
- 12:45 p.m. Your IBD Questions Answered:  
Moderator: Marc Schwartz, MD
- Physician and Medical Professional Panel
- 1:15 p.m. Adjourn

## FACULTY

### Course Director:

Jeffrey Dueker, MD, MPH\*

### Course Co-Directors:

Therezia Alchoufete, MS, RDN, LDN\*

Emily Weaver, LCSW\*

### UPMC Physician Faculty Participants:

Arthur Barrie, MD, PhD

Jeffrey Dueker, MD, MPH\*

Jennifer Holder-Murray, MD, FACS, FASCRS

Arun Jeyabalan, MD, MSCR

Elyse Johnston, MD

Siobhan Proksell, MD

Marc Schwartz, MD

Eva Szigethy, MD, PhD

### UPMC Medical Staff Participants:

Therezia Alchoufete, MS, RDN, LDN\*

Tammy Flemming, DNP, ACNP-BC

Anna Frantz, MSW, LSW\*

Cassie Myers, CRNP (Nurse Accreditation Liaison)

Emily Weaver, LCSW\*

Cecilia Zamarippa, MSN, RN, CWON

### UPMC GI Fellow and

### Intern Participants:

Debbie Cheng, MD

Rory Grace, MD

Ryan Young\*

### Community Expert Contributors:

Laci Altman\*

Joy Jenko Merusi, MA\*

Lori Plung (IBD Support Group)\*

Randi Sigal (IBD Connect)\*

Pamela Wein-Levy, RN (IBD Connect)\*

Cheriese Williams\*

*\*Indicates IBD UNITE Planning Committee*

## SPECIAL EDUCATIONAL TABLES

UPMC IBD Center

IBD Connect

Disability & Resources Office, University of Pittsburgh

Crohn's & Colitis Foundation, WPA/WV Chapter

Ostomy Society of Pittsburgh

## TRANSPORTATION AND PARKING

Free parking provided at hotel.

If you would like to attend this program but need transportation help, please contact Joy at [joj2@pitt.edu](mailto:joj2@pitt.edu) or 412-578-9718.