

TrueColours IBD: reducing hospital visits for patients in clinical trials

When a patient takes part in a clinical trial to test a new medicine for inflammatory bowel disease (IBD), they will usually need routine hospital visits to assess their symptoms and find out their test results. Some patients will need to travel a long way which can take a lot of their time – anything that can reduce travel can make life easier.

We developed a digital tool that patients with IBD can use from home to record their symptoms and quality of life, reducing the number of hospital visits needed. 2,500 patients with IBD now use this tool to record their symptoms. Results are date-stamped, displayed on a red-amber-green chart that provides a picture of how active their bowel disease is, and can be read by doctors in the clinic. This means that the results can be used to monitor the impact of their treatment and allow doctors to make rapid decisions to best help them.

The tool has been so successful that we plan to use it for other inflammatory conditions as well as IBD for example, inflammatory arthritis.

We are investigating whether using the digital tools to collect symptom data can predict the chance of an inflammatory flare-up across different conditions. We hope to discover whether similar test results underpin common symptoms (e.g. pain and tiredness) in patients with different inflammatory conditions. It will allow us to explore if there are drugs currently prescribed for one condition, such as arthritis, that could be used for other conditions, such as IBD.



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