

7th N-ECCO Network Meeting

The Nurses Network Meeting took place on Thursday, February 14, 2013 as part of the 8th Congress of ECCO, held in Vienna.

In order to share current practice and research in the management of IBD, approximately 210 nurses attended a one-day meeting packed with international speakers comprising medics, surgeons and a psychiatrist as well as nurses with both clinical and research roles.

The morning session, focussing on current issues, opened with a clear and thorough review of cancer risk by Shomron Ben-Horin (Israel) prior to discussion of the challenge of the often undertreated anaemia in IBD by Guillaume Savoye (France). A lively tandem presentation by a surgeon and a medic (Yves Panis, France, and Bas Oldenburg, The Netherlands) addressing the timing and types of surgery for IBD took us to the coffee break. Time



was then devoted to the issue of psychological care of IBD patients (as overwhelmingly requested by feedback at the N-ECCO Network Meeting 2012). A talk by Janette Gaarenstroom (The Netherlands) included practical strategies and included a poignant clip of a patient's account of her struggle to live with Ulcerative Colitis. This set the scene well for Julian Stern's (UK) insightful explorations of some complex cases. There was simply not enough time for people wishing to discuss this critical area of care!

We next heard from three nurses about their own work: Kathleen Sugrue (Ireland) on patient perception of stress, Denise Keegan (Ireland) on the development and use of a tool to gauge stress and Yasmine Houston (Hull) on the impressive nine-site audit on telephone help-lines. Nursing interventions to be proud of that generated ideas for all the delegates!

Charlie Lees (UK) opened the post-lunch session on new horizons by making IBD genetics remarkably understandable. This was followed by discussion of new therapies and their mechanistic links to the inflammatory process (Andreas Sturm, Germany) and novel therapy using stem cells in specific Crohn's cases (Marjolijn Duijvestein, The Netherlands). The second half of the afternoon was dedicated to research. It was begun (and ended) by Christine Norton's characteristically enthusiastic call for nursing research. Nurses from three countries then detailed their respective research and country context (Lars-Petter Jelsness-Jorgensen, Norway; Maria van Vugt, The Netherlands; Lena Oxelmark, Sweden). The central message was clear: Nursing research is essential, interesting and, above all, possible.





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Finally, it is essential to mention the two talks by our previous and current N-ECCO Chairs (Lisa Younge and Marian O'Connor, respectively), who celebrated the journey of IBD nursing generally as well as the growth, aims and vision of N-ECCO. A very fond farewell was given to Lisa Younge (UK), who was N-ECCO's first chair and founder and completes her time on the committee this year. Grateful thanks were also extended to Rina Assulin (Israel) and Patricia Détré (France) at the end of their terms for all their hard work. A welcome is extended to new members: Nienke Ipenburg (The Netherlands), Karen Kemp (UK) and Lydia White (UK).



N-ECCO's vision remains to improve the care of IBD patients throughout Europe by networking and facilitating accessible, practical and relevant education. Towards this aim, N-ECCO history has been made this year with Marian O'Connor presenting the work done on **the first nursing consensus statements** about the role itself during the scientific programme of the ECCO Congress. Look out for publication this year in the Journal of Crohn's and Colitis!

We are so grateful to every speaker and delegate for their input this year, which made it such an excellent meeting all round. We look forward to seeing you again next year and you can rest assured that we'll be going through your feedback in detail in order to design a programme that's topical, practical and relevant. We couldn't do it without you!

The next Network Meeting will be in Copenhagen. There WILL be lunch! There will be N-ECCO...

LYDIA WHITE

N-ECCO Committee Member