



## 8<sup>th</sup> N-ECCO Network Meeting 2014

***The Bella Center in Copenhagen, an architects dream, hosted this years successful N-ECCO Network Meeting. Approximately 240 IBD nurses from Europe and beyond met to engage in a variety of crucial aspects of IBD patient care.***

***The morning session*** was a walk through early life, with sessions on sex, fertility and pregnancy. Andrea van der Meulen (the Netherlands) was followed by Janneke van der Woude (the Netherlands), with both sessions allowing sensitive discussion with a realistic and open approach. A tandem presentation by Janneke van der Woude and Janette Gaarenstroom (the Netherlands) brought these issues home through the detailed and poignant journey of a single patient.



The theme of development through life continued through childhood with an interesting and thorough talk by Sanja Kolacek (Croatia) on the growing child. From here the challenges of transition into adult care formed a natural theme for Joan Hetherington (Canada) and Kay Crook (UK), who were able to offer some practical advice and insight into the struggles of the adolescent negotiating a complex disease at a complex time.

Just prior to lunch we were privileged to witness the presentation of three interesting study abstracts: Ulricka Wickman on self-care among patients with Inflammatory Bowel Disease, Dawn Farrell on symptom burden in individuals with Inflammatory Bowel Disease and Aki Kawakami on developing an assessment method based on a health belief model to identify patients at high-risk of non-adherence to aminosalicylates.

Assessment of IBD followed lunch. Resi Olde Olthof (the Netherlands) gave such a thorough overview of clinical assessment that it would be welcome in a textbook! Arun Gupta (UK) then spoke on radiological assessment with a helpful focus on the patient experience. This was followed by an excellently choreographed tandem talk about endoscopy and Histopathology by Cord Langner (Austria) and Rami Eliakim (Israel).

The final focus of the day was three major patient concerns: Fatigue, pain and urgency. Palle Bager (Denmark) shared his interesting research on fatigue, followed by Charles Bernstein (Canada) and his work on pain. The often overlooked problem of urgency and incontinence was then approached with passion and compassion by Julie Duncan (UK), who left us with a 'can do' approach to this difficult topic.

Our outgoing chair, Marian O'Connor (UK), closed the day with an overview of N-ECCO: Where it's been and where it's going. It's clear that our vision remains the same and continues to grow with the N-ECCO Consensus statements published and new initiatives such as the nursing research group. Our new chair, Janette Gaarenstroom (the Netherlands), gave a well-deserved and unreserved 'thank you' to Marian. Marian has certainly been involved and committed to N-ECCO for a record-breaking amount of time and will be greatly missed.





European  
Crohn's and Colitis  
Organisation

N-ECCO remains committed to improving the care of IBD patients throughout Europe by networking and facilitating accessible, practical and relevant education. We are extremely grateful to every speaker and delegate for their engagement with this year's programme. Next year we will be in sunny (we hope) Barcelona, with another programme designed specifically from delegate feedback. We look forward to seeing you there!

LYDIA WHITE

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