

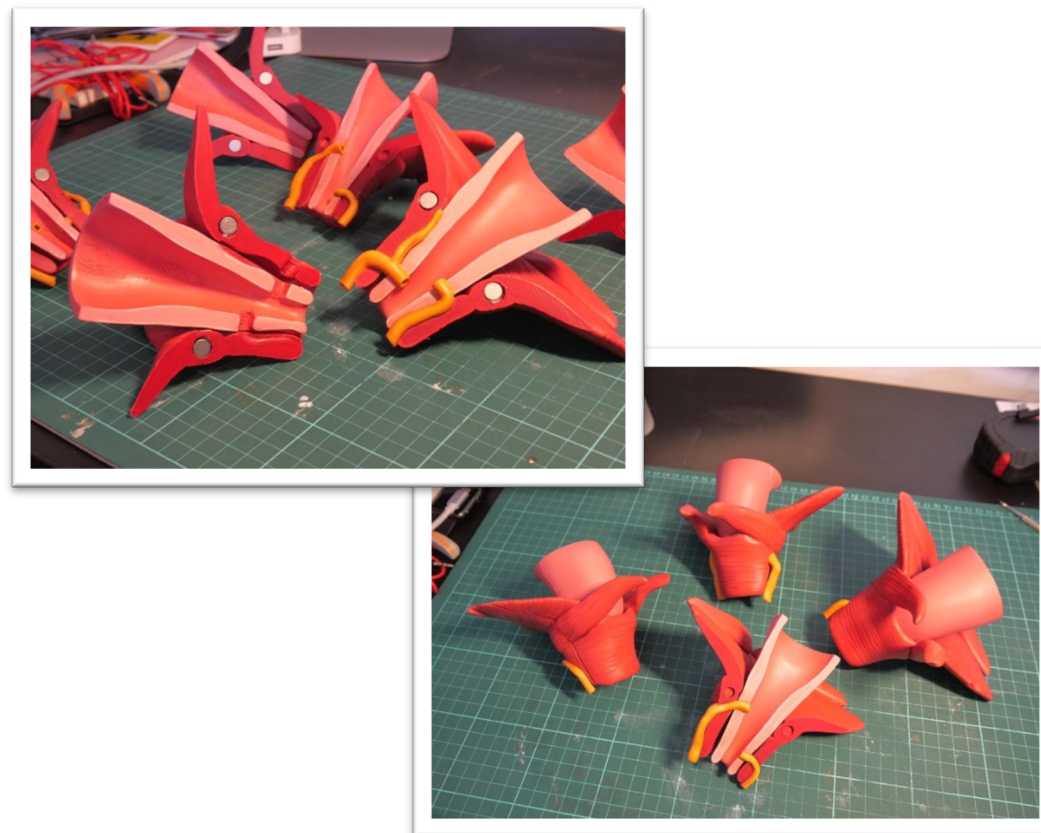
Improving the assessment of anorectal fistula

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Developing a classification for perianal fistulising Crohn's Disease (pCD)

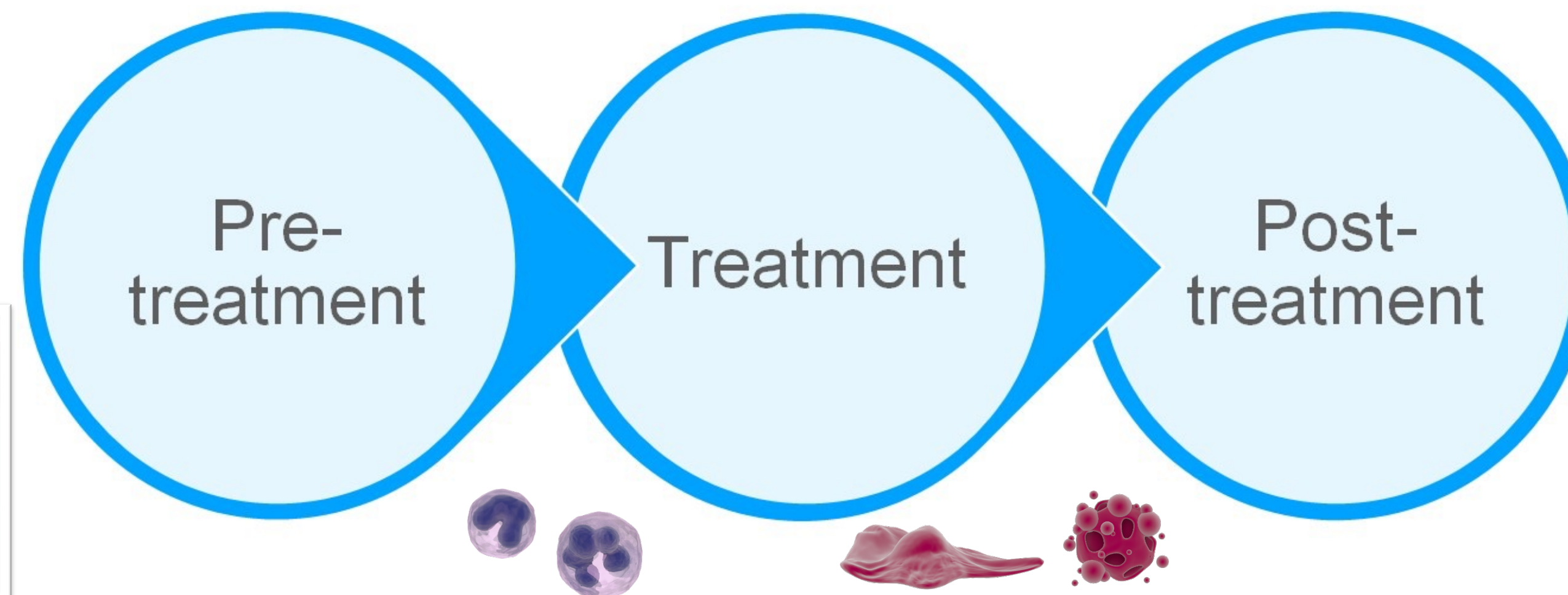
Using an international, multi-disciplinary expert consensus panel, we have developed a classification system of pCD, that stratifies patients according to disease severity and patient goals of treatment, providing guidance on treatment strategies and clinical trial inclusion.



The impact of 3D printed models on patient understanding & decision-making

Patients attending complex fistula clinic were randomised to a standard consultation, where their fistula was explained using MR images and drawn diagrams, or a 3D consultation where printed models were used (above). There was no difference in objective patient understanding or decisional conflict, but patients in the 3D consultation felt that the explanation was more beneficial to their understanding.

A multi-faceted approach to the assessment of anorectal fistula:



Mesenchymal Stem Cells (MSCs) for pCD: Biomarkers and outcomes

10 patients were treated with MSCs as part of a pilot scheme to establish the feasibility of use in the UK. At 18 month median follow up, 4 patients demonstrated combined remission as per ADMIRE CD criteria¹. Furthermore, Peripheral Blood Mononuclear Cells (PBMCs) from these patients induced MSC apoptosis, which correlated with 18 month clinical outcome data, indicating a potential biomarker of clinical response.

Developing a cryptoglandular Anal Fistula Core Outcome Set (AFCOS)

We established an anal fistula core outcome set: a minimum set of outcomes that should be measured in all studies of fistula treatment. Literature review and qualitative patient interviews developed our longlist of outcomes, followed by an international Delphi survey and consensus meeting involving patients and clinicians to establish the final COS.

AFCOS

- Clinical fistula healing
- Radiological healing (where possible)
- Recurrence
- Development of additional fistulas
- Fistula symptoms
- Incontinence
- Psychological impact of treatment
- Complications and reinterventions
- Patient satisfaction
- Quality of life

Developing an Anal Fistula Quality of Life scale (AF-QoL)

Quality of Life (QoL) is a crucial outcome to consider in the management of cryptoglandular anal fistula, however few disease specific measurement instruments exist. We developed a QoL scale through semi-structured and cognitive patient interviews, which is currently undergoing validation.

1) Panés J, Garcia-Olmo D, Van Assche G; ADMIRE CD Study Group Collaborators. Expanded allogeneic adipose-derived mesenchymal stem cells (Cx601) for complex perianal fistulas in Crohn's disease: a phase 3 randomised, double-blind controlled trial. Lancet. 2016 Sep 24;388(10051):1281-90.
2) Machiels AJHM, Iqbal N, Kimman ML, Sahnun K, Adegbola SO, Kane G, Woodcock R, Kleijnen J, Grossi U, Breukink SO, Tozer PJ. Heterogeneity in outcome selection, definition and measurement in studies assessing the treatment of cryptoglandular anal fistula: findings from a systematic review. Tech Coloproctol. 2021 Jul;25(7):761-830.