



St Mark's
Academic Institute
Advancing scientific knowledge of colorectal disorders

Imperial College
London

**IBD Course:
Navigating through advanced therapies in Inflammatory Bowel Disease: How do we
choose the right one?**

Course Directors: Alex Toskas, Ravi Misra, Naila Arebi

Date: Wednesday 4th of June 2025

Location: Face to face only-Avery Jones Theatre

Welcome and Introduction	Speakers/Facilitators
9.00 Registration and refreshments	Dr Alex Toskas Dr Ravi Misra Naila Arebi
09.25 Welcome and introduction	Naila Arebi
Session 1 Evidence based approach to treatment decisions in IBD	
A. Crohn's Disease: Exploring treatment options (70') Chair: Professor Naila Arebi	
09:30 Choosing the optimal first-Line Treatment for Crohn's disease	Naila Arebi
09.45 The next step for therapy: how to select second line therapy.	Ailsa Hart
10.00 Live case study: Real-time treatment decisions in Crohn's disease	Ravi Misra
10:30 Innovations in perianal Crohn's disease: advanced therapies you need to know.	Kapil Sahnan
10.40-11:00 Coffee Break	
B. Ulcerative Colitis: Pioneering approaches in treatment (45') Chair: Mr Janindra Warusavitarne	
11:00 A Roadmap for success: Choosing the right first-line treatment for UC.	Alex Toskas
11:15 Second-line strategies: When and why to switch.	Nick Powell
11:30 Interactive case discussion: Navigating complex UC cases	Nik Kamperidis
11.50 Tackling acute severe Ulcerative Colitis: The role of new therapies.	James Alexander
12.10 Surgery in acute severe Ulcerative Colitis: When and why it's the right choice?	Phil Tozer

12.25 What does optimisation look like?	Alex Toskas
12.40 – 13:30 Lunch Break: Networking and Nourishment	
Session 2 -Optimising care for our IBD patients.	
A. IBD in Acute Care: Fast-tracking effective treatment (70') Chair: Alex Toskas	
13:30. The essential role of IBD nurses in acute patient management.	Lisa Younge /Tracy Tyrell
13.50 When surgery becomes necessary: How new therapies are changing the landscape.	Janindra Warusavitarne
14.10 Multi-disciplinary team input for success: Biologics vs Surgery in the St. Mark's approach.	Ayesha Akbar
14.30-14.40 Coffee Break	
B. A Holistic approach to IBD Care: Beyond medications (80') Chair: Lisa Younge or Tracy Tyrell	
14.40 Managing chronic fatigue in IBD Patients: Practical strategies.	Calum Moulton
15.00 The Dietitian's essential role in managing acute IBD	Gabriella Poufou
15.20 The pharmacist's role in counselling for IBD.	Angela Chana
15.40 Intestinal Ultrasound: Utilising ultrasound imaging for IBD Monitoring	Alex Fitzhugh
16:00 Feedback and Close	END