

Thank you for joining our
IBDHorizons22 Event!

IBDHorizons.org



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IBDHorizons
information*



**3rd Annual
IBDHorizons**

Updates for Advanced Practice Providers (APP) Symposium

October 29, 2022

Seattle, WA



During your break, visit the Trellus booth to find out what they can do for you and your patients!

Trellus Health

Trellus Health supports providers and patients with their resilience-based whole-person support to help patients manage the non-clinical barriers to effective Inflammatory Bowel Disease (IBD) self-management through their Resilience Training Curriculum.

Trellus doesn't do IBD care but helps to support a clinician's care plan by teaching and coaching patients and empowering them with the skills and learnings they need to change the way they think and act so they can live their best lives and lower the rates of mental illness through this scientifically validated behavioral health method.

Trellus prides itself on empowering patients with IBD to master the art of self-management and take charge of their health. trellushealth.com

3rd Annual IBDHorizons



Updates for Advanced Practices Providers (APP) Symposium

AGENDA

- 7:00 AM **Breakfast**
- 8:00 AM **Welcome and Introductions**
- 8:15 AM **IBD Risk Stratification & Selecting the Ideal Initial Therapy**
Kindra Clark-Snustad, ARNP / Panel
- 9:00 AM **After Diagnosis: Prepping IBD Patients for Therapy**
Erica Heagy, FNP-BC / Panel
- 9:45 AM **Break and View Exhibits**
- 10:15 AM **Keeping Patients Well on Therapy: IBD Health Maintenance**
Kendra Kamp, PhD, RN / Panel
- 11:00 AM **Overview of the Current IBD Therapies**
Jeffrey Jacobs, MD / Panel
- 11:45 AM **Lunch and View Exhibits**
- 12:30 PM **Cancer Risk and Screening in IBD**
Jason Harper, MD / Panel
- 1:15 PM **Prepping IBD Patients for Surgery**
Mitra Barahimi, MD / Panel
- 2:00 PM **Diet in IBD: What is New?**
Dale Lee, MD / Panel
- 2:45 PM **The IBD Patient Seeking a Second Opinion**
Ghassan Wahbeh, MD & Scott Lee, MD / Panel
- 3:15 PM **Take Home Message Review**
Ghassan Wahbeh, MD
- 3:20 PM **Northwest Service Award Ceremony**
- 3:30 PM **Closing**

Please visit exhibit booths between sessions or breaks.

About IBDHorizons



IBDHorizons is a 501(c)(3) registered not-for-profit organization that was founded on a recognized need for educational opportunities in the field of IBD. Established in 2016 by three GI physicians, **IBDHorizons** held its first annual conference among the backdrop of the Pacific Northwest.

IBDHorizons works with a team of passionate experts to provide free up-to-date education focusing on Inflammatory Bowel Disease (IBD) while supplying accredited CME/CPE/CE to the doors of community GI clinicians, APPs, and patients. Clinicians can claim up to six free credit hours upon attending our programs.

Our events present an excellent opportunity to advance your knowledge, network with your colleagues, and ask questions of world renown clinicians. We have had successful years of **IBDHorizons** conferences in Seattle and in Columbus, with more location expansions on the horizon.

Co-Founders



Anita Afzali, MD, is a Professor of Medicine in the Division of Digestive Diseases and Executive Vice Chair of Medicine in the Department of Internal Medicine at the University of Cincinnati College of Medicine. She is the Associate Chief Medical Officer of the UC Health System and Cincinnati Children's Hospital. [@IBD_Afzali](#)

Scott Lee, MD, is an Associate Professor of Medicine with expertise in Inflammatory Bowel Disease (Crohn's disease and ulcerative colitis). His clinical practice is at the Digestive Disease Center at the University of Washington and is dedicated exclusively to providing care to patients with the diagnosis of IBD. [@DrScottDLee](#)



Ghassan Wahbeh, MD, is the Director of the Inflammatory Bowel Disease Center at Seattle Children's Hospital. He is Professor of Pediatrics and Gastroenterology at the University of Washington School of Medicine. Dr. Wahbeh's clinical focus is in advanced care for children, adolescents, and young adults with Crohn's Disease and Ulcerative Colitis, including advanced therapeutics and pre- and post-surgery IBD management. [@PedsIBD_Wahbeh](#)



Bailey Cullinan joined the IBDHorizons team in 2020. She is the President of IBDHorizons and lead organizer of all IBDHorizons events. Ms. Cullinan lives in California and enjoys fostering dogs.

Executive Communications Group is an audio/visual team with IBDHorizons since 2017. Their immediate team comprises of Bryant SaintClair, Hipolito Soto Castro, and owner Eric SaintClair. ECG's headquarters is in New York and Orlando. To contact them, email estclair@executivecommgroup.com

Faculty



Mitra Barahimi, MD, is an Assistant Professor of Medicine at the University of Washington with expertise in inflammatory bowel disease. She earned her bachelor's degree and MD at the University of Washington. Dr. Barahimi went on to complete her residency in internal medicine and fellowship in gastroenterology at the University of Washington. In her clinical practice, she exclusively cares for patients with Crohn's disease and ulcerative colitis. She is the principal investigator of IBD QORUS, a national quality improvement project that aims to improve the quality of care for patients with inflammatory bowel disease. She is also involved in clinical trials for new investigational therapies for inflammatory bowel disease. She is a member of the Crohn's Colitis Foundation of America (CCFA), American Gastroenterology Association, American College of Gastroenterology and American Society of Gastrointestinal Endoscopy.



Kindra Clark-Snustad, ARNP, is a board certified nurse practitioner with a clinical focus on inflammatory bowel disease. She earned her bachelor's degree in biology at Willamette University and completed her bachelor's in nursing and Doctor of Nursing Practice at the University of Washington, School of Nursing. Kindra works as a nurse practitioner in the University of Washington, Digestive Health Center, Inflammatory Bowel Disease Clinic, caring for patients with Crohn's disease and Ulcerative colitis. She also works as an investigator on the University of Washington, Inflammatory Bowel Disease Research Program, assisting with clinical trials and investigator initiated studies.

Faculty



Jason Harper, MD, is Director of the Harborview Medical Center Inflammatory Bowel Disease program and is a UW Clinical Assistant Professor. He is a member of the Crohn's and Colitis Foundation and is presently on the regional Medical Advisory Committee. Dr. Harper's clinical interests include inflammatory bowel diseases (ulcerative colitis and Crohn's disease). His research interests include clinical outcomes in IBD.



Erica Heagy, FNP-BC, is a board-certified family nurse practitioner that specializes in gastroenterology at The Oregon Clinic. "As a Nurse Practitioner I strive to provide a comfortable environment for my patients by listening and building a strong provider-patient relationship. I am passionate about patient education and empowering them to take an active role in their overall health. As part of a team, I am committed to provide the highest quality medical care to treat and prevent digestive diseases. I view the provider-patient relationship as a partnership, and believe that each encounter with a patient is an opportunity to provide knowledge that will assist them in the medical decision making process." [@erica_heagy](https://twitter.com/erica_heagy)

Faculty


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Jeffrey Jacobs, MD, is a gastroenterologist and specializes in the care of patients with inflammatory bowel disease. Dr. Jacobs believes in a patient-centered and team-based approach to medical care while using the most up-to-date research to get the best outcome for his patients.

He realizes that each patient is different, and a tailored approach is critical to the successful care of his patients.

Dr. Jacobs' primary clinical interest is in the care of patients with inflammatory bowel disease, including Crohn's disease and ulcerative colitis. Personal Interests: Dr. Jacobs enjoys playing with his dog at the park, trying out new cooking and baking recipes with his wife, traveling, reading books about history, and watching football (Go Hawks!).

Kendra Kamp, PhD, RN, is an Assistant Professor in the Department of Biobehavioral Nursing and Health Informatics, School of Nursing, University of Washington, Seattle, WA. She received her PhD from Michigan State University, East Lansing, MI and an undergraduate nursing degree from Calvin University in Grand Rapids, MI. Kendra's passion is to improve the lives of individuals with gastrointestinal diseases such as ulcerative colitis, Crohn's disease, and irritable bowel syndrome. Her dissertation examined the relationship between social support and self-management behaviors of medication adherence and diet modification finding that informational social support was associated with increased medication adherence. Kendra plans to expand her program of research to develop interventions aimed at improving self-management of individuals living with ulcerative colitis and Crohn's disease.  @kendra_kamp



Faculty

IBDHorizons



Dale Lee, MD, is Associate Professor of Pediatrics at Seattle Children's Hospital at the University of Washington. Dr. Lee serves as the Medical Director of Clinical Nutrition at Seattle Children's Hospital and is also the Director of the Celiac Disease Program. He is an organizer for a multidisciplinary symposium on a "Food Systems Approach to Guy Health" with the Department of Food Science at Penn State University. He is a current scholar in the Clinical Research Scholar's Program at Seattle Children's Hospital with an interest in dietary therapy for inflammatory bowel disease (IBD) as well as studying the role of dietary exposures in IBD pathogenesis. The research program that Dr. Lee is developing incorporates a multidisciplinary approach including clinical gastroenterology, clinical nutrition, food science, plants science, and nutrition epidemiology.



CME

Accreditation

Please view the provided syllabus or visit our website at www.ibdhorizons.org to find detailed accreditation statements.

To Receive Credit

Complete Activity Evaluation / Credit Application Form by **Saturday, November 12, 2022** at www.IBDHorizons.org.

Tips to Collecting Your CME Credit

Your credit certificates are stored on the website of our accrediting partner, The Annenberg Center for Health Sciences at Eisenhower, at www.annenberg.net

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visit [IBDHorizons.org](https://www.IBDHorizons.org) for more info and registration

6th Annual IBDHorizons
Midwest Symposium

Now in Cincinnati!

Save the Date

Hyatt Regency Cincinnati
February 11, 2023
8:00am - 3:30 pm EST

[IBDHorizons.org](https://www.IBDHorizons.org)

The poster features a night-time cityscape of Cincinnati with illuminated buildings and a Ferris wheel. The text is overlaid in white and blue, with "Save the Date" in a large, cursive font.

