



European
Crohn's and Colitis
Organisation

ECCO Consensus on Diet and Nutrition in IBD 2023 - 2025



ECCO Consensus on Diet and Nutrition in IBD 2023-2025

TENTATIVE TIMELINE

Deadline	
Late June, 2023	Open call
July, 2023	Applications from all participants to be received.
End of July, 2023	Selection of participants. Decision to be sent out
August – October, 2023	Preparation of PICOs
Late November, 2023	Kick-Off TC
Late December, 2023	Search String to be Completed By Librarian
January, 2024	Abstract Screening by 1 st and 2 nd screeners
February, 2024	Full-text screening
March, 2024	Collection of data and first draft of statements and supporting texts
Beginning of April, 2024	1 st Round of Online Voting
Mid-May, 2024	Review of statements after 1 st round of voting
Mid to Late May, 2024	2 nd Round of Online Voting including National Representatives and additional reviewers
Late May to Mid-June, 2024	Revision of statements and drafting of manuscript
September 2024 (Autumn)	Consensus Meeting at Autumn Meeting in Vienna
October-November 2024	Manuscript finalisation
Late October/Early November 2024	Abstract submission ECCO'25 (recommended, however, optional) – before deadline
Early December 2024	Cross check by medical writer
Mid December, 2024	Review by project coordinators
Late December, 2024	Send to GB for feedback
Early January 2025	Submission To JCC

As of September 2023.



EFCCA update November 2023

In well-established tradition of ECCO-EFCCA cooperation, we are pleased to announce our participation in two new working groups:

- **ECCO Consensus on Diet and Nutrition in IBD**
- **ECCO Multi-society Diagnostics and Monitoring Guideline**

Following a call for volunteers we have identified a group of patient representatives for both Working Groups from Austria, Belgium, Denmark, Estonia, Finland, Greece, Italy, Lithuania, Malta, Norway, Poland and **Romania.**

These ECCO Working Groups foresee the involvement of IBD patients who will form an integral part of the process of discussing and voting on the most relevant questions to be addressed during consensus development and the Guidelines, as well as participating in the discussion and voting around the most important aspects to be considered in each topic.

Patient representatives participating in these two working groups will provide regular updates on the progress and a presentation during our next EFCCA General Assembly ensuring that all our members are well informed of this important work.

Isabella Grosu isabellagrosu@gmail.com

ECCO: Kick-off Meeting ECCO Consensus on Diet and Nutrition IBD¹ mesaj

Alina Gedek <A.Gedek@ecco-ibd.eu>20 noiembrie 2023 la 18:22Către: "vslyk.ccf@gmail.com" <vslyk.ccf@gmail.com>, "vasovak@yahoo.com" <vasovak@yahoo.com>, "jbusuttil@macm.org.mt" <jbusuttil@macm.org.mt>, "magdalena.sajak@efcca.org" <magdalena.sajak@efcca.org>,"isabellagrosu@gmail.com" <isabellagrosu@gmail.com>
Cc: "hannahgordon@doctors.org.uk" <hannahgordon@doctors.org.uk>, Richard Hansen <richard.hansen2@nhs.scot>, VaiosSvolos <vaiossvolos@gmail.com>, Emma Halmos <emma.halmos@monash.edu>, Fadi lfram <F.lfram@ecco-ibd.eu>,Bogomil Yotov <B.Yotov@ecco-ibd.eu>

Dear Patient Representatives,

Thank you for joining the project: ECCO Consensus on Diet and Nutrition in IBD 2023-2025.

You are cordially invited to the Kick-off online meeting taking place this Friday:

Topic: Kick-off Meeting ECCO Consensus on Diet and Nutrition in IBD

Time: **Nov 24, 2023 09:00-10:00 AM Vienna**

Join Zoom Meeting

<https://us06web.zoom.us/j/84701480137>

Meeting ID: 847 0148 0137

The meeting will be divided into two parts:

One part addressing methodology applied in the project

One part providing training on how to use the platform

Enclosed is the tentative timeline of the project. Before the meeting, you will receive confirmation about the Workgroup assignment and the meeting agenda. Project Coordinators will try their best to accommodate your WGs preferences. Your role will be further discussed during the meeting.

We look forward to your participation in this project.

On behalf of Project Coordinators,

Emma Halmos

Vaios Svolos

Richard Hansen

Hannah Gordon

Sent by:

Alina Gedek

Society Project Manager

Address:

ECCO Office,

Ungargasse 6/13, 1030 Vienna, Austria

Schedule	Kick-Off Meeting ECCO Consensus on Diet and Nutrition in IBD
Location:	Zoom
Date:	Friday, November 24, 2023 09:00 – 10:00
Coordinators:	E. Halmos, V. Svolos, R. Hansen, H. Gordon
WG Leaders:	E. Halmos, V. Svolos, R. Hansen, H. Gordon, M. Lomer
Clinical Guidelines Services:	T. Karge, P. Freudenberger
ECCO Office:	A. Gedek, F. Ifram, B. Yotov

ZOOM Link:

<https://us06web.zoom.us/j/84791480137>

Meeting ID: 847 0148 0137

ECCO wishes to thank EFCCA for cooperation and involvement of IBD Patient Representatives in this project. ECCO fully recognises the need and importance of involving patients' associations in decision making and in defining relevant outcomes in a patient-oriented approach, since in the end they will be the ones mostly affected from the recommendations developed. Five Patient Representatives will join the project.

Clinical Guideline Service contact details (for platform and process support) will be shared directly after the meeting.

Kick-Off Meeting

09:00 – 09:10:	Official Welcome & outline of the schedule (Emma Halmos)
09:10 – 09:35:	Introduction to Methodology, Topics and Timeline (Hannah Gordon)
09:35 – 09:50:	Discussion of practical issues (Torsten Karge and Paul Freudenberger) Literature search, abstract screening, maybe screening, full text selection, and online voting.
09:50 – 09:55:	Questions
09:55 – 10:00:	Debrief (Coordinators, WG Leaders)

WG 1: Diet in aetiology and disease prevention

Members: Richard Hansen (WG lead), Harry Sokol, Neeraj Narula, Lili Godny, Kevin Whelan; Patient Representative: Vera Sylik

WG 2: Nutritional assessment and optimisation

Members: Miranda Lomer (WG lead), Konstantinos Katsanos, Catherine Wall, Chen Sarbagilli, Marina Aloi; Patient Representative: Vasiliki Rafaela Vakouftsi

WG 3: Diet as induction therapy for active disease

Members: Vaios Svolos (WG lead), Konstantinos Gerasimidis, Rotem Sigall-Boneh, Eytan Wine, Henit Yanai; Patient Representative: Isabella Grosu

WG 4: Diet as maintenance therapy for inactive disease


Members: Hannah Gordon (WG lead), Alice Day, Richard Russel, Konstantinos Gkikas, Aaron Bancil; Patient Representatives: Josef Busuttli

WG 5: Dietary management of comorbidities and special

Members: Emma Halmos (WG lead), Jonathan Segal, Charlotte Hedin, Andrew Day, Jessica Fitzpatrick; Patient Representatives: Magdalena Sajak_Szczerba

24 November 2023


Kick-off Meeting ECCO Consensus on Diet and Nutrition in IBD



ECCO Consensus on Diet and Nutrition in IBD

Kick off Meeting 24/11/2023

Emma Halmos, Vaios Svolos, Richard Hansen, Hannah Gordon, Miranda Lomer, Henit Yanai



Emma Halmos

Mute Stop Video Participants 31 Chat Share Screen Summary AI Companion Record Reactions Apps Whiteboards Notes Leave




ECCO Nutrition in IBD Consensus


- **WG1: Diet in aetiology and disease prevention**
• WG lead: Richard Hansen
- **WG2: Nutritional assessment and optimisation**
• WG lead: Miranda Lomer
- **WG3: Diet as therapy – induction of remission**
• WG lead: Vaios Svolos
- **WG4: Diet as therapy – maintenance of remission**
• WG lead: Hannah Gordon
- **WG5: Dietary management of comorbidities and special situations**
• WG lead: Emma Halmos




Emma Halmos




Welcome



D-ECCO, P-ECCO, GUI-COM **ECCO OFFICE**




Emma Halmos



ECCO Team

- **Librarian**
• Paul Freudemberger
- **Voting platform and technical support**
• Torsten Karge
- **Project Manager**
• Alina Gedek
• Fadi Ifram
• Bogomil Yotov
- **Medical Writer**
- **Patient Representatives**



Hannah Gordon

Kick-off Meeting ECCO Consensus on Diet and Nutrition in IBD – 24 November 2023




Recording

You are viewing Hannah Gordon's screen

View Options

View

Kick-off Meeting ECCO Consensus on Diet and Nutrition in IBD – 24 November 2023



Working group allocations

WG1: Aetiology and prevention

- **Richard Hansen**
- Lihi Godny
- Kevin Whelan
- Harry Sokol
- Neeraj Narula
- **Vera Sylk**

WG2: Assessment/optimisation

- **Miranda Lomer**
- Marina Aloï
- Catherine Wall
- Chen Sarbagilli
- Kostantinos Katosnos
- **Vasiliki Rafaela Vakouftsi**

WG3: Induction of remission

- **Vaios Svolos**
- Henit Yanai
- Kostantinos Gerasimidis
- Rotem Sigall-Boneh
- Eytan Wine
- **Isabella Grosu**

WG4: Maintenance of remission

- **Hannah Gordon**
- Alice Day
- Richard Russell
- Aaron Bancel
- Kostantions Gkikas
- **Josef Busuttil**

WG5: Comorbidities and special situations

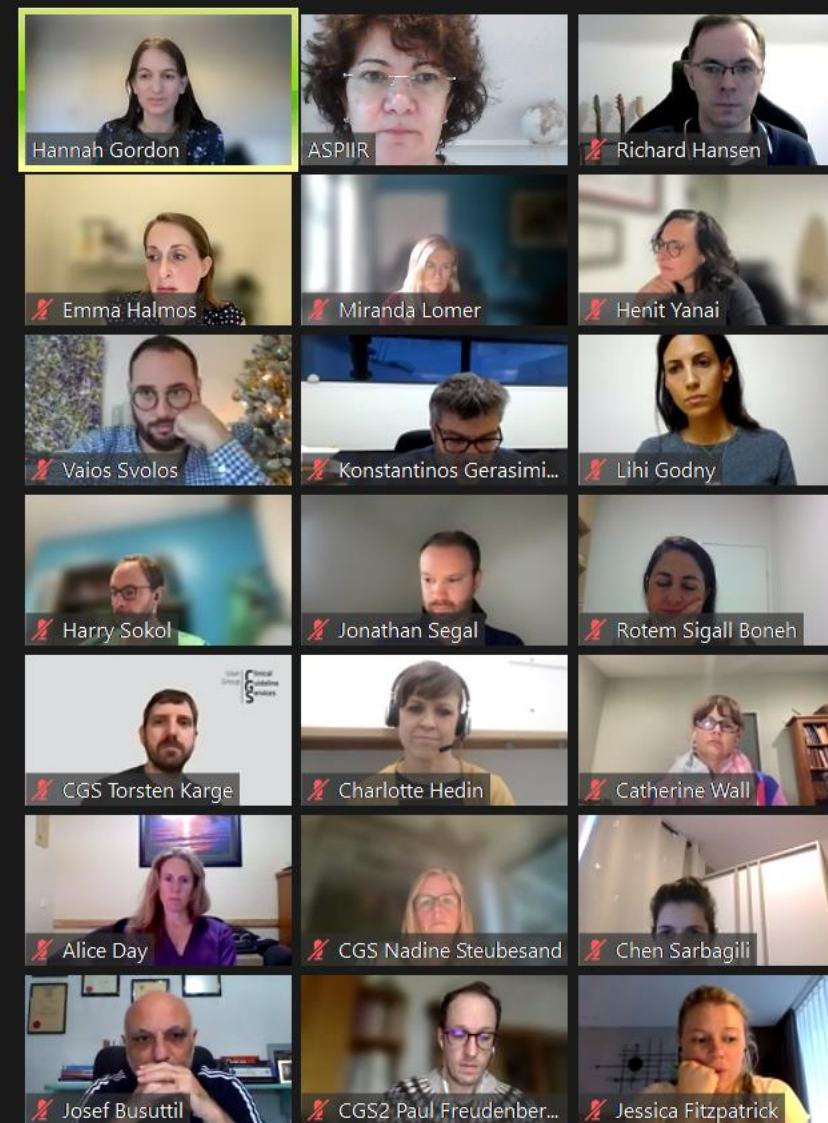
- **Emma Halmos**
- Andrew Day
- Jonathan Segal
- Charlotte Hedin
- Jessica Fitzpatrick
- **Magdalena Sajak Szczerba**



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Structured OCEBM

➤ *A systematic review underpinning each statement*

PICO

P – population

IBD patients with active disease

I – intervention

EEN

C – comparator/control

steroids OR habitual diet

O – outcome

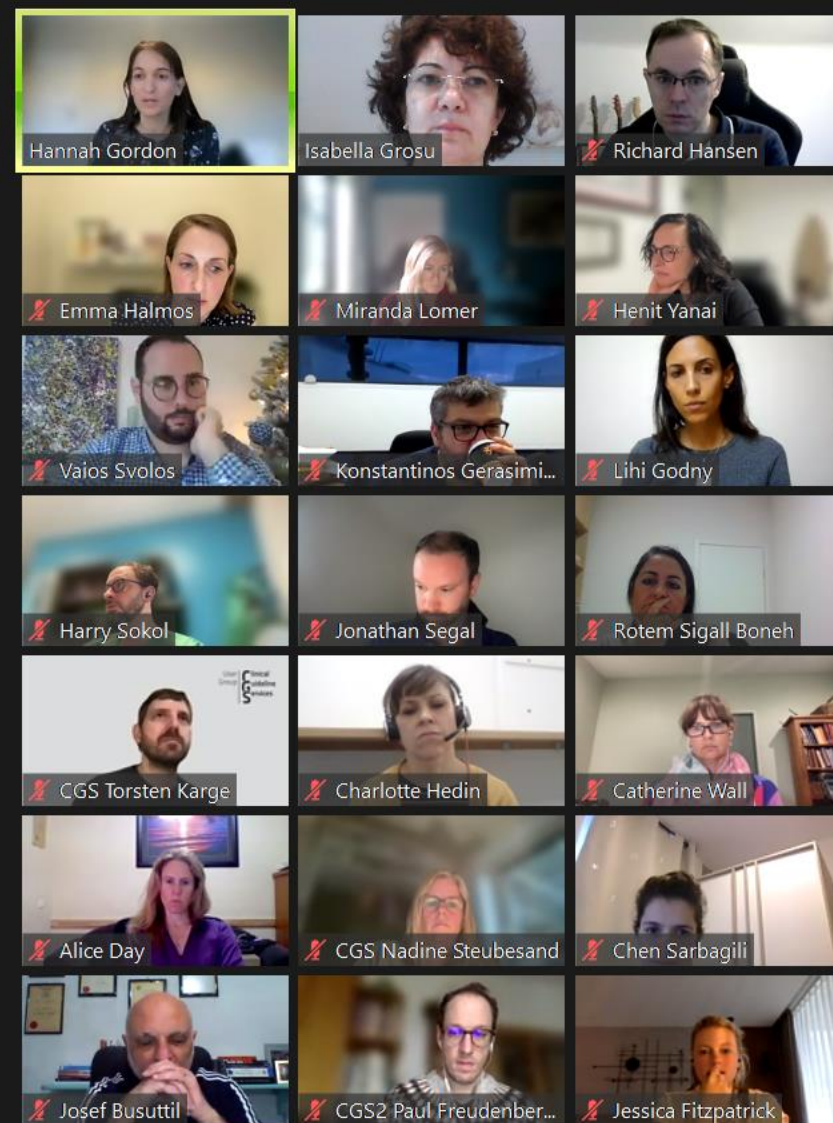
clinical response

Non-PICO

Focussed literature search

• **Key words**

- WG leaders
- Project leads



Hannah Gordon	Isabella Grosu	Richard Hansen
Emma Halmos	Miranda Lomer	Henit Yanai
Vaios Svolos	Konstantinos Gerasimi...	Lihi Godny
Harry Sokol	Jonathan Segal	Rotem Sigall Boneh
CGS Torsten Karge	Charlotte Hedin	Catherine Wall
Alice Day	CGS Nadine Steubesand	Chen Sarbagili
Josef Busuttill	CGS2 Paul Freudenber...	Jessica Fitzpatrick

Recording Hannah Gordon is talking ...

Screening the literature

Abstract screening

- Online platform
- 2 screeners
- "Yes" "No" "Maybe"

Full text screening

- PDFs acquired
- Online platform
- 2 screeners
- "include" "exclude"

ALL AUTHORS TAKE PART

Recording

Summary of literature

PRISMA

```

    graph TD
      subgraph Identification
        A[Records identified through database searching (n = )]
        B[Additional records identified through other sources (n = )]
      end
      A --> C[Records after duplicates removed (n = )]
      B --> C
      subgraph Screening
        C --> D[Records screened (n = )]
        D --> E[Records excluded (n = )]
      end
      subgraph Eligibility
        D --> F[Full-text articles assessed for eligibility (n = )]
        F --> G[Full-text articles excluded, with reasons (n = )]
      end
      subgraph Included
        F --> H[Studies included in qualitative synthesis (n = )]
        H --> I[Studies included in quantitative synthesis (meta-analysis) (n = )]
      end
  
```

Information

- Relevant comparisons
- Relevant outcomes
- Research gaps

Recording

Statement and Text

Statement

- Should follow from topic/PIC
- Include Oxford EL
- When possible, offer a practical recommendation

Eg. X may induce remission in patients with mild to moderate CD (EL3). Patients with active disease should have access to a dietitian with expertise in IBD to discuss either as adjunct or primary therapy

Text

- Word count 15,000 project!)
 - Key points
 - Succinct evidence
 - Practical recommendations
- Figures or tables encouraged
- Appendix
 - Research gaps

Recording You are viewing Hannah Gordon's screen View Options

Achieving consensus

```

    graph LR
      A[Online voting round 1] --> B[Revisions]
      B --> C[Online voting round 2]
      C --> D[Consensus meeting]
      D --> E[Further revisions]
      E --> B
      F[Input from patients, national representatives, additional reviewers] --> C
      G[>80%] --- D
  
```



 <p>Hannah Gordon</p>	 <p>Isabella Grosu</p>	 <p>Henit Yanai</p>	 <p>Emma Halmos</p>	 <p>Miranda Lomer</p>
 <p>Vaios Svolos</p>	 <p>ECCO Office</p>	 <p>Lihi Godny</p>	 <p>Harry Sokol</p>	 <p>Jonathan Segal</p>
 <p>Rotem Sigall Boneh</p>	 <p>CGS Torsten Karge</p>	 <p>Catherine Wall</p>	 <p>Alice Day</p>	 <p>Richard Hansen</p>
 <p>Konstantinos Gerasimidis</p>	 <p>CGS Nadine Steubesand</p>	 <p>Chen Sarbagili</p>	 <p>Josef Busuttill</p>	 <p>CGS2 Paul Freudenberger</p>
 <p>Jessica Fitzpatrick</p>	 <p>Kostas Gkikas</p>	 <p>Aaron Bancil</p>	 <p>Richard.Russell</p>	 <p>ASD</p>

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Recording

General workflow:

- Define research questions:
- (Vote on outcomes): GRADE only
- Determine criteria for inclusion/ exclusion: Which Intervention/Exposure is of interest to my question
- Define specifics for the literature search: What alternatives are there, what is current standard treatment?
- Performing literature search
->: Preliminary search results for circulation
- Title-abstract screening: in duplicates
 - Disagreement resolved by first screener
- Acquisition of fulltexts:
- Full-text screening:
- Evaluation of literature in depending on guideline type(GRADE/Oxford):




CGS2 Paul Freudenberger

User Group Clinical Guideline Services

Recording

Literature research in Guideline development



CGS2 Paul Freudenberger

User Group Clinical Guideline Services

Will [Intervention] in patients [State of condition, severity, comorbidity etc.] lead to increased / reduced [outcome, f.e Disease burdern, quality of life, etc.] in comparison to [control, placebo, standard treatment].



Defining criteria for inclusion/exclusion

Define what is relevant and what is not.
(effect on both literature research as well as the screening)

Typical considerations could be:

- F.e do we need articles of certain types to be from certain periods (how do we handle old meta-analyses)
- Do we require a minimum sample size?
- What type of articles do we consider relevant to our question?
- What is our opinion on mixed populations, pediatric studies, indirect evidence, etc.



Development of the literature search

- Based on your PICO questions and criteria for inclusion and exclusion
- Try to include abbreviations, common synonyms in the PICO.
- Preliminary PubMed searches for circulation and feedback.
 - Sentinel articles?
- -> Finalization of searches and upload on the guideline platform
 - Splitting of results in work packages, per literature type



Defining specifics for literature search

- Which databases should be used (z.B. Pubmed, Cochrane, Embase..)
- Which time-period should be investigated (z.B. last 10 years)
 - Usually very dependent on the intervention
- What type of articles are relevant to our question?
- Which languages should we consider
- Development of the search strategy



ECCO Office



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