

## Advanced Diet Therapy for IBD: Integrating Nutritional Care in the Adult MDT Pathway

24<sup>th</sup> April 2026

**08:30 Registration for in person delegates**

**08:55 Welcome and Opening of the course**  
**Gabriela Poufou/ Sinead Burke/Simhika Bhudia**

Session 1 – Active Disease Management

**Chair:**

09:00	Joint Clinic: Surgical/Medical Management of Active Disease: Window of opportunity-Right Time, Right Patient	Kapil Sahnan & Alexandros Toskas
09:20	Evolution of drug therapy in active IBD: Oral, Biologics, small molecules	Dania Al-Zarrad
09:40	EEN: Timing & Parcticalities (bridge, adjuvant, pre-op, recapture)	Simhika Bhudia
10:00	Debate: Diet vs Drugs in active disease	Sinead Burke & Dania Al-Zarrad
10:15	Disease monitoring – beyond the scope: Intestinal ultrasound	Alex Fitzhugh
10:30	Panel Q&A	

**10:45 Coffee/Tea break**

Session 2 – Emerging Evidence & Practical Application

**Chair:**

11:00	Other dietary therapies: right patient, right time and modifications	Gabriela Poufou & Simhika Bhudia
11:30	Ultra-processed foods & emulsifiers: emerging evidence and practical advice	Sinead Burke
11:50	Nutritional management recommendations and guidelines (ECCO 2025)	Aaron Bancil
12:10	Living with IBD: Practical support	Christy Rejee
12:25	Panel Q&A	

**12:35 Lunch & Networking**

Session 3 – Prehabilitation and nutritional optimisation in IBD

**Chair:**

13:30	Prehabilitation: Optimising surgical outcomes through nutrition and MDT	Prehabilitation team Dr Holman, dietitian, psychologist and pharmacist
14:00	Case study: right patient, right time, right team	Prehabilitation team
14:20	Fatigue, mood, mental health: when is it IBD, when is it psychiatric?	Calum Moulton
14:40	Panel Q&A	

**14:50 Coffee/Tea break**

Session 4- Realities of living with IBD post-surgery

**Chair:**

15:00	When the inside acts out – ileoanal pouch: managing high output, functional symptoms	Gabriela Poufou & Lisa Allison
15:30	Case study	Sinead Burke
15:50	Panel Q&A	
16:00	Summary & Close	Gabriela Poufou