



LIVING WITH IBD

Seminar & workshop

TRAVELLING WITH IBD

with

**PROF.
MICHAEL SCHULTZ**

and

KAREN MURDOCH





Travelling with IBD

Karen Murdoch CNS-IBD
Professor Michael Schultz

Hints and Tips for safe travel:

- Inform your medical team
- Travel kit/list:
- Research where you are going
- Bathroom locations
- Travel insurance
- Mindfulness



Inform your medical team

- Discuss with your Consultant and IBD nurse
- Give guidance around medications
- Things to avoid whilst travelling
- Use Crohn's and Colitis websites/IBD passport

Travel kit/list:

- Pack your essentials
- Extras
- Emergency kit
- Up to date medical letter
- List of medications

- <https://www.smartertravel.com/the-ultimate-packing-list>



Research:

- Destination
- How you are getting there
- Bathrooms on route
- Restaurants/supermarkets/hospital
- Travel insurance
- Mindfulness



Everything is
possible -
the world is
yours, but



International travel



International Society of Travel Medicine
Promoting healthy travel worldwide

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Original Article

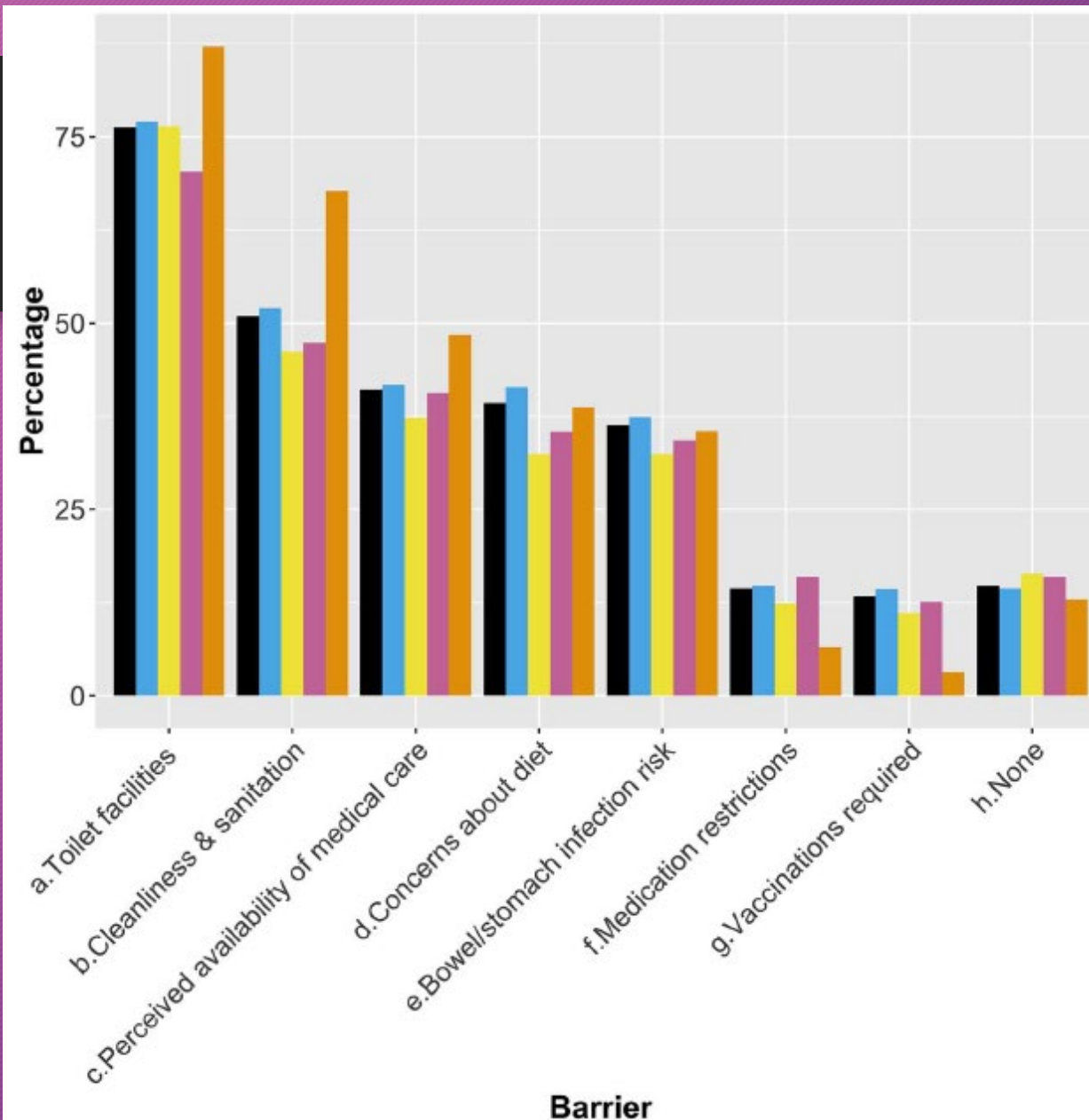
Original Article

Barriers to international travel in inflammatory bowel disease patients

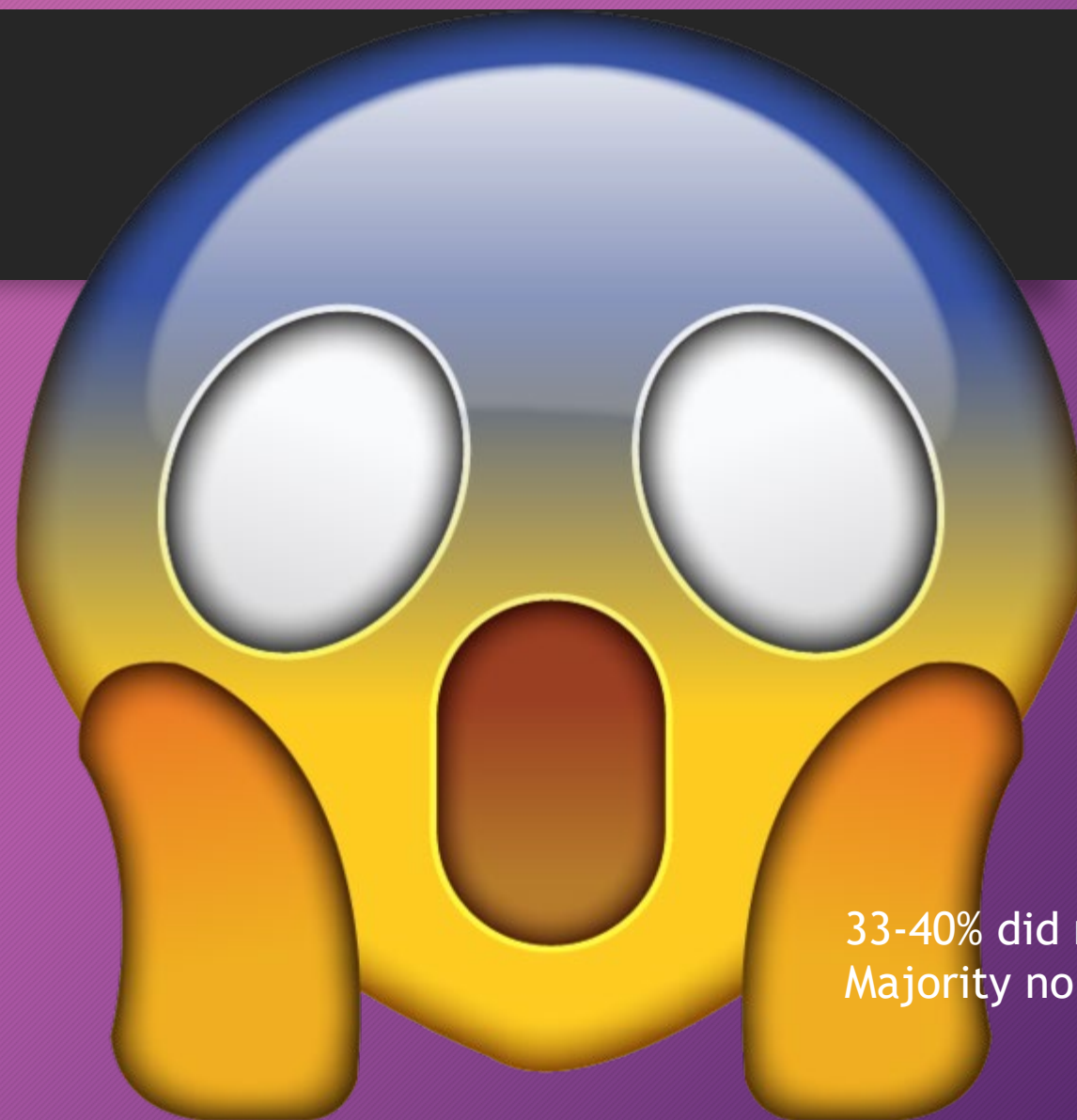
Kristina Aluzaitė, MSc¹, Kay Greveson, MSc², Shomron Ben-Horin, Prof³,
Rupert Leong, Prof⁴, Ola Haj, MSc³ and Michael Schultz, Prof¹

¹Department of Medicine, Dunedin School of Medicine, University of Otago, Dunedin Medical Campus, PO Box 56, Dunedin 9054, New Zealand, ²Gastroenterology Department, Royal Free Hospital NHS Foundation Trust Centre of Gastroenterology, Pond St, Hampstead, London NW3 2QG, UK, ³Sheba Medical Center and Sackler School of Medicine, Tel-Aviv University, Derech Sheba 2, Tel Hashomer, 52619, Israel and ⁴Gastroenterology and Liver Services, Concord Hospital, University of Sydney, Hospital Rd, Concord NSW 2139, Australia

| UK | Australia | NZ | Israel | Total |
|-------------|------------|------------|-----------|-------------|
| %(n = 1340) | %(n = 289) | %(n = 210) | %(n = 39) | %(n = 1878) |



| Question | Total %(n = 1878) |
|----------------------------------------------------------------------------------------|----------------------|
| Did you seek advice for any of your trips overseas in the past 5 years | |
| I did not seek advice | 39.5(712/1804) |
| IBD doctor/nurse | 32.6(588/1804) |
| GP (Family doctor) | 28.3(511/1804) |
| Specific internet site | 20.5(369/1804) |
| Patient support organisation | 15.5(280/1804) |
| Recommendations from a friend | 3.9(70/1804) |
| Education pamphlet | 2.5(45/1804) |
| Travel clinic | 4.0(73/1804) |
| Other | 2.2(40/1804) |
| What advice did you obtain | |
| I did not seek advice | 33.5(582/1738) |
| Travel insurance | 38.9(676/1738) |
| IBD advice | 29.3(509/1738) |
| Vaccinations required | 24.4(424/1738) |
| Information specific to area of travel | 19.4(338/1738) |
| Facilities of travel destination | 16.9(294/1738) |
| Safety of travel destination | 12.8(223/1738) |
| Other | 28.7(499/1738) |
| Where do you look for information regarding overseas travel insurance that covers IBD? | |
| I do not | 17.6(222/1264) |
| Internet search | 64.9(820/1264) |
| Insurance broker | 5.1(65/1264) |
| GP (family doctor) | 9.7(122/1264) |
| Other | 29.2(309/1264) |



33-40% did not seek advice
Majority no travel insurance

IBD passport:

[in](#) [twitter](#) [f](#) [English](#) | עברית [Patient Login](#) [Healthcare Professional Login](#)



[Home](#) [IBD Network](#) [Travelling with IBD](#) [Healthcare Professional Area](#) [About](#) [Contact](#)

Evidence-based travel advice for individuals with Crohn's disease or ulcerative colitis.

IBD Passport is an award winning website that aims to provide comprehensive, practical and reliable information on all aspects of travelling with Crohn's Disease or Ulcerative Colitis (Inflammatory Bowel Disease). IBD Passport is the first website to combine this information into one resource to make planning your trip easy. IBD Passport is a UK registered non-profit charity (Registered number: 1171268) with a global reach aimed to support IBD travellers of all nations and regions in the world.





IBD Network

Interactive world map with country-specific travel advice and a global directory IBD centres to enable easy referral.

Includes Vaccination & Healthcare arrangements for each country!

[Find out more](#)



Practical Information for Travelling with IBD

Advice including vaccinations, medication, managing diarrhoea and travel insurance can be found here.

[Find out more](#)



Benefits for Patients



Benefits for Healthcare Professionals

IBD passport:

Everything you
need to know!

The screenshot shows the IBD Passport website. The header includes social media icons, login links for patients and healthcare professionals, a language dropdown set to English, and a donate button. The main navigation bar highlights 'Travelling with IBD'. The page title is 'Travelling with IBD', followed by a subtitle: 'Below you will find practical information containing advice on travelling with IBD.' The content is organized into eight categories, each with an icon and a title: 'Travel and IBD' (suitcase icon), 'Vaccinations' (syringe icon), 'Travelling with Medication' (pill icon), 'Diet' (utensils icon), 'Travel after Surgery' (doctors icon), 'Managing Travellers Diarrhoea' (people icon), 'Travel Insurance' (globe with plus icon), and 'Travelling with Crohn's Disease' (intestine icon). A footer with a PDF icon is partially visible at the bottom.

IBD Passport
One-stop travel advice for
Inflammatory bowel disease

Home IBD Network **Travelling with IBD** Healthcare Professional Area Videos About Contact Register

Travelling with IBD

Below you will find practical information containing advice on travelling with IBD.

- Travel and IBD
- Vaccinations
- Travelling with Medication
- Diet
- Travel after Surgery
- Managing Travellers Diarrhoea
- Travel Insurance
- Travelling with Crohn's Disease

IBD passport:

Wherever you go!

+

Remote Suite 7 Janssen PRO - com... Mail Crohn's Colitis Care

Select your Destination

Includes Vaccination & Healthcare arrangements for each country!

Africa>

Asia (Central)>

Asia (East)>

Asia (South East)>

Australasia & Pacific>

Caribbean>


Central America>

Europe & Russia>

Middle East>

North America>

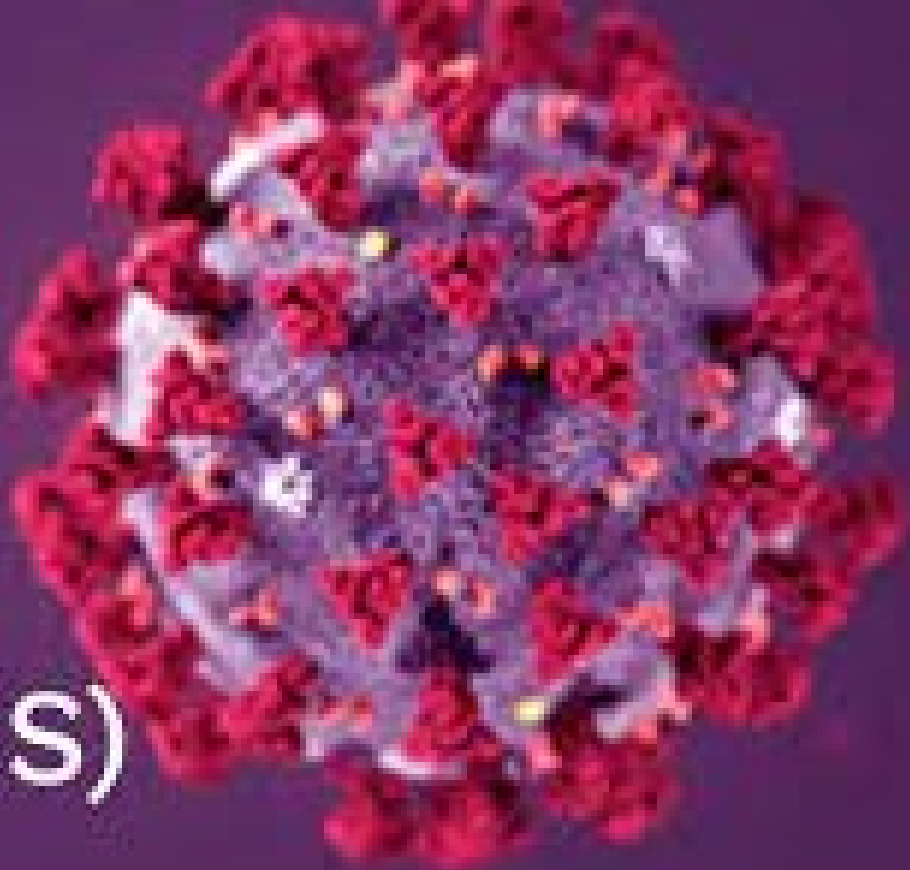
South America>



*The IBD-Passport network lists centres and doctors who are able to provide care for international IBD-travellers. However, IBD-Passport cannot attest to the competency of a centre and/or a physician or guarantee provision of all listed services. Appearance on the list does not imply a specific centre and/or doctor is in any way more proficient than other centres or doctors outside this list

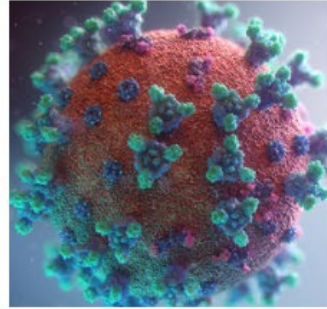
IBD-Passport

COVID-19 (CORONAVIRUS)



What about

IBD passport:



Corona virus (COVID-19) update and information for IBD patients

Knowledge about the Corona virus (COVID-19) is still building up during this global pandemic. The virus causes special concern for patients with IBD (Crohn's disease and ulcerative colitis). Here are some useful facts and tips to help you make the best decisions during these times and also help you should you be traveling

[Read More](#)[COVID-19 up-to-date restrictions around the world](#)

Position Statement on SARS-CoV-2 Vaccination in patients with Inflammatory Bowel Disease

By Benson-Pope, Hook & Schultz | Posted: Friday March 5, 2021

Dr Samantha Benson-Pope, Advanced Trainee in Gastroenterology, SDHB Professor Sarah Hook, Immunologist, School of Pharmacy, University of Otago, Professor Michael Schultz, Gastroenterologist, University of Otago

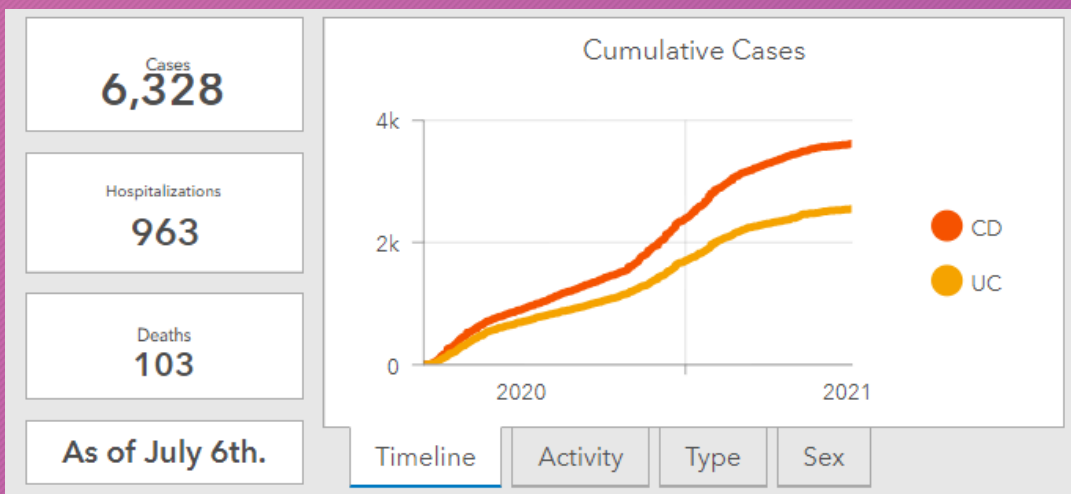
Key Points:

1. We recommend that patients with IBD are vaccinated for SARS-CoV2
2. We recommend that patients with IBD accept whichever approved SARS-CoV2 vaccination is offered to them.
3. We recommend that patients with IBD continue their usual IBD medications around the time of vaccination.
4. The risks associated with of SARS-CoV2 vaccination in patients with IBD is anticipated to be very low.

New Zealand Society of
Gastroenterology
Inc.

CoVid-19 and IBD:





Effect of IBD medications on COVID-19 outcomes: results from an international registry

Ryan C Ungaro ,¹ Erica J Brenner,² Richard B Gearry,³ Gilaad G Kaplan ,⁴ Michele Kissous-Hunt,^{1,5} James D Lewis,⁶ Siew C Ng ,⁷ Jean-Francois Rahier,⁸ Walter Reinisch ,⁹ Flávio Steinwurz,¹⁰ Fox E Underwood,⁴ Xian Zhang,² Jean-Frederic Colombel,¹ Michael D Kappelman²

Ungaro RC, et al. *Gut* 2021;**70**:725–732.

Conclusion Combination therapy and thiopurines may be associated with an increased risk of severe COVID-19. No significant differences were observed when comparing classes of biologicals. These findings warrant confirmation in large population-based cohorts.



Corticosteroids, But Not TNF Antagonists, Are Associated With Adverse COVID-19 Outcomes in Patients With Inflammatory Bowel Diseases: Results From an International Registry

Erica J. Brenner,^{1,*} Ryan C. Ungaro,^{2,*} Richard B. Gearry,³ Gilaad G. Kaplan,⁴ Michele Kissous-Hunt,⁵ James D. Lewis,⁶ Siew C. Ng,⁷ Jean-Francois Rahier,⁸ Walter Reinisch,⁹ Frank M. Ruemmele,¹⁰ Flavio Steinwurz,¹¹ Fox E. Underwood,⁴ Xian Zhang,¹² Jean-Frederic Colombel,² and Michael D. Kappelman¹

Increasing age, comorbidities, and corticosteroids are associated with severe COVID-19 among patients with IBD, although a causal relationship cannot be definitively established. Notably, tumor necrosis factor antagonists do not appear to be associated with severe COVID-19.

Key Point



COVID-19
vaccines bring
us closer...