

Measuring Patient-Reported Outcomes in Crohn's Disease: Insights from a Telepharmacy Project.

G. Mercadal-Orfila¹, S. Salvador-Pareja², M.A. Maestre Fullana³, M. Bello Crespo³, S. Herrera Pérez⁴.

¹ Mateu Orfila General Hospital, Maó, Balearic Islands. Spain.

² Inca Regional Hospital, Inca, Balearic Islands. Spain.

³ Manacor Hospital, Manacor, Balearic Islands. Spain.

⁴ Faculty of Health Sciences, International University of Valencia. Spain.



BACKGROUND AND IMPORTANCE

Telepharmacy and ePROMs projects enables systematic monitoring of patients with chronic diseases, including Crohn's disease (CD), through electronic Patient-Reported Outcome Measures (ePROMs). This approach supports real-world evaluation of treatment effectiveness and patient well-being.

AIM AND OBJECTIVES

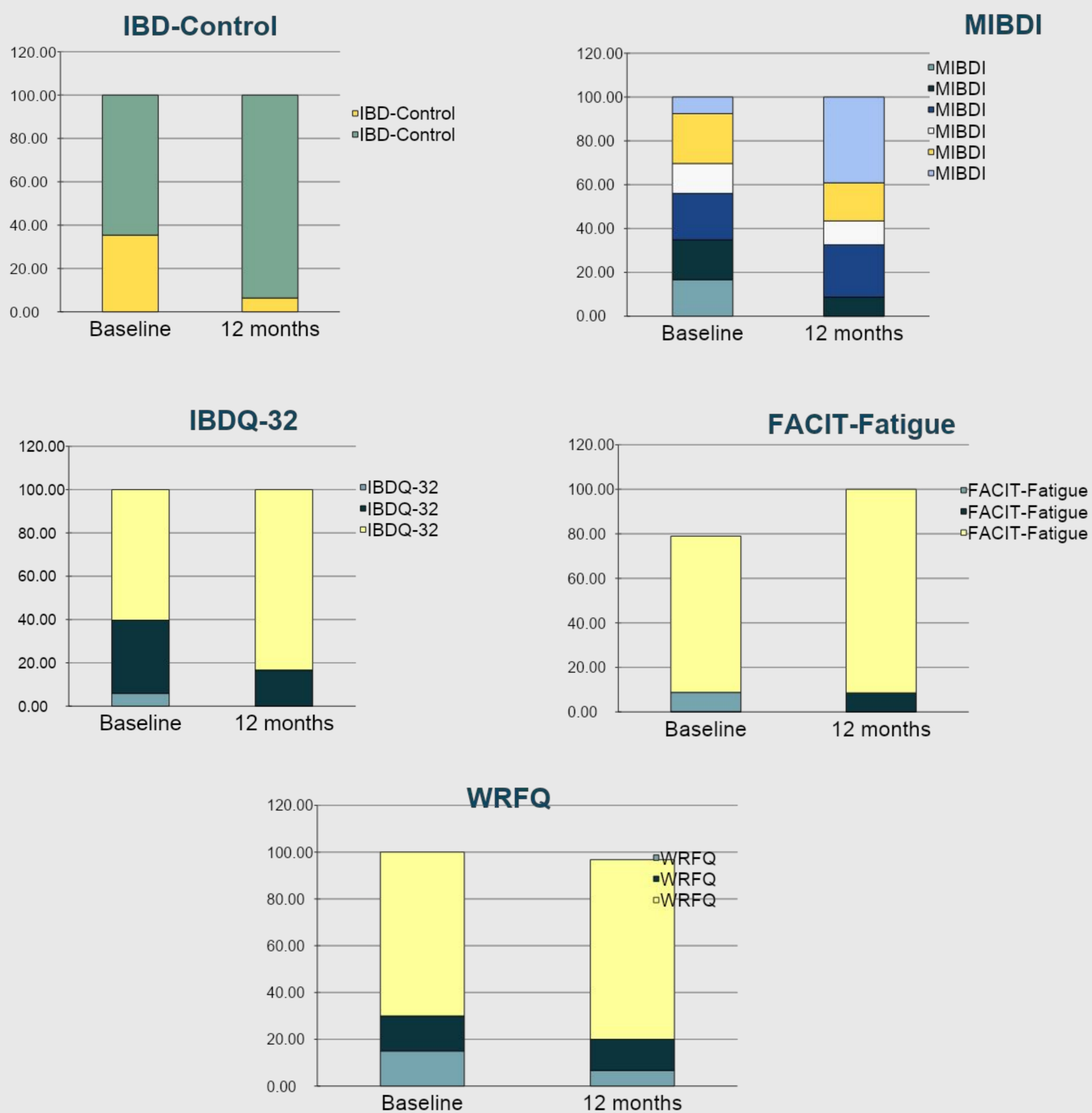
To assess the evolution of disease activity, quality of life, fatigue, and work functioning in CD patients treated with biologics or JAK inhibitors (JAKi) over 12 months using ePROMs.

METHODS

A retrospective observational study was conducted in three Spanish hospitals (Jan 2021–Sep 2024). Adult CD patients receiving biologics/JAKi were included. Clinical data (Harvey-Bradshaw Index [HBI], CRP, fecal calprotectin) and ePROMs (MIBDI, IBDQ-32, IBD-Control, FACIT-Fatigue, WRFQ) were collected at baseline and 12 months. Descriptive and comparative statistics (ANOVA, t-tests, non-parametric tests) were applied with Bonferroni correction.

RESULTS

118 patients were included (53.0% male, mean age 43.5 ± 13.0). Most were on anti-TNF therapy (81.0%) and first-line treatment (53.4%). At baseline, 35.3% had moderate-severe disease (HBI), with mean CRP 2.4 ± 14.3 mg/L and calprotectin 435.5 ± 460.2 µg/g. After 12 months, improvements were observed across all PROMs. The proportion of patients with inactive disease (MIBDI) increased from 7.6% to 39.1%, and those with great disease control (IBD-Control) rose from 64.6% to 93.6%. Quality of life improved (IBDQ-32: high QoL from 60.3% to 83.3%), and fatigue decreased (FACIT-Fatigue: mild fatigue from 70.2% to 91.4%). Work performance also improved (WRFQ: high performance from 70.0% to 76.8%). However, 43.5% still reported active disease (MIBDI), and 6.4% had poor disease control. Importantly, patients rated their satisfaction with the dual follow-up model (in-person and telematic) at **8.15 out of 10**, highlighting its acceptability and perceived value.



Figures 1-5: PROMs assessments available over 12 months.

CONCLUSION AND RELEVANCE

This project demonstrates the utility of ePROMs in monitoring Crohn's Disease's patients. Despite overall improvements, a significant proportion of patients continue to experience disease burden, highlighting the need for individualized care strategies. The high satisfaction with the hybrid care model supports its continued implementation.

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