

Advanced Diet Therapy for IBD:

Integrating Nutritional Care in the Adult MDT Pathway

24/04/2026

	Topic	Speaker
08:30	Registration	
08:55	Welcome	
09:00 – 10:45	Session 1: Active disease management	
09:00	Joint Clinic: Surgical/Medical Management of Active Disease: Window of opportunity-Right Time, Right Patient	Mr Kapil Sahnani (Consultant Colorectal Surgeon) Dr Alexandros Toskas (Consultant Gastroenterologists)
09:20	Evolution of Drug Therapy in Active IBD: Oral, Biologics, Small Molecules	Dania Al-Zarrad (Highly Specialist Pharmacist)
09:40	EEN: Timing & Practicalities (bridge, adjuvant, pre-op, recapture)	Simhika Bhudia (IBD Dietitian)
10:00	Debate: Diet vs Drugs in Active Disease	Sinead Burke (Senior Gastroenterology Dietitian) and Dania Al-Zarrad (Highly Specialist Pharmacist IBD)
10:15	Disease Monitoring – Beyond the scope: Intestinal Ultrasound	Dr Alex Fitzhugh (Consultant Radiologist)
10:30	Panel Q+A	All
10:45 – 11:00	Tea break	
11:00 – 12:35	Session 2: Emerging Evidence & Practical Application	
11:00	Other dietary therapies: Right Patient, Right Time, and Modifications	Gabriela Poufou (Senior Gastroenterology IBD Dietitian) & Simhika Bhudia (IBD Dietitian)

11:30	Ultra-Processed Foods & Emulsifiers: Emerging Evidence and Practical Advice	Sinead Burke (Senior Gastroenterology Dietitian)
11:50	Nutritional management recommendations and guidelines (ECCO 2025)	Dr Aaron Bancil (Consultant Gastroenterologist)
12:10	Living with IBD: Practical Support	Christy Rejee (IBD Biologics CNS & Biologics Team Lead)
12:25	Panel Q+A	All
12:35 – 13:30	Lunch and networking	
13:30 – 14:10	Session 3: Prehabilitation & Nutritional Optimisation in IBD	
13:30	Prehabilitation: Optimising Surgical Outcomes Through Nutrition & MDT	Prehabilitation team (Prehab Dietitian, Psychologist, Pharmacist) led by Dr Richard Holman (Consultant Luminal Gastroenterologist)
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?	Dr Calum Moulton (Consultant Liaison Psychiatrist NIHR Advanced Fellow)
14:40	Panel Q+A	All
14:50-15:00	Tea break	
15:00 – 16:00	Session 4: Realities of Living with IBD post-surgery	
15:00	When the inside acts out - Ileoanal Pouch: Managing High Output, Functional symptoms	Gabriela Poufou (Senior Gastroenterology IBD Dietitian) and Lisa Allison (Clinical Nurse Specialist Pouch Care Lead)
15:30	Case study	Sinead Burke (Senior Gastroenterology Dietitian)
15:50	Panel Q+A	All
15:50 -16:00	Summary & close	