

Annual Report 2024–2025

www.ibdnet.ch



A cooperation partner of SGGSSG

The logo for IBDnet, featuring the letters "IBD" in a bold, red, sans-serif font, followed by the word "net" in a bold, black, sans-serif font.

IBDnet

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EDITORIAL



Dear colleagues,

IBDnet, an official working group of the Swiss Society for Gastroenterology, has grown over 25 years into a respected community of more than 180 members. Our focus remains clear: advancing clinical research, education, expert exchange, and patient relations.

In my first year as president, I have been privileged to witness the dedication and expertise within our network. Together, we placed strong emphasis on delivering high-quality continuing education through engaging on-site meetings and dynamic virtual formats for physicians and medical assistants, equipping healthcare professionals with the best tools and knowledge to provide outstanding patient care.

This year also saw major progress in developing the eSIBDC platform for gastroenterologists and pediatricians, ensuring its success after integration into IBDnet – a testament to our members' collaborative spirit and tireless work.

The highlights of these and other activities are presented in this Annual Report 2024–2025. I thank all gastroenterologists for their commitment and our sponsors for their support.

On behalf of IBDnet, I warmly thank all participating gastroenterologists for their unwavering efforts and all sponsors for their loyal support.

Yours faithfully,

A handwritten signature in black ink, appearing to read 'P. Hruz', with a stylized flourish at the end.

Prof. Dr. med. Petr Hruz
President of the IBDnet 2024-2028

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ABOUT IBDnet

The IBDnet is working in various fields, touching scientific projects, continuing medical education and political talking points concerning IBD drug approval, pricing and reimbursement.

Members

The IBDnet currently brings together 180 active members, supported by a steering committee of 17 IBD specialists. We warmly welcome all physicians with an interest in IBD—or those wishing to support our work—to join our network. Membership fees can be paid annually (CHF 30) or for a three-year period (CHF 60).

Members have the opportunity to actively shape the future of IBDnet by participating in the general assembly, contributing to decisions on research priorities and the planning of educational initiatives. In addition, members enjoy access to our extensive library of educational slide decks and a wide range of virtual, on-demand learning resources.

More

For more information about IBDnet please visit www.ibdnet.ch

CLINICAL RESEARCH

Clinical Research – A Core Focus of IBDnet and paving the way for better understanding and treatment of IBD.

eSwiss IBD Cohort (eSIBDC): Database Migration Safeguarding Longitudinal Analysis for the Future



The most successful project that was made possible over almost two decades ago by the effort of IBDnet is the Swiss IBD Cohort Study (SIBDCS).

In recent years, the need of developing the SIBDCS into a web-based registry allowing electronic data capture and reporting of patient data become obvious. In analogy to the Swiss Rheumatology registry SCQM, a respective technical solution was implemented, called eSIBDC. With the electronic data capture, the eSIBDC allows continuous follow-up of IBD patients treated by any therapeutic agent, centered on efficacy and pharmacovigilance of these agents. This database is crucial at the time when biosimilars and several new agents beyond anti-TNFs are introduced for the treatment of IBD.

Today, the eSIBDC is a professional and user-friendly platform perfectly lined-up for future requirements. Following the successful integration of the cohort into IBDnet in 2022 and the launch of the digital pediatric questionnaire in 2024, our main focus shifted to migrating data from the former paper-based, ACCESS database into the new digital eSIBDC platform. From more than 3,000 parameters collected in the ACCESS database until 2020, we identified the core clinical dataset—a subset of approximately 300 key clinical parameters. These were carefully processed to enable migration into the new digital eSIBDC database.

Prof. Dr. med. Dr. phil. Gerhard Rogler
Prof. Dr. med. Pierre Michetti

Completed in August 2025, this data migration now allows patient information to be displayed graphically across the entire observation period via the dashboard. It also greatly facilitates the conduct of longitudinal studies, covering the full timeframe from the inception of the cohort to the present day.

We encourage you to participate in this very successful and important cohort study. Please contact us: sibdc@ibdnet.ch

CX3CR1 biomarker Study

The aim of this clinical biomarker study is to investigate whether the presence of a genetic variation within the CX3CR1 gene locus can be used as predictive biomarker for the disease course of CD patients. By analyzing and correlating ASCA serum levels, CX3CR1 polymorphism and disease characteristics using biosamples from 450 SIBDCS patients, it will be tested whether presence of the CX3CR1 gene variation is associated with a complicated disease behavior. The study is ongoing. Further information: michael.scharl@usz.ch

Registry to study the incidence, phenotype, risk factors and clinical course of inflammatory bowel disease in Zimbabwe

This non-interventional registry-based study aims at enrolling Zimbabwean IBD patients for long-term follow-up, collect comprehensive data on disease phenotype, severity, complications, disease course, and common environmental risk factors. Furthermore, establishment of a biobank with stool samples, intestinal biopsies, and germline DNA for future research on the etiology and evolution of inflammatory bowel disease in an African population at an early stage of the IBD epidemic is emphasized. So far, 35 patients have been included in the registry, support for this study from IBDnet has ended.

CLINICAL RESEARCH

Cholecalciferol Comedication in patients with Chronic inflammatory bowel disease – the 5C-study

The overall purpose of this study is to investigate whether the administration of vitamin D in addition to the basic treatment in IBD patients influences the intestinal inflammatory process. The primary outcome to be assessed will be the change in the concentration of faecal calprotectin [$\mu\text{g/g}$]. Secondary outcome will be change in CRP, 25(OH)D serum levels and change in clinical disease activity scores (HBI, MTWSI). The study completed and the manuscript in preparation.

Further information: petr.hruz@clarunis.ch

Role of MAIT cell stimulatory bacterial metabolites in IBD-associated liver disease

This translational project is addressing the role of Mucosal-associated invariant T (MAIT) cells in primary sclerosing cholangitis (PSC) and inflammatory bowel disease (IBD)-related PSC. There is a strong clinical association of PSC with IBD, the latter being associated with a decreased intestinal barrier integrity, changes in the gut microbiome, and strong mucosal inflammatory responses also involving MAIT cells. Little is known about the involvement of MAIT cells and their bacteria-derived ligands in the pathogenesis of PSC. The study is ongoing.

Further information: emanuel.burri@ksbl.ch

Precise tracking of bacterial strains replacement in Crohn's disease patients after fecal microbiota transplantation from healthy household members

Fecal microbiota transplantation (FMT) has been successfully used in treating subjects infected with recurrent *Clostridium difficile* and IBD patients. However, until now, a detailed study that evaluates the stability of the bacterial strain in FMT recipients and their association with clinical outcomes is lacking. In this study, we aim to characterize the strainlevel resolution and to track the transmission of strains after FMT using the tool 1 for analysis of cooccurring genome populations from metagenomes. Sequencing of the samples has been finished and manuscript

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preparation and paper submission is intended for November 2025.

Further information: bahtiyar.yilmaz@unibe.ch

Evolution of growth following anti-TNF α therapy in paediatric Crohn's disease

The aim of this eSIBDCS-based study is to determine the impact of biological agents on growth in paediatric Crohn's disease patients with respect to medication and treatment strategy (top-down vs. step-up approach). Furthermore this study aims at determining whether a particular group of individuals would benefit more from biological agents, growth-wise, and what factors influence this growth benefit. The manuscript has been submitted and publication is expected for the end of 2025. Further information: clea.kunz@unil.ch

Understanding the evolution of information needs and expectations of Swiss ulcerative colitis patients over a 10-year follow-up

The main objectives will be to explore what participants considered to be the key unmet needs in diagnosis, treatments and follow-up and their hopes for the future, and compare it with results of focus groups (FG) we performed in 2014. Furthermore, we aim at conducting a survey to assess the overall levels of patient-reported concerns, needs and expectations in our Swiss UC population after 10 years. Further information: valerie.pittet@unisante.ch

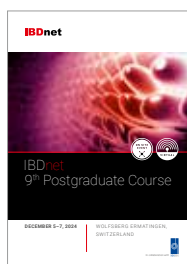
Implementation and evaluation of quality-of-care indicators in inflammatory bowel diseases

The aim of this pilot project will be to implement and measure a set of quality indicators for IBD. We will complement physician- and patient-reported data we already collect. We will produce regular reports, and continuously check the measures to take adaptive actions, to contribute to equal care delivery with the highest care quality to each individual patient, in a durable and economic way. Further information: valerie.pittet@unisante.ch

CONTINUING MEDICAL EDUCATION

Committed to continuing medical education, IBDnet educational platforms tailored for physicians, medical assistants, and nurses.

9th Postgraduate Course in IBD 2024



With 163 participants, the 9th Postgraduate Course is the most successful in this series. The top-class international faculty, the Swiss experts as well as the interest of the participants contributed to this success. As in previous years, the Postgraduate Course was also broadcast as an interactive live-stream.

IBD Forum



The IBD FORUM is an interactive round-table format where experts discuss clinical situations from participants' daily practice, followed by lectures presenting the relevant data. Held twice a year, the module are also broadcast for virtual participation.

Summer School 2025: Quality of Care in IBD



As in previous years, on a biennial basis, an interactive two-day summer workshop was held in its 7th edition in Thun end of August. Starting with a hands-on sonography training on patient volunteers on Thursday, the Friday lectures were dedicated to shed light on different aspects of novel therapeutic concepts. 102 participants attended the Summer School 2025 on-site or virtually.

Prof. Dr. med. Stephan Vavricka
Prof. Dr. med. Emanuel Burri
PD Dr. med. Pascal Juillerat

IBDnet TALKS 2025



IBD NET TALKS is a training curriculum for Swiss gastroenterology and hepatology fellows and experienced clinicians who want to refresh their knowledge. IBD NET TALKS was initiated in 2016. In its 9th edition in 2025 three training modules were broadcasted, up to 110 unique participants joined in the interactive webinars. This educational format will be maintained in 2026. For further information and registration please visit www.ibdnet.ch/education/medical

PLANNED MEDICAL EVENTS 2026

10TH POSTGRADUATE COURSE IN IBD 2026

Mark your agenda on November 26–28, 2026. Due to increasing scheduling constraints at the Wolfsberg Education Centre, we have decided to relocate the Postgraduate Course to Paxmontana in Flüeli-Ranft. This unique Art Nouveau building, beautifully combines its historic charm with an inspiring contemporary atmosphere. For further information and registration please visit www.ibdnet.ch/education/medical

IBD Forum 2026

Implemented with two modules in Zurich. Virtual participation is possible for both modules. For further information and registration please visit www.ibdnet.ch/education/medical

10TH IBD NET TALKS

For further information and registration please visit www.ibdnet.ch/education/medical

NURSE EDUCATION

The yearly Nurse Workshop has been a very popular IBD-specific educational platform for medical assistants and IBD nurses over the last fifteen years.

Nurse Workshops 2024



The Nurse Workshop 2024 was dedicated to the topic of «The IBD Nurse as the First Point of Contact for Patients: Recognizing Problems and Taking Action». The Nurse Workshop 2024 was held as a face-to-face event and was attended by overall 100 participants in Zurich (69) and Lausanne (31), respectively.

Nurse Webinars 2025



The growing number of participants in the Nurse Workshops, along with numerous enquiries from IBD Nurses, has inspired us to launch an additional training format: the Nurse Webinars. Designed as a complementary continuing education offer, the Nurse Webinar Curriculum includes one webinar per national language—German and French—each led jointly by a gastroenterologist and an experienced IBD nurse. Since its launch, the program has started very successfully, attracting around 30 unique participants per module.

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PD Dr. med. Christian Mottet

PLANNED NURSE EVENTS 2024–2025

NURSE WORKSHOPS 2025

In 2025, the workshops will be held on October 23 in Zurich, and November 13 in Lausanne, respectively. Thematically, this year's workshop will focus on novel therapies in IBD and surveillance. For further information and registration please visit www.ibdnet.ch/education/nurse

NURSE WEBINARS 2026

As a continuation of the Nurse Webinar Curriculum, one interactive virtual sessions per national language will take place again in 2026. For further information please visit www.ibdnet.ch/education/nurse

PRACTICAL GUIDELINES

From Experts to Practice: Consensus-Based Recommendations.

In line with IBDnet's strategic priorities, clinically relevant topics are identified and addressed through developed expert recommendations. These guidelines are created using the structured Delphi process, ensuring a broad consensus among specialists. They provide practice-oriented guidance to support the highest standards of patient care.

PLANNED PROJECTS 2025–2026

TREATMENT ALGORITHM FOR ULCERATIVE COLITIS – USER GUIDE FOR DAILY PRACTICE

The range of therapeutic options for the treatment of UC has expanded significantly over the past two years. To support clinicians in navigating these choices, we plan to develop a pocket guide that provides practical guidance for everyday clinical practice.

FATIGUE IN IBD

Fatigue in IBD is a difficult-to-define symptom that affects the quality of life of many patients living with the disease.

MANAGEMENT OF PSC IN IBD

Primary sclerosing cholangitis (PSC) is a chronic, progressive liver disease that can occur in patients with IBD, most commonly ulcerative colitis, and is associated with an increased risk of colorectal and bile duct cancer.

PATIENT RELATIONS

The IBDnet and patient organisation Crohn Colitis Switzerland (CCS) are in close collaboration for several shared activities.

Information events for patients 2024–2025

In collaboration with the patient organization Crohn Colitis Switzerland a series of patient information events were conducted throughout the year. We were able to reach out to up to 1000 patients with this informational platform. Most speakers at these patient information events were IBDnet steering committee members.

The following topics were discussed, among others:

- Current and future therapies
- Nutrition in IBD
- Surgical therapy
- IBD in children and teenagers
- Articular manifestations
- Complementary medicine in IBD
- The role of the IBD Nurse

All patient events were recorded and can be viewed on-demand on the Crohn Colitis Switzerland website.

PLANNED PROJECTS 2025–2026

In collaboration with Crohn Colitis Switzerland the IBDnet will further develop fokus / accent guidebooks on fatigue in IBD.

Patient Guidebooks fokus / accent



General information about Crohn's disease and Ulcerative colitis

In collaboration with the patient association Crohn Colitis Schweiz (CCS) a novel concept of patient information material called fokus / accent has been developed in 2015. To date, several patient guide- books covering basic aspects of IBD and IBD therapy, respectively, have been published, more are to come.

Download: www.ibdnet.ch/patients



Medical therapy in IBD (4th edition)



Social insurances and IBD



Intimacy in IBD



Steroids for the treatment of IBD flares



Extraintestinal Manifestations in IBD





Perianal fistulas in Crohn's disease



Bowel Preparation in IBD

BECOME A MEMBER

The IBDnet is a Swiss interest group of medical doctors and scientists specializing in inflammatory bowel disease. The aim is the promotion of research communication and education on diagnosis and therapy in order to improve patient outcomes.




Become a Member

Your advantages:

- Participation at the annual IBDnet general assembly
- Best practice sharing
- Access to IBDnet Member Area, with slides from selected educational event as well as recordings from IBDnet hybrid and virtual events
- Preferential participation fees at IBDnet educational events

Apply now!
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For questions, please contact:
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Acknowledgement

We thank our sponsors for their long standing financial support:

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