



## **Podcast Series: Enteral Nutrition as Primary Therapy for Crohn's Disease – Making it Happen for Pediatric Patients**

Please join NASPGHAN and the NASPGHAN Foundation for a five-part CME podcast series on Enteral Nutrition as Primary Therapy for Crohn's Disease. The program will review two different approaches at two different institutions using exclusive enteral nutrition and modified enteral nutrition for the induction of remission in pediatric Crohn's disease (CD).

**Release Date:** February 15, 2014

**Expiration Date:** February 14, 2017

© 2014 NASPGHAN and NASPGHAN Foundation

Support for this program was provided by an educational grant from Abbott Nutrition.

### **Faculty Chair:**

Anthony Otley, MD  
Professor of Pediatrics  
Faculty of Medicine  
Dalhousie University  
Head, Division of Gastroenterology  
IWK Health Centre  
Halifax, Nova Scotia, Canada

### **Faculty:**

Robert N. Baldassano, MD  
Colman Family Chair in Pediatric Inflammatory Bowel Disease  
Professor, University of Pennsylvania, School of Medicine  
Director, Center for Pediatric Inflammatory Bowel Disease  
The Children's Hospital of Philadelphia  
Philadelphia, PA

Cynthia King-Moore, PDt  
Clinical Dietician, Gastroenterology Team  
IWK Health Centre  
Halifax, NS, Canada

Sarah C. Weston, RD, CSP, LDN  
Outpatient Clinical Dietitian in Gastroenterology Intestinal Rehabilitation Program Clinical  
Dietitian Children's Hospital of Philadelphia  
Philadelphia, PA

Meryl Reichbach, LSW  
Social Worker  
Division of Gastroenterology, Hepatology and Nutrition  
The Children's Hospital of Philadelphia  
Philadelphia, PA

### **CME Content Reviewer**

Jennifer Strople, MD, MS  
Assistant Professor of Pediatrics  
Attending Physician  
Ann & Robert H. Lurie Children's  
Hospital of Chicago  
Chicago, IL

### **PROGRAM OVERVIEW**

Exclusive enteral nutrition (EEN) using liquid formulas is recognized as an efficacious therapy for the induction of remission in pediatric Crohn's disease (CD). However, EEN has not been universally adopted and various treatment protocols are used.

The mechanism of action of EEN for the induction of remission remains conjectural. Hypotheses include elimination of dietary antigenic exposure, overall nutritional repletion, correction of intestinal permeability, diminution of intestinal synthesis of inflammatory mediators via reduction in dietary fat, and provision of important micronutrients to the diseased intestine. EEN has been shown to exert changes on the intestinal micro-biome, which may relate to its efficacy.

The program will review two different approaches at two different institutions using EEN and modified enteral nutrition for the induction of remission in pediatric Crohn's disease (CD).

### **TARGET AUDIENCE**

This activity is designed for pediatricians, pediatric and adult gastroenterologists, primary care physicians, physician assistants, dietitians, social workers, nurse practitioners, and other health care professionals who are interested in treating children and young adults with CD.

### **OBJECTIVES**

In dealing with patients who have CD and for whom enteral nutrition is a treatment option, participants completing this activity should be better able to:

- Identify barriers hindering the widespread use of enteral nutrition
- Identify essential components for a successful enteral nutrition program
- Provide practical points for using exclusive enteral nutrition as first-line therapy

## PHYSICIANS

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN) and the NASPGHAN Foundation. NASPGHAN is accredited by the ACCME to provide continuing medical education for physicians.

## AMA PRA STATEMENT

NASPGHAN designates this enduring activity for a maximum of 1.0 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Completion of this CME activity involves listening to the podcast and completion of the posttest and evaluation form.

## DISCLOSURES

All faculty/speakers, planners, abstract reviewers, moderators, authors, coauthors, and administrative staff participating in the continuing medical education programs sponsored by NASPGHAN and NASPGHAN Foundation, are expected to disclose to the program audience any/all relevant financial relationships related to the content of their presentation(s). Accordingly, the staff at NASPGHAN and NASPGHAN Foundation has reported no financial relationships with any commercial interests related to the content of this educational activity.

- Anthony Otley, MD has financial and material support from Nestle.
- Robert N. Baldassano, MD is a consultant for Nutrica and Janssen Biotech and on the speaker bureau for Abbott Nutrition.
- Cynthia King-Moore, PDt has nothing to report.
- Sarah C. Weston, RD, CSP, LDN has nothing to report.
- Meryl Reichbach, LSW has nothing to report.
- Jennifer Strople, MD, MS has nothing to report

In accordance with ACCME Standards for Commercial Support of CME, NASPGHAN and NASPGHAN Foundation implemented mechanisms to identify and resolve conflicts of interest for all individuals in a position to control content of this CME activity. To resolve identified conflicts of interest, the educational content was peer-reviewed by a physician member of the NASPGHAN Review Committee who has nothing to disclose. The resulting certified activity was found to provide educational content that is current, evidence-based, and commercially balanced.

## DISCLOSURE OF UNLABELED OR INVESTIGATIONAL DRUGS

This educational activity may contain discussion of published and/or investigational uses of agents that are not indicated by the FDA. The opinions expressed in the educational activity are those of the faculty. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings. Further, attendees/participants should appraise the information presented critically and

are encouraged to consult appropriate resources for any product or device mentioned in this program.

### **MEDIA USED**

This activity will consist of a web-based application where the participants access the meeting by clicking on a link distributed by e-mail (meeting invitation) to enter the conference. Participants will need speakers or an audio headset to listen to the webinar. If you encounter problems, please notify us at [Blia@AmedcoEmail.com](mailto:Blia@AmedcoEmail.com)

### **RECEIVING CME CREDIT**

To receive CME credit for reviewing this activity, participants must review all five podcasts in the series and complete the activity posttest with a 60% minimum passing score and evaluation questions. To complete the activity posttest and evaluation, please visit

<http://www.gotomylist.com/esystems/quiz/quiz.cfm?QuizNum=100>

Certificates will be provided immediately after completion of both posttest and evaluation. If you have questions about receiving credit: Please e-mail [Blia@AmedcoEmail.com](mailto:Blia@AmedcoEmail.com)

### **PROVIDER INFORMATION**

Jointly sponsored by NASPGHAN and NASPGHAN Foundation

For questions, please contact:

NASPGHAN

PO Box 6 Flourtown, PA 19031

Phone: (215) 233-0808 | Fax: (215) 233-3918

### **DISCLAIMER**

The content and views presented in this educational activity are those of the authors and do not necessarily reflect those of NASPGHAN, NASPGHAN Foundation, or Abbott Nutrition. This material is prepared based upon a review of multiple sources of information, but it is not exhaustive of the subject matter. Therefore, health care professionals and other individuals should review and consider other publications and materials on the subject matter before relying solely upon the information contained within this educational activity.

### **POLICY ON PRIVACY AND CONFIDENTIALITY**

NASPGHAN, and NASPGHAN Foundation, will make every effort to protect the privacy of every individual participant of this activity and will use information gathered only to maintain records as required by the American Medical Association (AMA) and ACCME. This activity does not require readers to “register” to review the material with the exception of physicians and other health care providers who desire to receive CME credit for this accredited activity. If an individual completes a CME for this accredited activity, we are required by the AMA and ACCME to collect personal information on the individual, such as their name, address, and phone number, that will allow us to issue a CME certificate to them and to keep this information on file for up to 6 years. Personal information gathered will not be released to any other company or organization for any purpose. This information remains totally confidential.