

SATURDAY, November 5, 2022

Canada Future Directions in IBD



SESSION III

WORKSHOPS – HOT TOPICS FROM BENCH TO POLICY

Mental Health and its Impact on IBD Care: Challenges for patients and clinicians

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Childhood adversity and trauma are common yet under-recognized contributors to the risk of experiencing both psychiatric and physical illness, and greatly complicate the management of chronic illness throughout life. In this presentation, the case of a man who experienced severe childhood abuse a few years prior to the onset of Crohn's disease will illustrate frequent challenges. The presentation will define relevant types of childhood adversity and review the epidemiological evidence for the contribution of this exposure to adult disease and illness. Childhood adversity will be framed as a "cause of causes" of health problems as it impacts health behavior, stress physiology, interpersonal interactions, as well as psychological adaptation to illness. Links between early adversity and the course of IBD will be reviewed, emphasizing that early adversity need not contribute to IBD as a cause of disease for it to greatly alter the course and burden of illness. Special attention will be paid to important and under-appreciated consequences of early adversity which challenge healthcare relationships, particularly its contributions to mistrust, difficult-to-understand communications, dysregulated emotions, and vulnerability to re-traumatization by medical procedures. A method of asking adult patients about childhood adversity will be reviewed. The presenters will advocate for changes to make medical care more trauma-informed at the level of both clinical interactions and healthcare organizations.

Key references

Fuller-Thomson E, West KJ, Sulman J, et al. Childhood Maltreatment Is Associated with Ulcerative Colitis but Not Crohn's Disease: Findings from a Population-based Study. *Inflamm Bowel Dis*. 2015 Nov;21(11):2640–8.

Maunder R, Hunter J. *Damaged: Childhood Trauma, Adult Illness and the Need for a Healthcare Revolution*. AEVO University of Toronto Press, 2021.