



# Effective Health Care

## Management of Crohn's Disease

### Nomination Summary Document

#### Results of Topic Selection Process & Next Steps

- Management of Crohn's disease will go forward for refinement as a comparative effectiveness or effectiveness review. The scope of this topic, including populations, interventions, comparators, and outcomes, will be further developed in the refinement phase.
- When key questions have been drafted, they will be posted on the AHRQ Web site and open for public comment. To sign up for notification when this and other Effective Health Care (EHC) Program topics are posted for public comment, please go to <http://effectivehealthcare.ahrq.gov/index.cfm/join-the-email-list/>.

#### Topic Description

**Nominator:** Individual

**Nomination Summary:** The nominator is interested in the comparative effectiveness of strategies to best manage Crohn's disease after colon resection. She is particularly interested in strategies that reduce the risk of further surgeries and complete loss of the colon. The nominator specifically mentions Remicade, Imuran, anti-inflammatories, and biologic therapies for the treatment and management of Crohn's disease. She states that various gastrointestinal physicians have led her in different directions concerning treatment, highlighting the uncertainty and practice variation surrounding this treatment.

**Population(s):** Patients with aggressive or severe post-operative Crohn's disease (nominator is particularly interested in women aged 20-35 and subpopulations including Hispanics)

**Intervention(s):** Aminosalicylates, corticosteroids, immune system suppressors, antibiotics, anti-diarrheals, anti-tumor necrosis factor (TNF) drugs, and other biologic therapies.

**Comparator(s):** Comparisons of the above pharmacologic treatments.

**Outcome(s):** Surgical risk reduction, improved quality of life, and cost effectiveness.

**Key Questions from Nominator:**

1. What treatments or therapies, alone or in conjunction with one another, provide the highest rate of disease management with the lowest risk of long-term complications, particularly in young women?

## Considerations

- The topic meets all EHC Program selection criteria (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- Treatment for Crohn's disease heavily depends on the disease severity, location, complications, and the person's response to previous medical treatments. Algorithmic challenges exist with this disease, and clinical consultation suggests there is a high degree of variation in clinical practice for the treatment and management of Crohn's disease. Clearer guidance on the comparative effectiveness, safety, and effects on quality of life and surgical recurrence of different pharmacologic therapies for Crohn's is needed and would have a significant impact for a variety of stakeholders.
- No systematic review of the comparative effectiveness of multiple post-operative treatment options for patients with Crohn's disease was identified. Clinical practice guidelines based on systematic reviews of the literature are limited, and no guidelines exclusively for post-operative prophylaxis, treatment, and management strategies were found. Although synthesized research is limited, this topic appears to be an active area for current primary research, with multiple registered open trials.