

MEDICAL NURSE RECOGNITION AWARD WINNER:
KAY GREVESON MSc



Project: The development of IBD Passport (www.ibdpassport.com), a non-profit evidence-based online travel resource to educate patients with IBD and healthcare professionals who advise them.

'Winning the Falk award means a great deal. Not only is it recognition of the two years hard work it took me to develop the idea into a reality but it adds credibility and additional recognition to the IBD Passport project and helps to raise awareness of IBD and the issues sufferers face.'

Nurse Kay Greveson is Lead Inflammatory Bowel disease nurse specialist at the Royal Free Hospital NHS foundation trust.

'Inflammatory Bowel disease (IBD) is the term used to describe Crohn's disease and ulcerative colitis; life-long bowel conditions that cause ulceration and inflammation of the lining of the intestines. The main problems travellers with inflammatory bowel disease may face are often caused by a flare of their IBD symptoms, acquiring infectious diseases that are common to the destination and poor availability of healthcare and medicines whilst abroad. Issues such as changes in diet, forgetting to take an adequate supply of medication can all add to the risk.

'During my work as an IBD nurse, I found that patients were often not aware of where to obtain accurate advice to help them travel with IBD and they often received conflicting advice from their GP, travel and IBD clinic.

'I designed and instigated a research project which showed that IBD sufferers often do not seek adequate advice prior to travel and would benefit from further sources of advice and education. From this I developed a non-profit travel website which aimed to provide evidence-based information for people planning to travel with IBD.

'IBD Passport (www.ibdpassport.com) is the first site of its kind in the world. It aims to gather accurate and reputable information gathered from national and international IBD guidelines, published research, government publications and patient organisations to provide no-nonsense IBD-specific travel information.

The website has been live since 2014 and so far has had 24,000 visitors. Registration is not compulsory but to date over 1000 people with IBD and 300 IBD specialists have registered for the site, with this number growing each day.

'The website is now moving to the next planned phase of multi-lingual translation to make it more accessible for non-English speaking countries. Continued developments to the content and functionality of the website will occur over the next few years with the aim of making it the go-to resource for all travellers with IBD.'

Nurse Greveson's line manager, Nurse Consultant Isobel Mason, comments:

'Kay is motivated and proactive. She is able to develop her ideas into practical solutions that she implements successfully. She is an active member of the IBD team (including adult and paediatric gastroenterologists, pharmacist, colorectal surgeons, histopathologists and radiologists) and the gastroenterology nurses group here within the Trust. She also networks on a local and national level with other IBD nurses as vice chair of the RCN London & SE IBD nurses' regional group.

'As a department and a Trust we are incredibly proud of the vision and hard work Kay has shown to bring her project to fruition.'