



PROJECT: Developing a Personalised Patient Decision Aid to Improve the Quality of Shared Decision-Making between Ulcerative Colitis Patients Diagnosed with Dysplasia and their Clinicians.

'I am so pleased to have won this Award! It is a real personal achievement. It will enable me to fund this project which will not only benefit patients and their doctors, but also help me to gain valuable skills in performing research and carrying out a successful quality improvement project.'

Dr Misha Kabir is currently a Clinical Teaching and Research Fellow at St Marks Hospital and Northwick Park Hospital Harrow. Her twelve-month research project will take place at the St Marks Hospital and Academic Institute.

'I am a gastroenterology doctor, training to become a consultant, with a specialist interest in looking after patients with Inflammatory bowel disease (IBD). IBD patients live with the burden of having an increased risk of developing bowel cancer. We try to reduce this risk by looking for and removing pre-cancerous cell changes called 'dysplasia' during surveillance colonoscopy. The time it takes for dysplasia to develop into a cancer has varied hugely in studies. This leaves patients, diagnosed with dysplasia, uncertain of their actual risk of developing cancer and provides difficulties when consultant gastroenterology and surgical colleagues and trainees, like myself, are trying to discuss and best advise these patients. Should they consider undergoing major surgery to remove their bowel or opt for more frequent colonoscopies?

Weighing up the risks and benefits of these options, in the face of uncertainty, is difficult for everyone, and we simply do not know enough about how best to help these patients make these decisions. Our project aim is to find out more about the factors that influence patients' decisions by performing interviews and questionnaire surveys with focus groups in order to learn about the best methods of counselling patients. Our findings will help in the creation of a high quality and patient-friendly aid which we hope will empower patients to choose the right management decision for them.'

Dr Kabir's Supervisor Dr Ana Wilson comments:

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