



PROJECT: Inflammatory Bowel Disease (IBD) Care Delivery Following Liver Transplantation for Primary Sclerosing Cholangitis

'I feel very privileged and humbled to have won this award. Patient focused work is extremely important, and it is refreshing to see grants funded specifically toward large scale clinical studies across rare diseases. On a personal level, the award will definitely be of benefit to me as I continue to develop an academic career in gastroenterology and hepatology.'

Dr Palak Trivedi is an Academic Clinical Lecturer and Specialist Registrar in Gastroenterology and Hepatology at the National Institute for Health Research (NIHR) Birmingham Biomedical Research Centre (BRC) and Centre for Liver Research, University of Birmingham.

'Primary sclerosing cholangitis is an Auto Immune Liver Disease which mainly affects young people. We don't know what causes the disease nor do we have a treatment for it other than liver transplant and around 50% of PSC patients will need this life changing treatment. As a result, although PSC is a rare disease it accounts for around 10% of all liver transplants in the UK.

'To add to this disease burden, approximately 80% of all PSC patients will also develop Inflammatory Bowel Disease (IBD) at some point in their lifetime. We know that unfortunately persistent IBD is a significant cause of morbidity in LT patients, with 40% of transplant patients with IBD suffering a significant deterioration in their health post-transplant. A further complication is that PSC patients have a seven to eight times greater risk of colorectal cancer (CRC) post-transplant than other LT recipients.

'Currently, with PSC we have little guidance around treatment path post transplant, particularly with regard to treating IBD which means that clinicians are unsure about how best to ensure a good transplant outcome and have very little information to give to their patients. 'I see it therefore as vitally important that we look to find a way to improve the situation for PSC patients.

My project will offer the first nationwide audit of IBD care delivery in the transplanted PSC population, via a clinical research network comprising six liver transplants centres within the UK, with the specific aim of providing an evidence-based framework on which to base future treatment decisions in this group of patients.

'The audit has been designed with three objectives in mind: to adhere to current CRC surveillance standards, including screening data from before and after the transplant, to compare therapeutic interventions with outcomes to try to establish optimum treatment pathways to ensure best outcomes and, finally, to examine the influence of IBD activity on clinical outcomes.

'I will be collecting data from six transplant centres and I hope that the results from this project will provide the evidence to influence and create a IBD care delivery plan for post transplant PSC patients including risks of treatment. In addition, we would look to be able to build in a treatment pathway for CRC surveillance dependent upon the IBD activity.

'Ultimately I hope that the project will provide a way of improving the treatment and outcomes for this challenged group of patients.'

Dr Trivedi's Supervisor Professor Gideon Hirschfield comments:

'Learning more about the real world course of inflammatory bowel disease is very important for patients, and particularly so in the subgroup with primary sclerosing cholangitis. We are delighted that Dr Trivedi has been funded by the 2017/8 Core Award for his study addressing this issue across the UK. Dr Trivedi is a talented young investigator who I am sure will make the most of the opportunity this award affords him, to deliver a clinically useful audit of real world UK practice. This research joins a growing portfolio of studies in the area of PSC-IBD, in which Dr Trivedi leads, that no doubt will ultimately become a sustained academic programme of its own, as Dr Trivedi transitions from Clinical Lecturer to independent investigator.'