SAFETY AND EFFICACY OF DUAL BIOLOGICS FOR INFLAMATORY BOWEL DISEASE

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Introduction

In recent years, the management of Crohn's disease and ulcerative colitis has increasingly focused on advancing treatment options to enhance patient outcomes [1]. Our team is embarking on a comprehensive systems review to evaluate the safety and efficacy of dual biologic therapies. While existing research has provided valuable insights into individual biologic treatments, there remains a significant gap in understanding the potential benefits and risks of using dual biologics.

Aim

This study aims to address this gap by systematically analyzing current literature and clinical data, ultimately contributing to more informed and effective treatment strategies for patients with inflammatory bowel disease.

Methodology

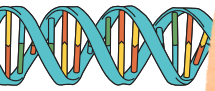
01 2272 studies were reviewed via Covidence to screen for eligibility. Criteria entailed - observational, RCT's and case reports of use of dual biologics or small molecule therapy (i.e. JAKi inhibitors) in adult patients across the world.

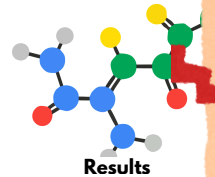
02 70 studies were taken into full text review and data was extracted independently from 2 researchers from 52 studies. Studies came from Europe, China, USA, Canada and Australia majorly.

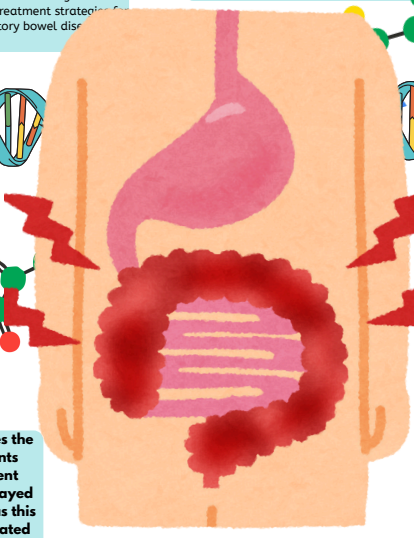
03 Risk of assessment was conducted for these studies using the Joanna Briggs tool

04 Outcomes focused on Clinical Remission (based on HBI or any other tool), Response, Adverse events or serious adverse events from the dual biologics

05 We are underway of completing an analysis. Our review has been compliant with the GRADE and Cochran standards.







Results

Figure 1 articulates the figures of patients across our patient sample who displayed clinical response as this was more moderated across all studies using similar tools. Adverse events ranged from nausea to infections.

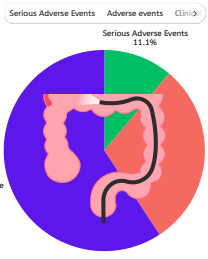


Figure 1

Analysis

Clinical Remission across most studies was reported using reductions in HBI or Mayo scores for both Crohn's and Ulcertative Colitis. Some studies used Physician assessments as well. This indicated that many pateints responded well to the regimen - however many did have adverse events, causing some to stop the regimen. However most adverse events were manageable.

Conclusion

Despite many adverse events in our sample size, the benefits of this regimen are clearly indicated for people who may not have had successful trials with previous medications like steroids, 5-ASA's and immunosuppressants. Furthermore- it proves as an alternative to surgery as well. However more primary research on a larger scale is required to fully assess it's effects.

[1] , T.J., Horsfall, L., Bloom, S., Segal, A.W., Sabin, C., Field, N. and Rait, G. (2020). Incidence and prevalence of inflammatory bowel disease in UK primary care: a population-based cohort study. BMJ Open, [online] 10(7). doi:https://doi.org/10.1136/bmjopen-2019-036584.

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