

IBD Masterclass

IBD Care in Special Populations-
Personalising IBD Management in 2026



Friday
4th September



Time
09:30-17:00



The Gibson Hotel
The Point
Dublin 1



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Agenda

09.30 **Registration**

10.00 **Welcome- Personalising IBD Management**

Prof. Glen Doherty, SVUH, Dublin, IE

Session 1 **Chairs: Dr. Orlaith Kelly & Prof. Eoin Slattery**

10.15 **Adolescents and Young Adults Living with IBD Tandem Talk**

Dr. Fiona Jones, Melbourne, AU & Ms. Mary Hamzawi, cANP, SVUH, Dublin, IE

10.45 **The Patient Voice in IBD Management**

Ms. Terri Brannigan, Purple House Cancer Support, IE & Dr. Richéal Burns, ATU, IE

11.15 **Maintaining Mental Health in IBD**

Dr. Lisa Harpur, SVUH, Dublin, IE & Ms. Chloe Feeley, UCC, Cork, IE

11.45 **Coffee**

12.00 **Managing IBD in the Older Patient**

Prof. Jimmy Limdi, Manchester, UK & Dr. Antonio Caballero-Mateos, Regional Hospital Santa Ana de Motril, Granada, ES

12.30 **Panel Discussion**

12.45 **Special Symposium- The Preclinical IBD Continuum: Disease Evolution and Opportunities for Intervention**

Prof. Irina Blumenstein, Goethe University Frankfurt, Frankfurt, DE

13.30 **Lunch**

Session 2 **Chairs: Prof. Hugh Mulachy & Ms. Lorraine Cooney**

14.30 **Sarcopenia & Obesity in Crohn's & Colitis**

Prof. Karen Boland, Beaumont, Dublin, IE & Ms. Parker Girod, SVUH, Dublin, IE

15.00 **Intestinal Failure and IBD**

Dr. Cara Dunne, SJH & CHI, Dublin, IE & Ms. Yvonne Hickey, SVUH, Dublin, IE

15.45 **Coffee**

16.00 **The Pillars of Nutrition for IBD Prevention and Treatment**

Dr. Vaios Svolos, Thessaly, GR

16.40 **Panel Discussion**

16:55 **Closing Remarks**

Prof. Glen Doherty, SVUH, Dublin, IE

17.00 **Close**





The Speakers



Prof. Glen Doherty

Dublin, IE

Prof Doherty graduated from Trinity College Dublin in 1998 with a Gold Medal and 1st Class Hons Degree in Medicine. He completed a PhD degree (2006) in eicosanoid signaling in colorectal cancer at RCSI medical school and the Conway Institute at UCD. Following the award of his Certificate of Specialist Training in Gastroenterology and Internal Medicine in 2008, he spent a period of further specialist training in the USA at Beth Israel Deaconess Medical Centre and Harvard Medical School, Boston, MA. There he undertook a post-doctoral research programme with Professor Simon Robson. He returned to Ireland in 2010 to take up a position as a Consultant Gastroenterologist at St Vincent's University Hospital and UCD. Prof Doherty has numerous peer-reviewed publications in the areas of inflammatory bowel disease and colorectal cancer. He established INITiative, a national research network for Crohn's and Colitis research in 2016 and chairs the network steering committee.

Prof. Irina Blumenstein

Frankfurt, DE

Professor Irina Blumenstein MD, is Professor and Senior Gastroenterologist at University Hospital Frankfurt, Goethe University Frankfurt, where she leads the Inflammatory Bowel Disease (IBD) Clinical Trials and University Outpatient Clinic.

A specialist in Internal Medicine and Gastroenterology with expertise in Clinical Nutrition, Professor Blumenstein has extensive clinical and research experience in Crohn's Disease and Ulcerative Colitis. Her academic work spans IBD therapeutics, disease assessment and monitoring, real-world outcomes, and nutrition, with an extensive publication record in these areas.

She is a coordinating expert for the German DGVS S3 Guideline for Ulcerative Colitis and contributes to national and international research and scientific collaborations aimed at advancing the management of IBD.





Dr. Richéal Burns

Sligo, IE

Richéal M Burns BA MSc PhD SFHEA, is a health economist and policy analyst with experience spanning two decades in both private and public sectors. Richéal is currently the Head of Department of Social Sciences at the Atlantic Technological University (ATU) and Director of the ATU Health and Biomedical (HEAL) Strategic Research Centre. Richéal is the lead health economist on three clinical trials: PEACETIME hosted by Ulster University (UU); iMPROVE hosted by UU; and PRESIDENT hosted by the University of Oxford. She is also currently supervising 9 PhD students at the ATU and UU.

Richéal is also a 'Patient Researcher' and has been an active advocate sharing experiences of living with Crohn's disease for 36 years. Her former PhD student, Dr Kristian Mallon undertook a study on the risks, economic impact and outcomes of IBD in Ireland (2021-2025) with 3 publications to date, 2 under review and 2 in development.

Ms. Terri Brannigan

Purple House Cancer Support & IBD Patient Advocate

Terri Brannigan has been living with Crohn's disease for 24 years and has had a stoma for the past 11. Drawing on her lived experience, she is passionate about raising awareness, reducing stigma, and supporting others navigating the realities of chronic illness and life with a stoma.

Terri is actively involved in advocacy and fundraising within the IBD community and facilitates online support groups, creating safe, honest spaces for connection and conversation. She is particularly passionate about emotional resilience, body image, confidence, and healthy relationships after surgery.

Professionally, Terri works in the charity sector as a Cancer Care at Work Success Manager with Purple House Cancer Support Centre, supporting organisations to create more compassionate and informed workplaces for people affected by cancer.

Alongside her professional and advocacy work, Terri shares her personal journey of rebuilding confidence and embracing an active lifestyle after illness. She trains for endurance fitness challenges while raising awareness and funds for the Crohn's and Colitis community, helping to show that life after surgery can still be full, active, and meaningful.

Through speaking openly about both the challenges and triumphs of living with chronic illness, Terri hopes to help others feel less isolated, more understood, and empowered to define thriving in their own way.





Dr. Lisa Harpur

Dublin, IE

Lisa was awarded her Doctorate in Clinical Psychology from Trinity College Dublin. She has worked providing assessments and interventions to children and adults across a range of settings, including acute hospitals, liaison psychiatry, community mental health teams, primary care and private practice.

Lisa provides psychological services to patients with Inflammatory Bowel Disease (IBD) in the Gastroenterology Department in St Vincent's University Hospital. In this role, she supports IBD patients presenting with psychological distress related to their IBD, as well as the impact of preexisting mental health problems on GI symptoms and daily functioning. Lisa is trained in several psychotherapeutic approaches including Cognitive Behaviour Therapy, Compassion Focused Therapy, Acceptance and Commitment Therapy, Schema therapy, EMDR and Mindfulness-based approaches. Lisa is also involved in conducting research on mental health in IBD alongside her colleagues in the Gastroenterology department. She also supervises trainee clinical psychologists conducting research in the area. Lisa provides regular teaching input to Clinical and Counselling Psychology doctoral programmes in Trinity College Dublin and UCD, on topics such as mental health in chronic illness, and the role of psychology in a hospital setting. Lisa is a chartered member of the Psychological Society of Ireland.

Ms. Chloe Feeley

Cork, IE

Chloe is due to graduate with a Doctorate in Clinical Psychology in November 2026 from University College Cork. Chloe has worked clinically with adults and children across a range of services including primary care, mental health, disability, neuropsychology and forensic settings.



Chloe recently completed her doctoral research on mental health in IBD. Her work explored young adults' lived experiences of the relationship between IBD and mental health, their preferences for information on this topic, and an evaluation of existing information resources relating to IBD and mental health.





Ms. Mary Hamzawi, IBD cANP

Dublin, IE

Mary Hamzawi, SRN, RSCN, is currently a Candidate Advanced Nurse Practitioner (ANP). She has a BSc Health Science (Nursing), a BSc Nursing Management, and a MSc Healthcare Leadership & Innovation, as well as being an RN Prescriber and is pending a PGCert Advanced Practice Nursing.

Mary has worked in gastroenterology since 2006, with a particular clinical and professional interest in inflammatory bowel disease (IBD). During her career, she undertook a one-year secondment as Programme Manager for the NCPG&H, where one of her key areas of work was the development of the IBD pathway.

Originally trained as a paediatric nurse, Mary transitioned to adult services in 2018. Her specialist area of interest is the care of adolescents living with IBD, with a particular focus on supporting young people through the transition from paediatric to adult healthcare services. In recognition of her work in this area, Mary received the Dr Falk Award in 2020. She is also a member of the National Working Group involved in the development of A National Framework for the Transition of Care from Paediatric to Adult Services, which was launched in late 2025.

Since 2006, Mary has presented at national and international conferences, as well as within academic and professional settings, sharing her experience and knowledge in relation to transition services and the care of adolescents living with IBD. Mary is committed to developing high-quality, person-centred care for young people with IBD and to supporting continued improvement in the transition between paediatric and adult services.

Dr. Fiona Jones

Melbourne, AU

Fiona Jones is a consultant gastroenterologist at St. Vincent's Hospital Melbourne where she contributes to both IBD and endoscopy faculty. She moved to Melbourne in 2023 where she completed an interventional endoscopy fellowship at St Vincent's Hospital Melbourne specialising in therapeutic luminal endoscopy including IBD endoscopy, device assisted enteroscopy and capsule endoscopy.

Fiona graduated from University College Dublin in 2010 completing her internship and medical training in the Mater Hospital Dublin and subsequent specialist training in gastroenterology with the Royal college of physicians of Ireland. During this time she was awarded the Newman Fellowship in Inflammatory Bowel Disease, completing her MD at University College Dublin where she focused on the impact of mucosal determinants of inflammation in IBD. She has presented research both nationally and internationally and published in peer reviewed journals. She maintains an active research interest in IBD and luminal endoscopy and is actively involved in teaching at the University of Melbourne clinical school.





Prof. Jimmy Limdi Manchester, UK

Jimmy Limdi is a Consultant Gastroenterologist and Head of the Inflammatory Bowel Disease Section at Northern Care Alliance NHS Foundation Trust (NE Sector) and Professor of Clinical Gastroenterology at the Manchester Academic Health Sciences Centre, University of Manchester. He is also Hon. Professor at the

Manchester Metropolitan University and Deputy Director of Research & Innovation at the Northern Care Alliance NHS Foundation Trust, Manchester. Jimmy qualified in 1993 and completed postgraduate training in Internal Medicine and Gastroenterology in Yorkshire and Manchester, followed by a period of research at the ICMS, Barts and The London, and University College Hospitals, London and a Visiting Fellowship at Boston University and Harvard, Boston, USA. His clinical research interests in IBD include translational research, clinical trials, IBD therapeutics, diet, gut permeability and nutraceuticals, early diagnosis and outcomes, IBD in older persons, neuromotility in IBD, exercise and IBD and women's health related issues in IBD. He is a Principal and Chief Investigator to several IBD studies, Associate Editor of the Inflammatory Bowel Diseases journal, Therapeutic Advances in Gastroenterology, Drugs Context and Frontline Gastroenterology, holds Editorial board and peer review appointments with leading gastroenterology journals and has published and lectured widely in the field. He has participated in several national and international peer review processes, Delphi panels and co-authored national and international IBD guidelines. He was previously BSG representative to the Association of Coloproctologists of GB&I, the BSG Food and Function CRG and the UK National Representative at the American College of Gastroenterology (ACG) between 2012 and 2021. He is currently a member of the World Congress of Gastroenterology IBD Committee, BSG IBD Committee, BSG IBD Section Representative to the BSG Education Committee, BSG Education Representative to the International Committee, BSG National representative to the Americas and The Caribbean and the UK National Representative to the ACG.

Dr. Antonio Caballero-Mateos Granada, ES

Dr. Antonio Caballero-Mateos is a Gastroenterologist at the Hospital Santa Ana de Motril, Granada and the Hospital Clínico Universitario San Cecilio, Granada. He completed his degree in medicine in 2012 at the Universidad de Granada and subsequently completed a Master's Degree in Advanced Digestive Endoscopy and Hepatology at the Universidad Católica San Antonio de Murcia and a Master's Degree in Genetic, Nutritional, and Environmental Determinants of Growth and Development – NUTRENVIGEN (G+D) Factors from Universidad de Granada. Additionally, Antonio has University Expert Diplomas in Diagnostic Medical Hepatology, Hepatocellular Carcinoma and Liver Transplantation, and Infectious and Autoimmune Liver Disease, and completed an IBD observership at Beth Israel Deaconess Medication Center, Boston, USA. He completed his MD Cum Laude at the Universidad de Granada in 2023.



Antonio is a principal investigator and collaborator in multicentre clinical trials and studies in the fields of IBD, functional gastrointestinal disorders, and pancreatology as well as a collaborating professor at the Universidad de Granada. He is on the editorial board for the World Journal of Gastroenterology, Journal of Clinical Medicine, and Revista Andaluza de Patología Digestiva, as well as the Secretary of the IBD Working Group of the Andalusian Society of Digestive Pathology.





Prof. Karen Boland

Dublin, IE

Karen was appointed as a consultant gastroenterologist at Beaumont hospital in 2018. After completing her higher specialist training in Ireland, she was appointed as advanced IBD fellow at Sinai Health Systems Toronto with publications focusing on the IBD microbiome, micronutrient intake and Crohns disease recurrence. Karen was awarded a PhD by RCSI on proteasomal targets in colorectal cancer. She is an Honorary Clinical Associate Professor at RCSI and a board member of IrSPEN and the Irish representative on the European ESPEN Council.

Her current research focuses on diet, exercise and nutrient supplementation in IBD and patients with cirrhosis as well as microbiome signatures and functional spatial signatures in pouchitis, collaborating with Prof John Burke, Dr Sudipto Das, and Prof Jochen Prehn.

Ms. Parker Girod

Dublin, IE

Parker works as a clinical research assistant at St. Vincent's University Hospital and University College Dublin with a focus on Inflammatory Bowel Disease, including working on clinical trials as well as investigator-led research and retrospective data analysis.

While originally coming from a science background with a BSc Hons in Biophysical Chemistry, Parker is due to graduate with a Master of Science in Medicine in December 2026 from University College Dublin and subsequently will be commencing a PhD in Medicine in January 2027. Her Masters thesis looked at the use of air displacement plethysmography to measure body composition to assess associations in disease activity for Inflammatory Bowel Disease. This was done as a pilot study, looking at healthy controls, flaring IBD patients, and non-flaring IBD patients, analysing their body composition through the BOD POD, and comparing outcomes with BMI and hand grip strength as well as quality of life questionnaires. Her PhD will build upon this, looking at a multidisciplinary approach to neoteric methods for a clinical decision support tool in the treatment of IBD.





Dr. Cara Dunne

Dublin, IE

Dr Cara Dunne graduated with an honors degree in Biochemistry from UCD in 1996 and went on to study medicine in the Royal College of Surgeons in Ireland and graduated with honors in 2004.

She did her early training in Beaumont hospital and through the gastroenterology Spr training scheme went on to work in Beaumont, St Vincent's, St James's and the Mater.

She was awarded her PhD by NUI in 2013 in "Mitochondrial Instability in Stage II Colorectal Cancer Functional Validation of Prognostic markers Involved in Early Staged Colorectal Cancer"

Since 2017 she has worked as a consultant gastroenterologist at St James's. Since 2019 she joint appointed to Our Lady's Hospital Crumlin and St James's Hospital to develop a transition and adolescent program for young people with chronic intestinal failure on home parenteral nutrition and patients with IBD. Her research interests are inflammatory bowel disease (Ulcerative Colitis and Crohns Disease) and complex nutrition. She is a member of the ISG, ECCO and ESPEN and a director of IrSPEN. She is chair of the nutrition subgroup for the National Program for Gastroenterology and Hepatology.

Ms. Yvonne Hickey

Dublin, IE

Yvonne Hickey works as a Clinical Specialist Dietitian in Gastroenterolgy in St Vincent's University Hospital. She is the current secretary of the INDI Gastroenterology Interest Group and the INDI Scientific and Research Steering Group. Yvonne has been involved in setting up the HPN Dietetic Peer Support group. Her interests include Nutrition and Dietetics, Nutritional Biochemistry, and Public Health.





Dr. Vaios Svolos

Thessaly, GR & Glasgow, Scotland

Dr Vaios Svolos, RD, BSc, MSc (Med Sci), PhD, is a Registered Dietitian and Researcher specialising in clinical nutrition, paediatric and adult gastroenterology, with a particular interest in inflammatory bowel disease (IBD) and the gut microbiome. He is the Academic Programme Leader of the BSc (Hons) Dietetics programme and Deputy Director for Academic Affairs at Metropolitan College, Larissa Campus, Greece. He is also an Honorary Research Fellow at the University of Glasgow, UK, and lectures in Dietetics and Clinical Nutrition at the University of Thessaly, Greece. His research focuses on dietary therapies for IBD, clinical trials, and evidence-based nutritional interventions. Dr Svolos has authored more than 40 peer-reviewed publications and is actively involved in the development of international clinical guidelines. He currently serves as Chair of the Dietitians of ECCO (D-ECCO) Committee, leading collaborative initiatives to advance nutritional care for patients with IBD.

**Thank you to our chairs,
Dr. Orlaith Kelly, Prof. Eoin Slattery,
Ms. Lorraine Cooney, Prof. Hugh Mulcahy**



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