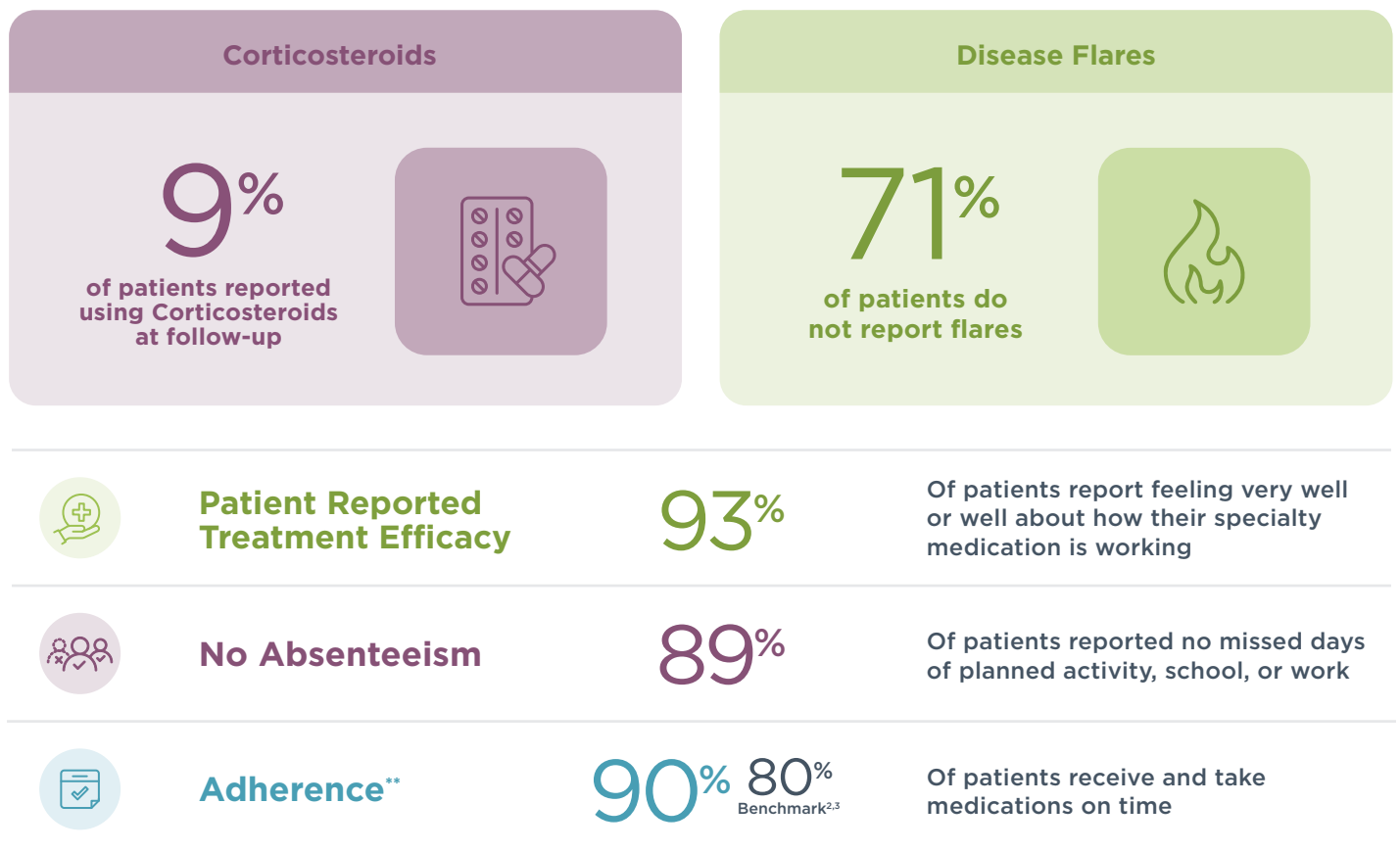


Inflammatory Bowel Disease

Inflammatory bowel disease (IBD) is a chronic, progressive disease caused by an abnormal mucosal immune response against intestinal microorganisms in genetically predisposed hosts. IBD is an umbrella term for Crohn's disease and ulcerative colitis. Treatment is based on the disease severity, and goals include eliminating symptoms, preventing surgery and other complications, minimizing the adverse effects of medications, and restoring quality of life.¹

What We Measure



Why It Matters

Even though corticosteroids are an effective induction treatment for IBD, they should not be used as a maintenance therapy due to the risk of dependency and a great deal of established side effects. Steroids may be used to stop flares, a systemic inflammation that may lead to progressive and irreversible intestinal damage. In children, persistent inflammation is associated with impairment of growth and pubertal development, risking permanent loss of height.⁴ IBD presents a significant burden on daily life activities and is associated with absence from work or school (absenteeism).⁵ In addition to corticosteroids and flares, measuring absenteeism and adherence is crucial to identifying gaps in care, ensuring timely interventions, and improving overall health outcomes.

* Shields Health Solutions Network includes data from a collective of member health systems that partner with Shields to elevate an integrated specialty pharmacy model.

** All metrics are reflective of data collected in 2024

** Adherence is measured by the proportion of days covered (PDC)

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