

Ulcerative colitis Annual Cycle of Care Plan

Patient Details

Name: Sex: M/F Date of birth: / /

Diagnosis: Date of diagnosis: / /

Date of last specialist review? / /

Current ulcerative colitis medications (maintenance therapy):

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Concurrent conditions/extra-intestinal manifestations:

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Surgical history:

Vaccination status/immunity (Hep A/B/C/varicella/pertussis/influenza):

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Health Status

Is the patient well?

How long has it been since the last flare?

How many flares have occurred in the last 12 months?

Symptoms suggestive of a flare:

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Flare Management Plan*

Medication	Instructions

* Contact your gastroenterologist following a flare of disease or if you experience:

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Activity	Frequency	Checked (Y/ N)	Date Completed
1. Measurement of nutritional status (including levels of vitamin B12, folic acid, vitamin D)* and calculate body mass index * Daily folate supplementation is recommended in pregnant patients or those planning to conceive.	Annually	 / /
2. Anaemia/iron studies	Every 6 months	 / /
3. Check smoking status & encourage cessation	Annually	 / /
4. Colonoscopy to re-evaluate disease extent and to screen for colorectal cancer (ulcerative colitis and Crohn's colitis)	8-10 years (from diagnosis)except if PSC – start once PSC diagnosed Every 2 years thereafter	 / /
5. Bone mineral density test in patients with bone disease, those with extensive use of oral corticosteroids and those >65 years of age.† † These criteria may not be reimbursed under the MBS	Every 2nd year	 / /
6. Bloods relevant to medications e.g. Azathioprine – FBC/LFTs Methotrexate – FBC/LFTs ASA agents – FBC/LFTs/U/A Biologic agents – FBC/UEC/LFTs	Depending on drug & when started. Liase with specialist (eg methotrexate – monthly)	 / /
7. Pap smear (females)	Annually	 / /

Other

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Signatures

Doctor:

Date: / /

Patient: