



## Did you know?

... There is a novel tool to detect both axial and peripheral arthritis in IBD patients<sup>1</sup>?

Using a panel of gastroenterologists and rheumatologists, a quick questionnaire has been developed to identify peripheral and axial spondyloarthritis (SpA) in patients with IBD.<sup>1</sup>



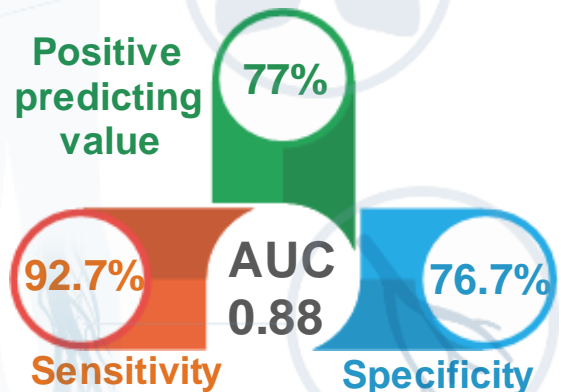
n=181 adult patients with IBD (UC=88 and CD=93)

SpA-IBD experts generated a 42-item list covering all possible SpA manifestations, thus exploring spinal, articular, and enthesal involvement. Adult patients affected by CD or UC, were asked to complete the IBIS questionnaire (IBIS-Q). Next, a psychometric analysis was conducted to select the 14 items for the final questionnaire, and the diagnostic performance of the IBIS-Q was investigated through sensitivity and specificity analyses.<sup>1</sup>

### 14 selected questions for final IBIS-Q<sup>1</sup>

- ✓ 1. Have you had pain in your heels?
- ✓ 2. Have you ever had back pain lasting at least months that was not injury related?
- ✓ 3. Have you ever had a swollen wrist without having any trauma?
- ✓ 4. Do you wake up at night and walk because of low back pain?
- ✓ 5. In the morning is your back stiff for more than 30 minutes?
- ✓ 6. Have you ever had a stiff neck for some weeks or months?
- ✓ 7. Have you ever had a pain in your thigh which goes down to your knee and not beyond?
- ✓ 8. Is it difficult to pick things up from the floor without flexing your knees?
- ✓ 9. Have you ever had a swollen finger like a "sausage" for some days?
- ✓ 10. Do you find it difficult to fasten your laces?
- ✓ 11. Do you find it difficult to button your shirt?
- ✓ 12. Do you find it difficult to walk because of foot pain?
- ✓ 13. Have you ever had swollen and painful hands?
- ✓ 14. Have you ever had swollen and painful feet?

### DIAGNOSTIC PERFORMANCE of IBIS-Q<sup>1</sup>



Based on the diagnostic performance analyses, a minimum of **3 positive questions** was needed to identify axial and peripheral SpA patients.<sup>1</sup>

The IBIS-Q is a new, easy and self-administered tool to screen axial and peripheral SpA among IBD patients.<sup>1</sup> This screening questionnaire should help avoid the mean 5.2 years' delay in the diagnosis,<sup>2</sup> could help change the natural history of SpA in the IBD setting, and may also facilitate a patient-tailored therapeutic approach.<sup>1</sup>

AUC: Area under the curve; CD: Crohn's disease; IBD: Inflammatory bowel disease; IBIS-Q: IBD Identification of Spondyloarthritis Questionnaire; SpA: Spondyloarthritis; UC: Ulcerative colitis

1. Variola A et al. Journal of Crohn's and Colitis 2020; 1680-1686.  
2. Conigliaro P et al. Autoimmunity reviews 2016; 184-190.