



## Summary of NICE Guidelines

Title	Crohn's disease. Management in adults, children and young people.
NICE Reference	152
Date of Review:	October 2012
Date of Publication	
Summary of Guidance (Max 250 words)	<p>Crohn's disease is a chronic inflammatory disease that mainly affects the gastrointestinal tract. Typically people with Crohn's disease have recurrent attacks, with acute exacerbations interspersed with periods of remission or less active disease.</p> <p>Treatment is largely directed at symptom relief rather than cure. Management options for Crohn's disease include drug therapy, attention to nutrition, smoking cessation and in severe or chronic active disease, surgery.</p> <p>The aims of drug treatment are to reduce symptoms and maintain or improve quality of life, while minimising toxicity related to drugs over both the short- and long-term. Glucocorticosteroid treatment, 5-aminosalicylate (5-ASA) treatment, antibiotics, immunosuppressive (azathioprine, mercaptopurine and methotrexate) and tumour necrosis factor (TNF) alpha inhibitors are currently considered to be options for treating Crohn's disease.</p> <p>Enteral nutrition has also been used widely as first-line therapy in children and young people to facilitate growth and development, but its use in adults is less common.</p> <p>Between 50 and 80% of people with Crohn's disease will eventually need surgery.</p>
Impact on Lab (See below)	■ Moderate
Lab professionals to be made aware	<ul style="list-style-type: none"><li>✓ Laboratory Manager</li><li>✓ Chemical Pathologist</li><li>✓ Clinical Scientist</li><li>✓ Biomedical Scientist</li></ul>
Please detail the impact of this guideline (Max 150 words)	<p>Assessment of thiopurine methyltransferase (TPMT) activity before offering azathioprine or mercaptopurine.</p> <p>Monitoring patients on azathioprine, mercaptopurine and methotrexate (monitoring for neutropenia).</p>

### Impact on Lab

- **None:** This NICE guideline has no impact on the provision of laboratory services
- **Moderate:** This NICE guideline has information that is of relevance to our pathology service and may require review of our current service provision.
- **Important:** This NICE guideline is of direct relevance to our pathology service and will have a direct impact on one or more of the services that we currently offer.