



There is significant variation in the care of adults with inflammatory bowel diseases (IBD) that have been directly associated with suboptimal health outcomes. For this reason, the Crohn's & Colitis Foundation launched IBD Qorus®—a nationwide program that helps clinical practices transform the way they deliver care to improve patient outcomes.

## The IBD Qorus Program

IBD Qorus® is comprised of IBD medical practices located across the United States who are passionate about improving the quality of care delivered to IBD patients. The program launched in January 2015 with 10 initial sites—a mix of academic, community, and private practices—and has since grown through nationwide expansion efforts. There are now more than 50 sites participating in the program.

Across these participating sites, IBD Qorus tracks patterns in care delivery performance and changes in patient outcomes over time. Shared learnings and data from these sites have led to improvements in key outcomes measures such as reductions in narcotic use, emergency room visits, and prolonged hospitalizations.

New knowledge generated from IBD Qorus is shared with the broader IBD community to spread best practices for managing and improving the quality of care delivered to patients with IBD.



## A New Improvement Initiative: Treat to Target



In September 2020, the IBD Qorus collaborative launched a new improvement initiative called Treat to Target (TTT). The concept of TTT is to define optimal, patient-centered treatment targets, and then continuously evaluate the progress toward achieving those targets. Within the IBD Qorus program, we will use patient-reported (e.g., symptoms), clinical (e.g., labs and imaging), and/or biological (e.g., endoscopy) measures to track progress.

Although a TTT strategy has been studied in clinical trials, it has not been widely used in everyday IBD practice. Therefore, the initial purpose of this effort will be to learn the most feasible and effective way to implement TTT in everyday practice and to evaluate its impact on patient outcomes. Specific goals and objectives include:

- **Target specific patient and clinician treatment goals** explicitly and monitor their progress
- **Improve the utilization of objective inflammation assessments (e.g., endoscopy, imaging) and patient-reported outcomes** to help guide decision-making
- **Create a TTT care pathway** that could eventually become a standard IBD care practice

TTT is an aspirational goal for all IBD patient care. In striving to successfully implement TTT into practice with a focus on personalized patient- and provider-defined targets, we believe we will improve both short-term and long-term outcomes for patients with IBD.