

Effective Partnering: The Treat-to-Target Approach to IBD Care

Treating IBD is a team effort and requires effective partnering between providers and their patients to identify and achieve treatment goals. This approach is known as treat-to-target, and it works to improve IBD care and outcomes by encouraging patients to partner with their healthcare teams to identify specific treatment goals and monitor progress toward those goals. Below are some helpful resources to educate patients on how to be effective partners in their care.

Available resources:

- **Webinar:** Up-to-date information on effective partnering and the treat-to-target approach to IBD care
- **Video:** Watch and listen to GI providers and an IBD patient share their knowledge, recommendations, and perspectives on how to effectively partner with one another to successfully manage IBD
- **Conversation Guide:** A helpful tool to start a conversation between patients and providers by tracking a patient's history, current treatments, and short- and long-term goals of IBD care

View these resources at: www.crohnscolitisfoundation.org/effective-partnering

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