

IBD Passport: Evaluating the quality of an Internet-based Travel Resource for Inflammatory Bowel Disease

Greveson K, Hamilton M, Murray CD. Department of Gastroenterology, Royal Free Hospital, London

www.ibdpassport.com

Royal Free London 
NHS Foundation Trust

INTRODUCTION:

Travellers' with Inflammatory bowel disease (IBD) are at greater risk of travel-related morbidity with European guidelines recommending expert consultation prior to travel, particularly for those on immunosuppression.¹ Previous research into travel and IBD found travel consultations and patients travel preparation and knowledge to be deficient.^{2,3} As a result we developed a dedicated, evidence-based non-profit IBD travel advice website (www.ibdpassport.com) to enhance informed, safe travel. Here we present formal evaluation of this website.

METHODS:

A link to the website, along with a structured web-based survey was sent to a purposive sample of 15 UK IBD patients, IBD clinical nurse specialists and Gastroenterologists respectively. The survey contained demographic questions and asked respondents to rate the content, functionality and credibility of the website using a series of parameters including a 5-point Global Quality Score (**Fig 1**) and Integrity Score⁴. Readability statistics were graded on a 100 word sample of text from each page on the website using the Flesch Reading Ease and Flesch-Kincaid Grade level scores.

TABLE 1: RESPONDENT DEMOGRAPHICS

Demographics n=33	Patient n = 11	IBD Nurse specialist n = 10	Gastroenterologist n = 12
Gender Female (%)	4 (36%)	10 (100%)	1 (8%)
Median Age (Range)	46 (25-73)	37 (30-61)	51 (39-58)
Diagnosis		-	-
Crohn's Disease	4 (36%)	-	-
Ulcerative colitis	7 (64%)	-	-
Median years diagnosed (Range)	12 (2-30)	-	-
Travel in past 5 years Yes (%)	10/11 (91%)	-	-
Problems with IBD when travel Yes (%)	5/11 (45%)	-	-
Median years in Post (Range)	-	6 (3-18)	10 (3-18)

FIGURE 1: GLOBAL QUALITY SCORE

Score	Description
1	Poor quality; poor flow of the site; most information missing; not at all useful for patients
2	Generally poor quality & flow, some info listed, many important topics missing, limited use to patients
3	Moderate quality, some important info adequately discussed, somewhat useful for patients
4	Good quality & flow, most relevant information listed but some not covered, useful for patients
5	Excellent quality and flow. very useful for patients

TABLE 2: WEBSITE QUALITY EVALUATION PARAMETERS

	All n=33	Patient n = 11	IBD Nurse specialist n = 10	Gastroenterologist n = 12
Global Quality Score Median (Range)	4.5 / 5 (3-5)	5 (3-5)	4.5 (4-5)	4.5 (4-5)
Quality parameters (Strongly agree %)				
Accurate source of information	20 (60%)	9 (82%)	7 (70%)	4 (33%)
Appropriate citations used as evidence	22 (67%)	7 (64%)	9 (90%)	6 (50%)
Balanced and unbiased	23 (70%)	8 (73%)	9 (90%)	6 (50%)
Easy to navigate	23 (70%)	8 (73%)	8 (80%)	7 (58%)
Adequate information to prepare for	18 (55%)	5 (45%)	7 (70%)	6 (50%)
Improved IBD-related travel knowledge	26 (79%)	9 (82%)	9 (90%)	8 (67%)
Would recommend to friends/ colleagues	33 (100%)	11	10 (100%)	12 (100%)



RESULTS:

A total of 33 individuals responded (73% response rate; 11, 33% Patient; 10, 30% Nurse; 12, 36% Gastroenterologist (**Table 1**). The mean Global Quality score for all respondents was 4.5 out of a possible 5 (Range 3-5). The Flesch-Kincaid Grade level score was US school grade 10.9 (range 7.2 - 17.1) and median Flesch Reading Ease score 50.5 out of a possible 100 (Range 22.4- 65.1). The integrity score was 4.0 out of 6. The majority of respondents strongly agreed that the website was an accurate source of travel information for IBD (60%), used appropriate citations (67%), and was easy to navigate (70%). 26/33 (79%) felt the website improved their knowledge of travel-related issues in IBD (**Table 2**). All respondents would recommend the site to friends or colleagues.

CONCLUSIONS:

IBD Passport is the first internet-based travel resource created for both IBD patients and professionals to provide IBD-specific travel information. Our findings demonstrate that patients and healthcare professionals consider IBD Passport to be an excellent quality, evidence-based resource. The readability statistics are favourable when compared to results from other studies examining website quality.

REFERENCES:

- Rahier JF, Magro F, Abreu C et al. Second European evidence based consensus on the prevention, diagnosis and management of opportunistic infections in inflammatory bowel disease. *J Crohns Colitis* 2014; 8: 443-468
- Soonawala D, van Eggermond AM, Fidler H, Visser LG. Pre-travel Preparation and Travel-related Morbidity in Patients with Inflammatory Bowel Disease. *Inflamm Bowel Dis* 2012; 18 (11): 2079-85.
- Greveson et al (2014). A Recent Flare of Disease does not Prohibit Travel: Early Results of a Single Centre Study in Inflammatory Bowel Disease and Travel Digestive diseases week, Abstract#: 1899308 Final ID: Su1095
- Bernard A et al. A systematic review of patient inflammatory bowel disease information resources on the world Wide Web. *Am J Gastro*. 2007; 102:2070-2077.