

APAGE/JGH foundation Clinical-Scientist Training fellowship Training 2022: Final report

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Introduction

Receiving the APAGE/JGH Foundation Clinical-Scientist Training Fellowship has been a significant milestone in my career as a gastroenterologist. I began my advanced inflammatory bowel disease (IBD) fellowship on 28th September 2023 at the Department of Gastroenterology, Concord Hospital, Sydney, under the guidance of Professor Rupert W Leong. The fellowship provided an invaluable opportunity for clinical and research growth, including endoscopic skills, personalized IBD patient care, and the completion of specialized intestinal ultrasound training.

The skills and knowledge acquired over this year have strengthened my ability to contribute to the advancement of IBD care and research back in my institution in Thailand.

Clinical Training

Over the past year, my clinical training included comprehensive care for IBD patients at various stages. The key components were:

- **IBD Clinic:** Participating in weekly clinics allowed me to engage in multidisciplinary discussions, covering complex IBD cases with specialists, radiologists, and surgeons. I reviewed several cases each week under expert mentorship, significantly enhancing my clinical skills.
- **Endoscopy Unit:** I spent 2-3 days per week in the endoscopy suite, gaining experience in advanced diagnostic and therapeutic procedures:
 - Chromoendoscopy and endocytoscopy for assessing IBD activity and detecting dysplasia
 - Balloon dilatation and stricturotomy for managing stricturing disease
 - Colonoscopy for disease assessment and dysplasia screening
 - Therapeutic procedures such as variceal banding, endoscopic mucosal resection, and duodenoscopy
- **Intestinal ultrasound Training:** I have also completed specialized training in intestinal ultrasound at Concord Hospital, led by Dr. Aviv Pudipeddi, Mater Hospital, Brisbane, led by Dr. Yoon-kyo An and Dr. Jake Begun, and Queen Elizabeth Hospital, Adelaide, led by Dr. Rob Bryant and Dr. Ryan Mathias. This additional expertise in ultrasound diagnostics will be invaluable for advancing IBD patient care in Thailand. I will soon become a full member of Gastroenterology Network of Intestinal Ultrasound (GENIUS) and International Bowel Ultrasound (IBUS) group.
- **Clinical Trials Participation:** I actively contributed to several clinical trials, including Phase 2 and 3 studies on novel treatments for IBD, such as MORF-057, ANTHEM-UC for IBD, and CC-93538 for

eosinophilic esophagitis, and etc. My role involved patient recruitment, follow-up visits, and consenting for ongoing trials, providing insights into novel therapeutic options.

Research Works

Under Professor Leong's mentorship, I actively participated in various research projects to advance IBD understanding and management. Some of them have recently been accepted for publications in international journals and a few of them are under review. Notable projects include:

	Role	Status
Australian Consensus Statements on the Pre-treatment Screening, Laboratory Testing and Risk Mitigation Strategies Prior to Treating Inflammatory Bowel Disease Patients using Janus Kinase Inhibitors, Sphingosine-1 Phosphate Receptor Modulators and Monoclonal Antibodies	Author	Published, <i>AP&T</i>
Review article: Optimisation of biologic (monoclonal antibody) therapeutic response in IBD	Co-author	Published, <i>AP&T</i>
Knowledge and perspectives towards the use of histology in inflammatory bowel disease by gastroenterologists across the Asia-Pacific region	Author	In press, <i>Intestinal Research</i>
Longitudinal assessment of vedolizumab serum trough concentrations in patients with ulcerative colitis in remission undergoing thiopurine withdrawal	Author	Revised, <i>WJG</i>
Asia-Pacific Consensus Statements on Histopathology of Inflammatory Bowel Disease	Co-author	Manuscript editing
Development and validation of simplified scoring system to predict two-year clinical remission of patients with ulcerative colitis after treatment with vedolizumab	Author	Revised, <i>Crohn's and colitis 360</i>
Perspective: Comprehensive care of ulcerative colitis	Co-author	Manuscript submitted to <i>Exp Rev</i>
Under process (including collaboration with other centers)		
Early access tofacitinib use in Australia: An observational study		
Long-term follow up of patients with Inflammatory Bowel Disease treated for cytomegalovirus colitis		
Correlation of serum calprotectin, CRP, and vedolizumab trough levels in UC patients		
Endocytoscopy in real time assessment of histological and endoscopic Activity in Ulcerative colitis		
Investigating the Impact of Switching from Humira to Yuflyma in Crohn's Disease Patients: An Evaluation of SIAQ Scores and Efficacy Measures		
Review article: Functional Oligosaccharides: Mechanisms and Challenges in Alleviating Inflammatory Bowel Disease		
Narrative review: vedolizumab in IBD (Pk and combination therapy)		

Conference Participation and Awards

I attended various national and international conferences, where I presented research findings and received awards:

<p>Asian Pacific Digestive Week 2023, Bangkok, Thailand</p> <ul style="list-style-type: none"> - Prevalence of poor sleep quality assessed by wrist actigraphy and sleep questionnaire in IBD patients and its association with disease activity and quality of life - Poor sleep quality is associated with disease activity in long-term follow-ups of IBD patients - Prognostic score to predict peptic ulcer disease in patients indicated for elective gastroscopy 	<ul style="list-style-type: none"> - Oral, moderated poster, poster presentation - Best moderated poster presenter
<p>European Crohn's and Colitis Organization (ECCO) Congress 2024, Stockholm, Sweden</p> <ul style="list-style-type: none"> - Development of simplified scoring system to predict two-year clinical remission of patients with ulcerative colitis after treatment with vedolizumab - Prevalence of poor sleep quality assessed by wrist actigraphy and sleep questionnaire in IBD patients and its association with disease activity and quality of life 	<ul style="list-style-type: none"> - Digital oral, poster presentation
<p>Digestive Disease Week 2024, Washington DC, USA</p> <ul style="list-style-type: none"> - Diagnostic performance of non-invasive tests for cytomegalovirus colitis: a systematic review and meta-analysis - Prevalence of poor sleep quality assessed by wrist actigraphy and sleep questionnaire in IBD patients and its association with disease activity and quality of life 	<ul style="list-style-type: none"> - Poster presentation
<p>Australian Gastroenterology Week 2024, Adelaide</p> <ul style="list-style-type: none"> - Endocytoscopy in real-time assessment of histological and endoscopic activity in ulcerative colitis - Knowledge and perspectives towards the use of histology in inflammatory bowel disease by gastroenterologists across the Asia-Pacific region - PANIC study 5 Abstracts 	<ul style="list-style-type: none"> - Poster presentations

Conclusion

This fellowship year has provided a comprehensive experience, equipping me with advanced clinical and research skills to elevate IBD care in Australia and Thailand. Moving forward, I aim to continue expanding my expertise and contributing to the advancement of IBD management and personalized patient care in Thailand.