



**PHOENIX  
CHILDREN'S**

# INFLAMMATORY BOWEL DISEASE MULTIDISCIPLINARY CLINIC

Your child has an upcoming appointment in the Inflammatory Bowel Disease (IBD) Multidisciplinary Clinic at Phoenix Children's Hospital. This specialty clinic is designed with a team approach to ensure that your child receives a care plan specifically made for their unique needs. Our team includes pediatric gastroenterologists, a surgeon, psychologist, registered dietitian, and nurse – all of whom specialize in caring for children with IBD and their families. Our team approach allows us to focus on all areas of your child's care during one clinic appointment with the goal to improve the overall quality of life of your child and family and support you throughout your journey with IBD.

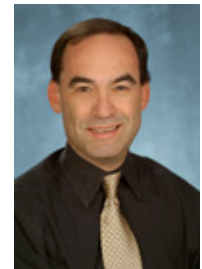
## Your IBD Multidisciplinary Clinic Team



**Ashish Patel, MD**  
Division Chief  
*Gastroenterology*



**Brad Pasternak, MD**  
Medical Director  
*Gastroenterology*



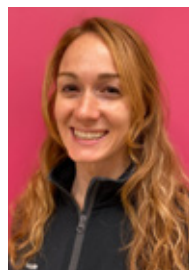
**Gary Silber, MD**  
Division Member  
*Gastroenterology*



**Lisa McMahon, MD**  
Medical Director  
*Pediatric Surgery*



**Jenna Rudo-Stern, PhD**  
*Pediatric Psychology*



**Liz Langreck, RD**  
IBD Registered Dietitian



**Brianna Procopio, MSN, RN**  
IBD Nurse Coordinator

## Before Your Visit

The week before your appointment in the IBD Multidisciplinary Clinic, the IBD Nurse Coordinator will send the following items via e-mail and text message:

1. Phoenix Children's Hospital IBD Welcome Packet
2. IBD Clinic Questionnaire Form
3. IBD Clinic Surveys

Please complete and return the IBD Clinic Questionnaire Form and surveys by the day before your scheduled appointment. Our team will use this information and review your child's history to create a plan of care.

## Multidisciplinary Clinic Appointment

Your visit in the IBD Multidisciplinary Clinic will consist of a 40-minute appointment, either in-person at Phoenix Children's Hospital in the GI Clinic (see map for directions), or through a telehealth appointment from the comfort of your own home (see "Instructions for Telehealth Visit"). You will meet with the following team members who specialize in caring for children with pediatric Inflammatory Bowel Disease and their families:

1. IBD Specialist (Gastroenterologist) – provides a gastrointestinal assessment and discusses diagnostic and treatment options for children with IBD.
2. Pediatric Surgeon – provides a surgical assessment and discusses surgical interventions and follow-up care for children with IBD.
3. Psychologist (PhD) – a mental health provider who specializes in the impact of IBD on children.
4. Registered Dietitian (RD) – provides guidance on diet and nutrition in IBD and works with you and your family to create a plan for nutritional health, growth, and development.
5. Nurse Coordinator (RN) – provides and coordinates your IBD care, education, and resources.

Each team member will take turns discussing their knowledge area with your child and family to create a unified plan of care. The team will also focus on providing education about IBD and treatments and encourage teenage/young adult patients to become more proactive in their care. Once this portion of the visit is complete, the psychologist will close out the visit with a one-on-one assessment with your child and family.

## Directions for In-Person Visits:



**Parking:** Please park in the Patient Parking Garage (West) at the entrance of the Children's Hospital on Thomas Road.

**Directions to GI and Surgery Clinics:** Enter through the Main Hospital and obtain a visitor's badge at the front desk. Then, take the main elevators to the second floor. Make a left and continue until you see the waiting room. The GI Clinic is in **Clinic C** on the left side of the waiting room. If your child's appointment includes pediatric surgery, your visit will be in **Clinic D** on the right side of the waiting room.

## Directions for Telehealth Visits

You will receive a phone call from Phoenix Children's Hospital for intake either the day before or morning of your appointment. To get ready for your telehealth visit, please install the Zoom Cloud Meetings app on your phone, tablet or PC. You will receive a link to check-in and join the virtual visit at least 30 minutes prior to your scheduled appointment time. Please click the link and answer all prompted questions in order to enter into the Zoom meeting. You will not need a Zoom ID or Password. One guardian and the patient being seen will need to be present during the virtual visit. If you have difficulties accessing the Zoom meeting, please respond to the text message where you received the link to let our staff know. Please do not text the number after your appointment as it will not be monitored. You may also call the GI Clinic at (602) 933-0940.

## After Your Visit

Following your visit in the IBD Multidisciplinary Clinic, you will receive an End of Visit Summary and orders for labs or medical tests. If your visit was in-person, you will receive a physical copy of these documents. If your visit was virtual, your summary and orders will be available through the same link used to access your telehealth appointment. It will also be available on your Phoenix Children's Hospital Patient Portal by 8:00 PM the evening of your appointment. If you have trouble accessing these documents, please call the GI Clinic at (602) 933-0940.

## Next Steps

Our policy in the IBD Clinic is for all patients to be seen in the GI Clinic at least every 6 months or sooner depending on your child's needs and your providers' guidance. The scheduling department will contact you to schedule your child's follow-up appointment with their primary gastroenterologist. You may also call the GI Clinic at (602) 933-0940 to schedule this appointment.

If you would like to schedule a separate appointment with an IBD Clinic team member, please call and request this service:

1. Nutrition – (602) 933-0940
2. Psychology – (602) 933-0414
3. IBD Nurse – (602) 933-5754

---

Thank you for allowing the IBD Multidisciplinary Clinic team to care for your child and family. If you have any questions, please call the **IBD Nurse Coordinator at (602) 933-5754.**