

Safe Use of Biologic Therapy in IBD - The Nurse's Perspective



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Role of the Nurse



- Patient education on medication and its effects.
- Teaching proper administration technique (intravenous, subcutaneous).
- Monitoring adherence and potential issues.

Medication Administration



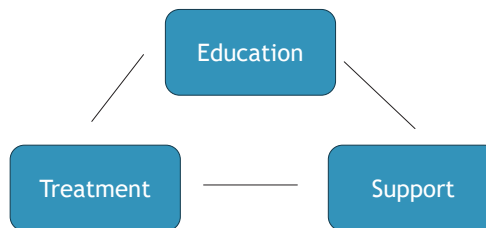
- IV administration: safe preparation and monitoring during infusion.
- SC administration: Correct injection/pen technique, site rotation.
- Emphasize aseptic technique and safe handling.

Medication Storage (Cold Chain)



- Storage at 2-8 °C. Always in original packaging, protected from light.
- Transport in cooler bag.

Patient Monitoring



- Baselines tests (tuberculosis, hepatitis).
- Monitoring during treatment: regular blood count, skin, lipids.
- Recognizing signs of infection and act promptly.

Lifestyle and Self-Care



- Avoid risk foods in individualized diet.
- Moderate regular physical activity.
- Plan rest and relaxation techniques.
- Avoid smoking, alcohol and sun exposure.

Nurse's Role in Patient Support

Plays a key role in the safe use of biologic therapies, in monitoring and supporting patients and their families, and in promoting a healthy lifestyle, thereby significantly contributing to a better quality of life for patients with IBD.