

IBDIQ

Addressing Care  
Disparities for  
Latinx Patients  
with Inflammatory  
Bowel Disease (IBD)



PART OF THE IBD PROJECT

# Understanding the intricacies of healthcare inequities is crucial for achieving equitable outcomes for Latinx patients with IBD.

Historically, IBD, comprising both Crohn's disease (CD) and ulcerative colitis (UC), has been viewed as a health condition exclusive to White patients, which has potentially fostered implicit bias and contributed to healthcare disparities.<sup>1-3</sup>

Studies evaluating care disparities in different populations have limitations in number and/or design, often resulting in conflicting data. This resource serves as a high-level overview of this topic and may not encompass all available research.

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## These disparities include:

Restricted involvement and enrollment of minority participants in IBD clinical trials, resulting in 3% of Latinx patient representation<sup>2,4\*</sup>

3%

Insufficient data on the diverse presentation of IBD and the effectiveness of disease management in Latinx patients<sup>1,2</sup>

Lower healthcare utilization due to limited English proficiency, discrimination, and healthcare system mistrust, resulting in poorer health outcomes among Latinx patients<sup>5</sup>

Immunization inequity, leading to adverse health outcomes, with Latinx adults in the US having lower vaccination rates for all recommended adult vaccines<sup>6</sup>



\*Based on an analysis of patient members in IBD Partners, a Partner Network in PCORnet, as of March 2019.<sup>4</sup>

Latinx patients may experience delayed IBD diagnosis, which research suggests can lead to poor long-term outcomes and disease progression for patients with IBD.<sup>7-9</sup>

Latinx patients with IBD may have higher risks of hospitalization and postsurgical readmissions in UC and an increased probability of certain skin complications in both UC and CD.<sup>1,10,11</sup>

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Social determinants of health extend beyond just race, and many aspects of care access and optimization of outcomes are multifactorial.<sup>12</sup> This resource provides examples of some of the factors that may impact the care of Latinx patients with IBD, but is not intended to be a comprehensive review of this topic.

#### Latinx patients with CD may experience:

Severe forms of disease, such as perianal and fistulizing disease, that can substantially impact quality of life<sup>2,11,13</sup>

High risk of 30-day hospital readmission<sup>14</sup>

Increased hospitalization costs<sup>15</sup>

Extraintestinal manifestations, including erythema nodosum, pyoderma gangrenosum, and primary sclerosing cholangitis<sup>10,11</sup>

#### Latinx patients with UC may experience:

Prevalent extensive colitis, left-sided colitis, and proctitis<sup>16†</sup>

Increased in-hospital mortality<sup>15</sup>

Elevated hospitalization costs<sup>15</sup>

Extraintestinal manifestations, such as erythema nodosum, primary sclerosing cholangitis, and pyoderma gangrenosum<sup>10,11</sup>

Risk of IBD-related colorectal dysplasia or cancer<sup>10</sup>



**DID YOU KNOW? FOR PATIENTS WITH UC, THERE MAY BE A >2-FOLD INCREASED RISK OF DEVELOPING COLORECTAL CANCER.<sup>17</sup>**

**TIMELY AND PRECISE DIAGNOSIS OF CD AND UC WITH EARLY INTERVENTION IN LATINX PATIENTS IS VITAL TO PREVENT POORLY MANAGED CONDITIONS.<sup>8,9</sup>**

†Left-sided colitis is a form of UC that is characterized by inflammation that begins in the rectum and can involve up to the colon near the splenic flexure. Proctitis is a form of UC characterized by inflammation only in the rectum.<sup>18</sup>

# Become a catalyst



By 2050, it is projected that there will be ~106 million Hispanic people in the US.<sup>19</sup> Together, we can help contribute to improvements in the health outcomes of Latinx patients with IBD by addressing care disparities and serving as agents of change.

Support the practice of early diagnosis and timely care for all patients with IBD to help impact clinical outcomes.<sup>8,9,20,21</sup>



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Don't dismiss or ignore these common IBD symptoms when presented in Latinx patients<sup>20,21</sup>:

Rectal bleeding

Diarrhea

Abdominal pain

Anemia

Fever

Weight loss

What you can do in your practice to help address these inequities:

- 1 **Enhance** your comprehension of the distinct needs and experiences of Latinx patients<sup>22</sup>
- 2 **Collaborate** in patient initiatives for enhanced clinical practices, utilizing integrated approaches and assertive outreach for isolated patients<sup>22</sup>
- 3 **Promote** active participation in research endeavors aimed at uncovering healthcare disparities<sup>23</sup>
- 4 **Educate** others using locally relevant guidance to address the challenges faced by Latinx patients with IBD<sup>23</sup>

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