



Standard evaluation criteria

- Establish strong and open physician – patient relationship.
- Ensure appropriate self-management strategies in the following areas:
 - Self-management of medication to ensure early initiation of treatment
 - Stress reduction techniques
 - Smoking cessation, especially in Crohn’s disease
 - Calcium intake of at least 1250 mg/day
 - Judicious use of NSAIDs
 - Judicious use of oral steroids to manage symptom flare-ups
 - Anticipatory guidance on the natural course of the condition and the likelihood of surgery
 - Ensure the patient understands alarm features and when to contact the physician
- For people who have had ulcerative colitis for eight to ten years, consider colonoscopy screenings for colorectal cancer.

Standard of Care References

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