MANAGEMENT AND REFERRAL OF PATIENTS WITH SYMPTOMATIC DIVERTICULAR DISEASE (SUDD) IN THE PRIMARY CARE: PRESENTATION OF AN ITALIAN SURVEY

Rome, 9 April 2016

Dott. Rudi De Bastiani
Region of origin of the Italian GPs

- Veneto: 77; 32%
- Abruzzo: 1; 0%
- Basilicata: 1; 0%
- Calabria: 50; 21%
- Campania: 7; 3%
- Emilia Romagna: 4; 2%
- Friuli Venezia Giulia: 11; 5%
- Lazio: 3; 1%
- Liguria: 3; 1%
- Lombardia: 8; 3%
- Piemonte: 21; 9%
- Sicilia: 40; 16%
- Sardegna: 8; 3%
- Puglia: 3; 1%
- Trentino Alto Adige: 5; 2%
- Toscana: 1; 0%
What is the most frequent symptom complained by your patients with Symptomatic Uncomplicated Diverticular Disease?

- Abdominal pain in the left lower quadrant (26%)
- Diffuse abdominal pain (23%)
- Alternate alvus (18%)
- Meteorism (16%)
- Constipation (9%)
- Diarrhea (8%)
How the diagnosis of Symptomatic Uncomplicated Diverticular Disease was made?

- Colonoscopy: 77%
- Rx barium enema: 19%
- Eco addome: 1%
- Abdomen CT: 1%
- Virtual colonoscopy: 2%
Do you prescribe dietary advice in patients with diverticulosis?

**Italian survey**
- Diet without seeds: 30%
- Low fiber diet: 9%
- High fiber diet: 44%
- I do not prescribe any specific dietary advice: 17%

**European survey**
- I do not prescribe any specific dietary advice: 30%
- High fiber diet: 70%
Do you prescribe dietary advice in patients with SUDD?

**Italian survey**
- Low fiber diet 15%
- I do not prescribe any diet in these patients 14%
- Diet without seeds 30%
- High fiber diet 41%

**European survey**
- Low fiber diet 15%
- I do not prescribe any diet in these patients 15%
- High fiber diet 70%
Do you usually prescribe drugs in patients with asymptomatic diverticulosis?

**Italian survey**
- Rifaximin 26%
- Probiotics 25%
- Mesalazine 6%
- Co-trimoxazole 1%
- Ciprofloxacin 2%

**European survey**
- I do not prescribe any medication in these patients 40%
- I do not prescribe any medication in these patients
What medications do you usually prescribe for symptomatic patients? (245 Italian GPs)

- Probiotics: 146 (59.5%)
- Mesalazine: 89 (36.3%)
- Rifaximine: 203 (82.8%)
- Ciprofloxacin: 67 (27.3%)
- Metronidazole: 32 (13.6%)
- Co-trimoxazol: 12 (4.8%)
- Fiber supplementation: 25 (10.6%)
What medications do you usually prescribe for symptomatic patients? (6 European GPs)

- Metronidazole 30%
- Ciprofloxacin/spasmolytics 15%
- Fiber supplementation 15%
- No treatment 30%
Do you usually prescribe drugs in the follow-up of these patients to prevent recurrence of Symptomatic Uncomplicated Diverticular Disease? (245 Italian GPs)
Do you usually prescribe drugs in the follow-up of these patients to prevent recurrence of Symptomatic Uncomplicated Diverticular Disease? (6 European GPs)

- Fiber supplementation: 30%
- No treatment: 70%
Do you generally prescribe instrumental examinations in the follow-up of Symptomatic Uncomplicated Diverticular Disease?
Do you generally prescribe laboratory analysis in the follow-up of patients who have had an episode of Symptomatic Uncomplicated Diverticular Disease?

- Blood count: 24%
- ESR: 16%
- CRP: 16%
- Faecal calprotectin: 14%
- FOBT: 7%
- No prescribe laboratory check: 23%
75-year-old patient in good general condition, known for colon diverticulosis, blames fever, constipation and pain to the left hemi abdomen; the abdomen is negotiable on palpation and peristalsis is present. Do you send the patient to the Hospital or you manage it at home?

- I send the patient to the Hospital: 17%
- I manage it at home: 83%
Do you generally prescribe medications in the patient follow-up, to prevent recurrence of diverticulitis?

- Rifaximin: 181 (42.5%)
- Probiotics: 120 (28.2%)
- Mesalazine: 53 (12.4%)
- No drugs: 42 (9.8%)
- Ciprofloxacin: 15 (3.5%)
- Co-trimoxazole: 5 (1.1%)
- Metronidazol: 9 (2.1%)
Do you usually prescribe drugs in the follow-up of these patients to prevent recurrence of Diverticulitis? (6 European GPs)

- No treatment: 50%
- Fiber supplementation: 25%
- Mesalazine/Probiotics: 25%
Do you think that a patient with two previous episodes of acute diverticulitis, treated with conservative medical therapy, should undergo surgery?:

- YES: 14%
- NO: 86%
Do you generally prescribe laboratory analysis in the follow-up of patients who have had diverticulitis?

- No laboratory check: 13%
- Faecal calprotectin: 14%
- FOBT: 8%
- Blood count: 25%
- ESR: 20%
- CRP: 20%
Do you prescribe tests (instrumental examination) during the follow up of Acute Diverticulitis?

- Colonoscopy: 25%
- Echography: 7%
- Abdomen CT: 11%
- Rx barium enema: 6%
- No test: 50%
CONCLUSIONS OF ITALIAN SURVEY

a) a fiber supplement is advised less than fifty percent in diverticulosis and in the SUDD

b) 30% of the Italian GPs still recommends a no-seeds diet

c) about a quarter of patients with diverticulosis receive simple treatment with Rifaximin, and/or probiotics

d) either in the treatment of SUDD and in the SUDD follow up and even in the diverticulitis, Rifaximin is the most prescribed drug (in about three-quarters of patients), followed by probiotics (about 40% of patients)

e) colonoscopy is the instrumental examination by far most prescribed in diagnosis and, when required, in the follow up of SUDD and diverticulitis

f) either in the follow up of SUDD and diverticulitis, laboratory analysis are frequently required