

## Mobile Application for Inflammatory Bowel Disease Monitoring: A Romanian Perspective

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### Abstract

Inflammatory Bowel Disease (IBD) encompasses a cluster of chronic inflammatory disorders affecting the gastrointestinal tract. The primary objective of IBD treatment is the management of inflammation, symptom control, and the induction and sustenance of remission. Therapeutic interventions commonly encompass medications, dietary modifications, and, in certain instances, surgical procedures; however, a definitive cure remains elusive. While several nations have established national IBD registries, Romania has not. The responsibility of the implementation of such a registry was assumed by a non-profit organization, the "Clubul Român de Boală Crohn și Colită Ulcerativă", resulting in the creation of the *registrul-ibd.ro* platform. Given the absence of a curative remedy for IBD, it falls within the realm of personalized medicine. In light of this, the University of Medicine and Pharmacy of Craiova has developed a mobile application, *IBDMonitor*, intricately linked with the IBD registry. This innovative application empowers patients to meticulously record critical data, encompassing medication administration, symptomatology, lifestyle habits, as well as physiological, pathological, and daily occurrences. Medical professionals are granted real-time access to these patient-generated reports, enabling them to make prompt treatment adjustments. Following a successful pilot phase, various insights have emerged, notably revealing a relatively low long-term adherence rate to the application. Consequently, advocating for the widespread adoption of both the application and the registry on a national scale holds the potential to significantly enhance the utilization of these invaluable tools in the management of IBD.

**Keywords:** Mobile application; Inflammatory bowel disease (IBD); National registry; Personalized medicine

