

Treating Proctitis and Pouchitis: A Systematic Review of Clinical Trial Data

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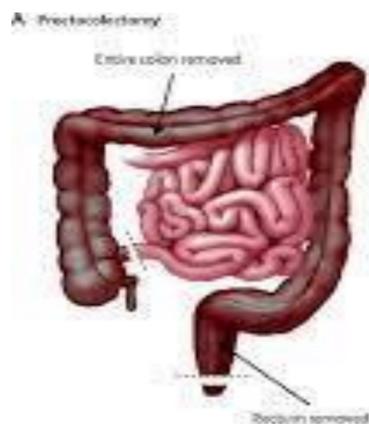
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Background

- ❖ Proctitis is defined as the result of epithelial damage in the lower intestine and rectum due to radiation treatments for various cancers.
- ❖ Pouchitis usually occurs post ileal pouch-anal anastomosis. It causes the pouch to become inflamed and can lead to bowel movement complications.
- ❖ With the increasing number of individuals diagnosed and seeking treatment, there is an unmet and urgent need for a review of current treatments that provide relief to the patients.

Objective

- ❖ The goal is to perform a systematic review of current treatments for proctitis and pouchitis. This study will help to guide treatment and make informed decisions through a rational evidence-based approach.



Methods

- ❖ A systematic review of clinical trials was performed to gather evidence on the effectiveness of current treatments for proctitis and pouchitis. The key areas that the systematic review focuses on include intervention type, key end points (primary and secondary), results (if applicable), adverse drug reactions (ADR's), study design, patient population, control treatment, and study status.

Proctitis Study Status

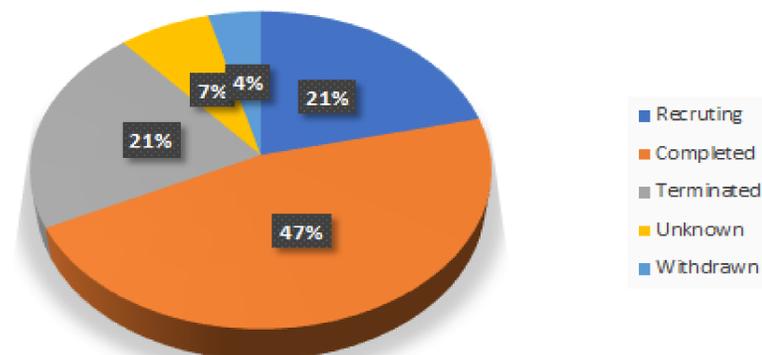


Figure 1. A pie-chart representing the status of clinical studies for proctitis

Pouchitis Study Status

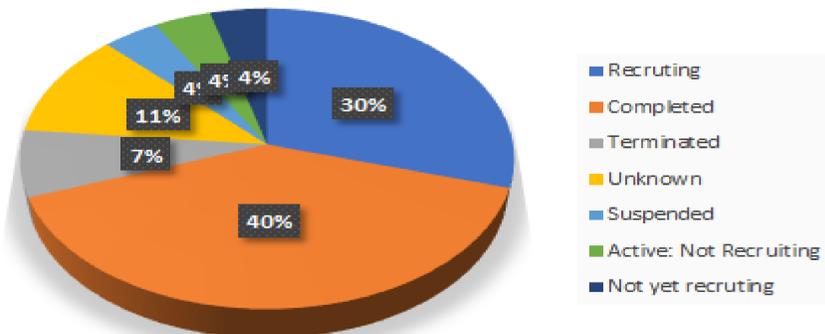


Figure 2. A pie-chart representing the status of clinical studies for pouchitis

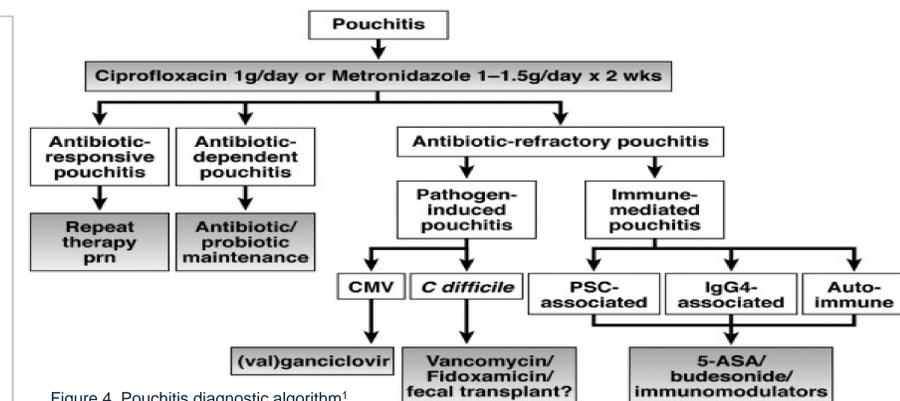


Figure 4. Pouchitis diagnostic algorithm¹

Results

- ❖ During the time of the systematic review there were 28 and clinical trials for both proctitis and pouchitis. Treatment options were highly patient specific, involved trial and error, extensive follow up and maintenance to prevent relapse.
- ❖ One study related to proctitis involved a randomized, double-blind, placebo-controlled trial with 281 patients, to evaluate the efficacy of administering budesonide foam rectally. The authors found that after 6 weeks, remission occurred at a more significant rate in patients receiving budesonide than those receiving the placebo.
- ❖ For proctitis, the most common ADRs were gastrointestinal disorders and abdominal pain. For pouchitis, the only ADR's found were, gastrointestinal disorders, anal abscess, nervous system disorders, and paralysis of the face.

Conclusions

- ❖ This review provides patients and healthcare providers with a quick, easy to interpret analysis of available treatment options. There is no clear superior treatment of proctitis and pouchitis currently on the market. Each treatment option has different strengths and drawbacks due to efficacy, and side effects.

Patients with recurrent symptoms

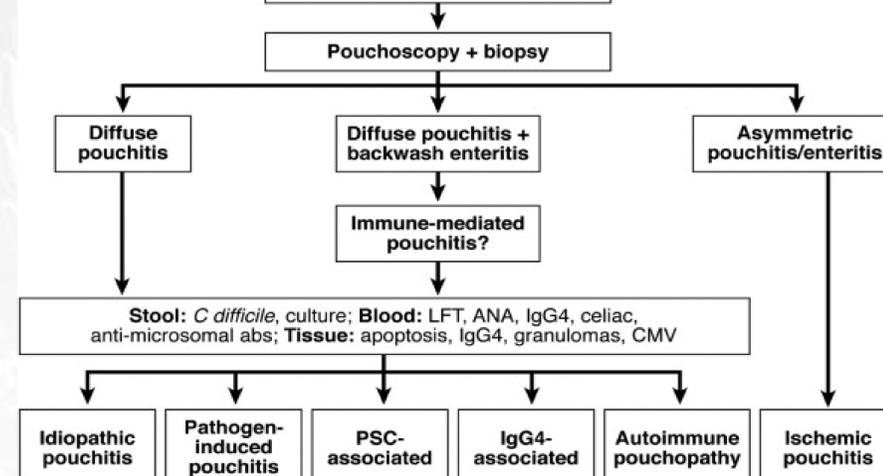


Figure 3. Pouchitis treatment algorithm¹

References
¹ Adapted from "Pouchitis: What Every Gastroenterologist Needs to Know." Clinical Gastroenterology and Hepatology 2013;11:1538-1549
² Source clinical trial.gov accessed from October 2020 - January 2021