

A Single Centre Experience of Adopting the ESPGHAN 2020 Coeliac Guidelines

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Introduction

In 2020, ESPGHAN (European Society for Paediatric Gastroenterology, Hepatology and Nutrition) released updated guidelines regarding the diagnosis pathways of suspected coeliac disease. Several key changes around the diagnostic pathway were recommended.

Aim of Study

This study aims to evaluate how the updated 2020 ESPGHAN recommendations have been implemented in a large tertiary children's hospital, as part of a service evaluation optimizing coeliac diagnostic pathways.

Methodology

- Retrospectively, children were identified who underwent identify testing for coeliac disease between September 2020 and August 2021
- Indications for evaluation: symptom profile, high risk co-morbidities and family history
- Evaluation of serology and genetic testing, and review subsequent biopsy/non-biopsy pathways against the updated guidelines

Conclusions

The non-biopsy pathway for the assessment and diagnosis of Coeliac disease has been successfully adopted, with (71%) of those appropriate for this approach, avoiding the need for endoscopy.

Challenges in adopting these pathways were seen around shared decision making about choice of pathway, families adopting a gluten free diet prior to formal diagnosis and ongoing HLA testing for those with elevated IgA TTG at assessment.

Results

- Female- 16, Male- 8
- Age when levels taken– 2-16 years (mean 8 years)
- 21 elevated tTG levels (>6.9 U/ml) met inclusion criteria
- Median IgA tTG 21.2 U/ml, 7 participants had an IgA TTG \geq 10 times the upper limit of normal
- EMA testing in 11/21 participants
- HLA testing in 5/21 participants
- Biopsy pathway recommended for children with an IgA tTG <10 times the upper limit of normal. Endoscopy assessment in 5/21 participants (3 were deferred, as families opted for a gluten- free diet prior to endoscopy).
- All children who underwent the biopsy pathway, during endoscopy had at \geq 4 biopsies from the D2/D3 duodenum and \geq 1 from the duodenal bulb, as per the guideline recommendations.

Elevated tTG levels (>6.9 U/ml) n=21

