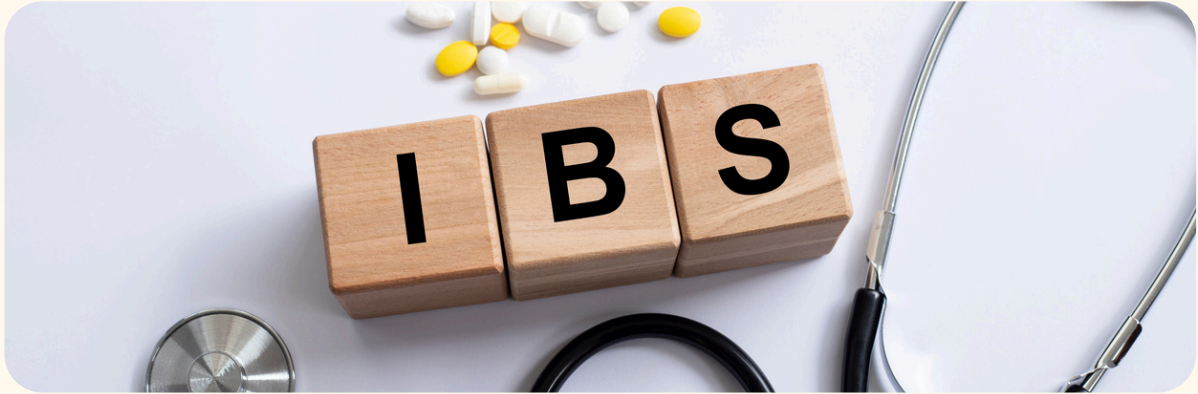




VOL. APRIL 2025

GSG NEWSLETTER

WITH A FOCUS ON IBS, STUDY DAY AND STOMAS



Upcoming Gastroenterology Study Days

BOOK YOUR PLACE BEFORE THEY RUN OUT!

May

Coeliac Disease: Further management and its complexities

(8 May, Birmingham)

June

Management of IBS using The Low FODMAP Diet

(18 June, Birmingham)

Introduction to Dietary Management of Adults with
Inflammatory Bowel Disease (IBD).

(20 June, Birmingham)

Sept

Coeliac Disease: Further management and its complexities

(9 Sept, Virtual)

MyNutriWeb CPD

Microbiota-Gut-Brain Axis: Latest evidence and practical
strategies

Optimising Gut Health: Empowering Individuals





April is the Awareness Month of

Irritable Bowel Syndrome
IBS

IBS Resources for Dietitians

Webinars/ learning tools

[The long-term impact of the low-FODMAP diet for management of irritable bowel syndrome](#)

[MyNutriWeb: IBS Dietary, holistic and microbiota management](#)

[MyNutriWeb: The low FODMAP diet in IBS - mechanism and efficacy.](#)

[MyNutriWeb: Reframing Dietary Therapies for IBS](#)

Courses

Kings: [Dietary management and the low FODMAP diet in IBS - Introduction course](#)

Kings: [Low FODMAP diet - update course](#)

BDA: [Irritable Bowel Syndrome – dietetic management and symptom control](#)

BDA: [Management of IBS using The Low FODMAP Diet](#)

General national guidance

BSG: [British Society of Gastroenterology guidelines on the management of irritable bowel syndrome \(2021\)](#)

BDA: [British Dietetic Association systematic review and evidence-based practice guidelines for the dietary management of irritable bowel syndrome in adults \(2016 update\)](#)

NICE: [Irritable bowel syndrome in adults: diagnosis and management \(2017\)](#)

Psychological aspects of IBS

[Efficacy of psychological therapies for irritable bowel syndrome: systematic review and network meta-analysis](#)

[Staudacher, H.M., Black, C.J., Teasdale, S.B. et al. Irritable bowel syndrome and mental health comorbidity – approach to multidisciplinary management.](#)

Gut directed hypnotherapy: [Clinical trial: predictive factors for response to gut-directed hypnotherapy for refractory irritable bowel syndrome, a post hoc analysis](#)

Counselling skills: [A Rome Working Team Report on Brain-Gut Behavior Therapies for Disorders of Gut-Brain Interaction](#)



IBS Resources for Patients

[NHS patient webinar on irritable bowel syndrome](#) - includes 4 webinars: first line advice, low lactose diet, the low FODMAP diet and the low FODMAP diet reintroduction process

[NHS patient webinar on constipation](#)

[BDA fact sheet on irritable bowel syndrome](#)

[BDA fact sheet on probiotics](#)

[BDA fact sheet on fibre](#)

[Dr Schaer healthy eating and lifestyle advice in IBS leaflet and low FODMAP diet in IBS leaflet](#)

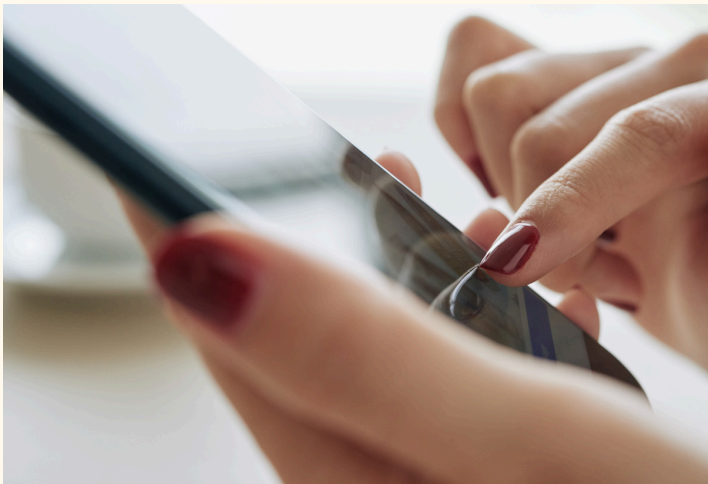
[Kings College London FODMAP publications](#) (cost)

[IBS network](#) - national charity supporting people living with IBS

[Monash university - psychological support for IBS](#)

[The Contented Gut](#): 8 week virtual course on gut directed hypnotherapy run by 2 dietitians (costs)

[Guts UK](#) - leaflets can be translated into different languages



Apps

Nerva gut directed hypnotherapy
(cost after 7 days free trial)

Monash University FODMAP diet (cost)

Zemedy (cost for some sections)

Event

[IBS Warrior Virtual Summit](#) - A month-long event for those with IBS to come together, learn, connect, and build awareness.

Low FODMAP recipes

[BBC good food](#)

[A Little Bit Yummy dietitian reviewed recipes](#)

[Monash University](#)

Low FODMAP shopping

[Field doctor](#) - ready meals

[FODmarket](#) - lots of Monash certified options available

[Fodmapped for you](#) - low FODMAP sauces, soups and ready meals

[Bay's kitchen](#) - sauces, condiments, gravies, stock, soups and more

[Fodilicious](#) - breakfast items

[Fody foods](#) - based in America but ships to the UK

[Schär](#)





OUR SURVEY

Please fill in our survey to help us know more about your thoughts on the Gastroenterology Group and what you would like to see in future Newsletters!

[Click me](#)



What are the BDA GSG Education and Resources Team up to?

The BDA GSG education team have been busy behind the scenes the past few months. Many of our projects are still ongoing but here are some exciting ones that we can share more about!

IBD Advanced Course

Exciting news, our request for development of an IBD advanced course has been approved. We currently have a working group who are developing this, hopefully to be ready to launch later this year! This comes from feedback from our members who have highlighted a demand for a more advanced level course in IBD.

Collaboration with NDR (Nutrition dietetic resources)

Following on from our study day and AGM last year, we have been looking at where there are gaps in education resources for dietitians and patients. This has led to a collaboration where we will be meeting with NDR to discuss development needs.

Liver disease specialist lead

We are excited to announce that Jenny Towey has now been appointed as our specialist clinical lead in liver disease. Jenny is a specialist clinical dietitian and researcher with special interests in the nutritional assessment and management of alcohol-related liver disease and hepatic encephalopathy. We are looking forward to Jenny bringing her expert knowledge to the GSG to support us in future projects as well as be a point of contact for any challenging liver disease questions you may have.

Dietary resources for stomas

This month we have been focusing on curating a comprehensive list of resources to support you and your patients around stomas and diet. This list has been a collaboration of the GSG education team as well as specialist dietitian Dr. Alex Mitchell who has done lots of research in this area, including a PhD in stomas.



Stoma Resources for Dietitians

Research articles:

- [Dietary management for people with an ileostomy: a scoping review - PubMed](#)
- [Protocol for the detection and nutritional management of high-output stomas - PMC](#)
- [Nutritional and fluid requirements: high-output stomas - PubMed](#)
- [Exploring the differences between early and traditional diet advancement in postoperative feeding outcomes in patients with an ileostomy or colostomy - PubMed](#)
- [Renal dietary management of a patient with a high-output ileostomy and kidney disease: a case study](#)

Podcast:

- [Episode 1 – Managing High Output Stomas | BAPEN](#) (BAPEN podcast)

Resources for dietitians:

- [How to manage a high-output stoma](#)
- <https://www.bapen.org.uk/pdfs/bifa/bifa-top-tips-series-1-updated.pdf>

Patient resources for dietitians:

- [Diet and Your Ileostomy | Nutrition and Diet Resources](#)
- [Diet and Your Colostomy | Nutrition and Diet Resources](#)
- [Dietary advice for people with a colostomy | St Mark's Hospital](#)
- [Healthy eating with a colostomy | Nutrition Education Materials Online \(NEMO\)](#)



Stoma Resources for Patients

Online resources:

- Crohn's and Colitis UK (see eating and drinking): [Living with a Stoma](#)
- Coloplast: [What food and drink you can have with a stoma](#)
- Colorectal Cancer Alliance: [Nutrition With an Ostomy | Colorectal Cancer Alliance](#)
- Colostomy UK: [Diet - Colostomy UK](#)
- Bowel Cancer UK: [Stomas](#)

Support groups:

- [Home - IOSSG Inside Out Stoma Support Group](#)
- [Support groups - Colostomy UK](#)
- [Ileostomy Association](#)

Apps:

- [Coloplast professional](#)
- [Ostique Connect](#)





EUROPEAN SOCIETY OF NEUROGASTROENTEROLOGY AND MOTILITY ANNUAL CONFERENCE



An excellent opportunity to attend the European Society of Neurogastroenterology and Motility Annual Conference as it will be in London 4-6th September

[Click Here for the programme](#)

Registration to attend, early bird rate until 26th May

The BDA GET offer funding to attend conferences, especially if you are presenting an abstract!

The BDA will be co hosting the symposium:
The Role of Diet in Neurogastroenterology and Motility

Plenary talk:

Nutrition, the Gut Microbiome and the Future of Healthcare: Time to Make it Personal (Sarah Berry)

Other symposium of interest:

Gut Microbiome and gut-brain disorders
How can we optimise care for our patients?