

## **Irritable Bowel Syndrome – Dietetic Management and Symptom Control**

**Date: 12 February 2020**

**Venue: Derby**

**Facilitator: Amanda Avery**

This study day is the first of two that aim to consolidate and advance practice in dietetic management of irritable bowel syndrome (IBS) using an evidenced based and patient centred approach.

It commences with a brief introduction to IBS – the definition and different classifications, presenting symptoms and possible causes and then, in line with both the NICE 2015 guidelines and BDA guidance, uses a step-wise approach to the dietetic management of IBS. Case-studies are used to enable participants to become confident in the use of a first-line approach, including the use of the BDA factsheets. The evidence and principles supporting the use of a low FODMAP diet is covered and again case-studies used to enable participants to gain confidence in the use of a low FODMAP diet as a second-line approach.

Throughout reference is made to the supporting evidence base – for example the recent publications in the JHND reviewing the evidence behind the first and second line approach. The reintroduction of foods containing FODMAPs with discussion about the practicalities.

A discussion about the use of probiotics with reference to the supporting literature is included.

Whilst the first day introduces the use of a low FODMAP diet as a second-line approach, the second day will solely focus on the dietetic support required to enable patients to follow a low FODMAP diet and then how to re-introduce foods with a high FODMAP content back into the diet to prevent unnecessary over-restriction.

### **Aim**

To consolidate and advance dietetic practice in the management of irritable bowel syndrome using an evidence-based first line approach.

### **Day 1 Learning Outcomes**

- By the end of the session, participants should be able to:
- Explain what IBS is, including the prevalence, diagnosis and symptoms
- Describe current dietary guidelines for the management of Irritable Bowel Syndrome (IBS)
- Apply first line dietary advice based on a comprehensive assessment of the individual patient
- Discuss implications for dietetic practice
- Describe the principles of a low FODMAP diet
- Evaluate the effectiveness of these dietary approaches in practice

## Programme:

9:00	Arrival and Refreshments	12.30	Lunch
9:30	Welcome, introductions & Ice breaker	13.15	Evaluating effectiveness
9.45	Context for the day	13.45	Practice points for the delivery of first line dietary advice in the management of IBS
10:00	Prevalence, definition and classification and potential causes	14.15	2nd line dietary advice and the low FODMAP diet
10:30	Supporting guidance and recommendations		Comfort break whilst participants do case-study 4
11.00	Dietetic care pathway and clinical assessment	15.30	The role of probiotics
11.15	First-line dietary advice	15.55	Research recommendations Evaluation of study day content and teaching methods
11.30	Refreshment break	16.00	Close
11.45	First-line dietary advice cont. dietary fibre and Linseeds		

## More Information

Please direct queries to:

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