

## Introduction to dietary management of adults with Inflammatory Bowel Disease [IBD]

This blended learning course will increase knowledge and skills in the nutritional care of adults living with Inflammatory Bowel Disease.

### Learning Outcomes

By the end of the course, delegates will be able to:

Understand what IBD is, including the prevalence, diagnosis and symptoms and the associated complications with the main focus on Crohn's Disease [CD] and Ulcerative Colitis [UC]

- Understand what IBD is, including the prevalence, diagnosis and symptoms and the associated complications with the main focus on Crohn's Disease [CD] and Ulcerative Colitis [UC]
- Be able to refer to current national and international guidelines/standards for the management of IBD
- Have a knowledge of medical management and treatments for IBD - during active disease and in remission
- Evaluate the effectiveness of nutritional therapies for IBD including enteral and parenteral nutrition
- Understand dietetic roles and responsibilities in IBD management
- Understand the principles and implementation of patient supported self-management

### Programme

09.30	Registration and Refreshments	12.15	Lunch
09.50	Welcome and Introductions	1.00	Workshop – Dietetic service
10.00	Context for the day & Icebreaker	1.45	Dietetic Assessment
10.10	Pre course quiz recap	2.45	Refreshment break
10.20	Nutritional considerations	3.00pm	Case studies
11.05	Refreshment break	3.45pm	Supporting patients with self-management
11.20	Nutritional therapies	4.30	Questions and close

## **Pre-course requirements and information**

Before attending the course, delegates are required to complete a short online introductory module. This module must be completed in advance of the face to face course, where there will be a quiz based on your pre-course learning.

## **Contacts**

Please direct queries to:

Centre for Education and Development  
The British Dietetic Association  
3rd Floor, Interchange Place,  
151-165 Edmund Street  
Birmingham,  
B3 2TA  
T: 0121 200 8080  
E: [ced@bda.uk.com](mailto:ced@bda.uk.com)