Irritable Bowel Syndrome - Evidence-Based First-Line Dietary Management

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
More Information

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