

Webinar on Demand

Reflective Learning Guide

Irritable Bowel Syndrome (IBS) in Pharmacy Settings: How Does it Present and First Line Management

With Professor Anton Emmanuel



= 0.5 CPD learning hours

Professor Anton Emmanuel is a professor in Neurogastroenterology at University College London and Consultant gastroenterologist at University College London Hospitals and the National Hospital for Neurology and Neurosurgery (Queen Square). In this webinar, Professor Emmanuel summarises the multi-factorial pathophysiology of irritable bowel syndrome (IBS) and discusses the potential role of probiotics as part of the management of IBS symptoms, including an overview the clinical evidence of the *Bifidobacterium longum* 35624™ probiotic strain. Alongside reflections of his own clinical experience with individuals with IBS, Professor Emmanuel provides practical tips for communicating with individuals regarding their symptoms and management approaches in the pharmacy setting.

Learning Objectives:

1. Understand why IBS has been reclassified as a disorder of gut-brain interaction and the implications for this when advising individuals seeking advice in pharmacy settings
2. Understand the multi-factorial pathophysiology of IBS including the role of the gut microbiome
3. Understand the role of specific probiotics as part of the management of IBS and how to communicate this information to individuals seeking advice in pharmacy settings

Complete this reflective learning guide to support your learning objectives. This can be filed in your CPD portfolio as evidence of your learning.

Reflective Learning Questions:

1. What are the Rome IV diagnostic criteria for IBS?
 - a. What are the potential issues with using Rome IV diagnostic criteria when considering if an individual has IBS?
2. Name three factors which are believed to be involved in the pathophysiology of IBS?
3. Name 3 considerations when selecting the most appropriate probiotic strain(s) to discuss with an individual who is seeking advice about probiotics for the management of their IBS symptoms?
 - a. Reflecting on your past experiences within the pharmacy setting, consider potential barriers which could impact the likelihood of an individual taking a probiotic, and how you could support them to overcome these?
4. Summarise the key results from the clinical evidence of the use of *Bifidobacterium longum* 35624™ as part of the management of IBS symptoms.