



Webinar on Demand

Reflective Learning Guide

Probiotics as part of the management of irritable bowel syndrome (IBS): considerations for pharmacy settings.

By Dr Anisa Choudhary (Mpharm, Ph.D), Assistant Professor Clinical Pharmacy & Pharmacology, University of Birmingham

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Dr Choudhary provides an overview of irritable bowel syndrome (IBS), with a focus upon the role of specific strains of probiotics as part of the management of symptoms, before reflecting on her own clinical practice to share top tips for pharmacists to consider when discussing and recommending probiotic products to individuals.

Learning Objectives:

- Understand IBS definition as a disorder of gut-brain interaction (DGBI) and diagnostic criteria
- Get topline summary of clinical management guidelines for IBS (dietary and lifestyle changes, pharmacological and psychotherapy approaches)
- Overview and summary of potential role of probiotics as part of holistic management approach to IBS
- Summary of research evidence (focus on Bifidobacterium longum 35624® and 1714® - individual and in combination) from clinical trials and real-world evidence studies.
- Reflect on real-life clinical experiences with IBS patients, including common misconceptions and frequently asked questions.

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:

- What is the Rome Foundation's definition of IBS?
- Why might a pharmacist be an important source of support for an individual with IBS?
- Which are the 'red flag' symptoms that may indicate a referral to a GP is necessary for a patient with IBS?
- What is a key consideration when recommending a probiotic to individuals with IBS?
- Which of the following probiotics is mentioned as having potential efficacy in managing IBS, based on research evidence?