

## Webinar on Demand

### Reflective Learning Guide

#### The link between stress, IBS and the microbiome

With Registered Dietitian Priya Tew



= 0.5 CPD learning hours

Priya Tew is an award winning, experienced registered dietitian and nutrition professional with a degree in Nutritional Sciences and a Masters in Dietetics. She is registered with the Health Care Professions Council and the British Dietetic Association, with wide ranging clinical experience both within the NHS and as a freelance dietitian.

In this webinar, Priya Tew recaps the definition and diagnostic criteria of IBS and discusses the relationship between the gut microbiome, mental health and IBS. Priya also explains the clinical evidence for the use of strain-specific probiotics, and the implications of this for the management of IBS and its psychological comorbidities.

#### Learning Objectives:

1. Understand how IBS is diagnosed and categorised in line with recent updates
2. Understand the impact of stress and other mental health conditions on the gut microbiome and IBS
3. Understand the strain-specific role of probiotics as a potential therapeutic strategy for the management of IBS
4. Understand the clinical evidence for *Bifidobacterium longum* 1714® in relation to stress, and potential implications for the management of IBS.

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. Describe how the definition of IBS has changed from the ROME III to ROME IV criteria.
2. Describe the relationship between the gut-microbiome, mental health and IBS.
3. Summarise the clinical evidence of the *Bifidobacterium longum* 1714® strain.
4. Reflecting on your own clinical caseload, consider:
  - a) How many of your patients with IBS present with psychological comorbidities?
  - b) What are the implications of the clinical evidence for the use of specific probiotic strains for the management of IBS, to your own clinical practice?