

## Webinar on Demand

### Reflective Learning Guide



#### IBS in Children: The Microbiome Puzzle & Probiotic Solutions

With Bahee Van de Bor

= 1 CPD learning hour

Bahee Van de Bor is a paediatric dietitian specialising in gut health and IBS in children and Chair of the BDA Paediatric Specialist Group. As an HCPC-registered dietitian, she has extensive experience supporting families in managing digestive disorders through evidence-based dietary interventions. Bahee is passionate about the role of gut microbiota in paediatric IBS and helps dietitians apply the latest research in clinical practice. With experience in both NHS and private settings, she offers practical, science-backed strategies to improve children's gut health.

In this webinar, Bahee Van de Bor delivers an overview of IBS in children, with a summary of the current management guidelines for irritable bowel syndrome (IBS) including an overview of the potential of specific probiotic strains including *Bifidobacterium longum* 35624®. Bahee shares clinical insights, probiotic strategies, and real-world applications for paediatric IBS management.

#### Learning Objectives:

1. By the end of this session, participants should be able to describe the diagnostic criteria for IBS in children, identify the different IBS subtypes, and recognize red flag symptoms that require further investigation or referral
2. Be able to explain how alterations in gut microbiota can contribute to IBS symptom severity through mechanisms such as low-grade inflammation, increased intestinal permeability, and visceral hypersensitivity.
3. Understand the latest clinical and real world evidence available regarding the use of specific probiotic strains (with a focus upon the *Bifidobacterium longum* strain 35624™) as part of the clinical management of IBS symptoms

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. According to Rome IV criteria, how long must abdominal pain be present to consider a clinical diagnosis of IBS in children?
2. Name two ways in which a dysbiotic gut may contribute to IBS pathophysiology and symptom generation
3. Provide two examples of how dietary strategies may be used in the first line management of IBS symptoms in children
4. Name three practical considerations to communicate to individuals with IBS when discussing the use of a probiotic in the management of their IBS symptoms.
  - a. Reflecting on your clinical practice, consider how you have discussed the use of probiotics with individuals in the past, and any changes you might make after watching this webinar?
5. Summarise the key results from the clinical evidence of the use of *Bifidobacterium longum* 35624™ as part of the management of IBS symptoms.
  - a. Reflecting on your own clinical caseload, how does this compare with individuals with whom you have recommended to take a probiotic as part of the management of their IBS symptoms?