

Webinar on Demand

Reflective Learning Guide

Probiotics and Irritable Bowel Syndrome (IBS): Evidence Update and Practical Considerations for Primary Care

With Dr Dave Chatoor



= 1 CPD learning hour

Dr Dave Chatoor is a Neurogastro Surgeon at University College London Hospitals NHS Foundation Trust in London, U.K. In this webinar, Dr Dave Chatoor delivers 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[®] and *Bifidobacterium longum* 1714[®]. Dr Chatoor discusses the latest research, alongside reflections of his own clinical experience with individuals with IBS, including practical tips for communicating with individuals regarding their symptoms and management approaches.

Learning Objectives:

1. Understand why IBS has been reclassified as a disorder of gut-brain interaction and the implications for its management in clinical settings
2. Understand the latest clinical and real world evidence available regarding the use of specific probiotic strains (with a focus upon *Bifidobacterium longum* strains 35624[®] and 1714[®]) as part of the clinical management of IBS symptoms
3. Understand how to effectively communicate with individuals with IBS symptoms regarding their symptoms and management plan

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?
2. Name two factors which impact the development and colonisation of the gut microbiota in early life?
3. According to the British Society of Gastroenterology (BSG) clinical guidelines on the management of IBS, for how long should an individual trial a probiotic?
 - a. Reflecting on your own clinical caseload, consider potential barriers which could impact the likelihood of an individual taking a probiotic for this full trial period, and how you could support them to overcome these?
4. Summarise the key results from the clinical and real world 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?
5. 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?