

Webinar on Demand

Reflective Learning Guide

Relationships between gastrointestinal symptoms, psychological status and inflammatory tone in irritable bowel syndrome – an explorative study on the impact of a *Bifidobacterium longum* 1714® and 35624® strain combination. (China Gut Conference, Beijing, 20th May 2023)

With Katy Sorensen MSc (RD)



= 0.5 CPD learning hours

Katy Sorensen is a registered dietitian and Global Medical Lead at Novozymes OneHealth. She initially worked in clinical practice as an Acute and Community Dietitian in the United Kingdom before obtaining a Masters of Nutrition. Over the last 10 years, Katy has worked in various roles in medical affairs and clinical research, within the medical nutrition and biohealth industries. Katy has published a number of research articles in the field of malnutrition, cow's milk protein allergy and synbiotics. She has a particular interest in the human gut microbiome.

In this short webinar, Katy delivers a brief introduction to the proposed relationship between the gut microbiota, the stress response and probiotics in the management of the symptoms of irritable bowel syndrome (IBS), before detailing the results of an interventional research study which explored the effects of a dual strain *Bifidobacterium longum* probiotic on psychological status, gastrointestinal symptoms, and biomarkers of stress and inflammation in females with IBS. Katy also discusses the findings in relation to our understanding of the relationships between psychological and visceral symptoms and inflammation in IBS.

Learning Objectives:

1. Understand the potential role of the stress response and inflammation in the development and exacerbation of the gastrointestinal and psychological symptoms of IBS
2. Understand the potential effects of a dual strain *Bifidobacterium longum* probiotic upon gastrointestinal and psychological symptoms of IBS
3. Understand the mechanisms by which a dual strain *Bifidobacterium longum* probiotic may exert positive effects on the gastrointestinal and psychological symptoms 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. All the participants in the research study detailed in the webinar experienced anxiety and/or depression (mostly moderate or severe in severity) at baseline. Reflecting on your own clinical practice, how does this compare to the individuals with IBS symptoms that you see?
2. The research study described in the webinar collected data on gastrointestinal and psychological symptoms of IBS, as well as blood biomarkers of stress and inflammation. Reflecting on the results:
 - a. Briefly describe the observed changes in gastrointestinal symptom severity, and the relationship between this and observed changes in the cortisol awakening response
 - b. Briefly describe the observed changes in depression scores, and the relationship between this and observed changes in plasma TNF- α
3. Both IBS symptom severity and the cortisol awakening response returned to baseline levels when supplementation with the dual strain probiotic ceased, highlighting the importance of continued intake. Reflecting on your own IBS management approach, consider:
 - a. What implications may this have for the individuals with IBS on your caseload?
 - b. How can you support patients with compliance with probiotic supplements?