

Webinar on Demand

Reflective Learning Guide

A dual strain *Bifidobacterium longum* probiotic as part of the management of gastrointestinal and psychosocial symptoms in irritable bowel syndrome – results of a real-world experience programme. (China Gut Conference, Beijing, 20th May 2023)

With Dr Fiona Kinnear MSc, PhD (RD)



= 0.5 CPD learning hours

Dr Fiona Kinnear is a registered dietitian and Global Medical Advisor at Novozymes OneHealth. She has a PhD in Health Sciences from the University of Bristol and has experience in medical affairs roles across the medical nutrition and biohealth industries, primarily working in clinical and real-world research. She has published a number of research articles in the field of nutrition, physical activity and behavioural interventions for individuals with genetic conditions.

In this short webinar, Fiona delivers a brief overview of the role of the gut microbiota and probiotics in the management of the gastrointestinal and psychosocial symptoms of irritable bowel syndrome (IBS), before detailing the results of a research study which investigated the real world experiences of individuals with IBS who received a dual strain *Bifidobacterium longum* probiotic. Fiona also discusses the findings in relation to previous clinical trials and implications for the clinical management of IBS symptoms.

Learning Objectives:

1. Understand the reclassification of IBS from a functional gut disorder to a disorder of gut-brain interaction
2. Understand the importance of considering both psychosocial and gastrointestinal symptoms of IBS in the clinical management of IBS symptoms
3. Review the results of a new real world research study which explored the effects of a dual strain *Bifidobacterium longum* probiotic upon psychosocial and gastrointestinal 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. In the real world experience programme described in the webinar, psychosocial symptoms of IBS were experienced by 85% of the study population at baseline. Reflecting on your own clinical practice, how does this compare to the individuals with IBS symptoms that you see?
2. The real world experience programme described in the webinar collected data on both gastrointestinal and psychosocial symptoms of IBS. Reflecting on the results:
 - a. Briefly describe the observed changes in psychosocial outcomes
 - b. Briefly describe the observed changes in gastrointestinal symptoms
3. Reflect on the real world evidence outlined in the research study presented in the webinar - how do the results presented compare with the results of other management approaches you have recommend for individuals with IBS in the last year?
4. The findings of clinical and real world evidence research studies suggest a dual strain probiotic containing *Bifidobacterium longum* 35624® and *Bifidobacterium longum* 1714® may be effective in the management of the symptoms of IBS. Reflecting on this evidence:
 - a. List the advantages and limitations of clinical evidence and real world evidence
 - b. Consider what implications this could have for the individuals with IBS in your own caseload