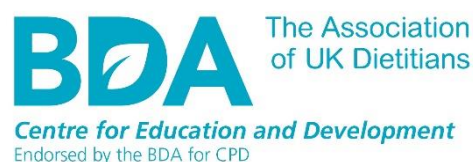


## Webinar on Demand

### Reflective Learning Guide

#### A Microbial Strategy for IBS – Targeting the Gut-Brain Axis (British Society of Gastroenterology, 11<sup>th</sup> November 2021)

with Prof Eamonn Quigley



= 0.5 CPD learning hours

Professor Eamonn Quigley currently resides in Houston Methodist Hospital as head of its Gastroenterology and Hepatology division. He has previously been president of both the American College of Gastroenterology and the World Gastroenterology Organisation, and is internationally known for his research on gastrointestinal motility disorders, IBS and the gut microbiome.

Here, Professor Eamonn Quigley gives an update on definitions and pathophysiology associated with functional gastrointestinal disorders (FGIDs) including irritable bowel syndrome (IBS), and guides us through the latest research on probiotics for brain and gut health.

#### Learning Objectives:

1. Understand how the definition and pathophysiology of FGIDs has changed with emerging research
2. Understand the psychological components of IBS
3. Understand the impact of anxiety and depression in IBS
4. Understand the role of probiotics as a potential therapeutic strategy to address both gastrointestinal and psychosocial components 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 has the term FGIDs has changed in recent years?
2. Research suggests that IBS may affect anxiety, mood, self-care, cognition, social interaction and other activities of daily living. Thinking of patients who have presented to you with IBS in the last year:
  - a. Reflect on the psychosocial impacts their IBS may have had on their daily lives
  - b. Consider how many reported a psychosocial impact of their IBS
3. A recent study shows that the presence of anxiety and depression in people with IBS may impact on disease presentation, symptom severity, healthcare utilisation, response to therapy and prognosis. Reflect on the impact this may have:
  - a. To the patient
  - b. To the healthcare system
4. Summarise the clinical evidence of the *Bifidobacterium longum* 35625® and 1714® strains in people with IBS? What effects were observed on symptoms and quality of life?