

Webinar on Demand

Reflective Learning Guide

Dietary and Lifestyle Interventions to Support a Healthy Gut Microbiome **(15th June, 2022)**



= 0.5 CPD learning hours

With Lorraine Cooney

Lorraine Cooney is an experienced registered dietitian specializing in gastrointestinal health. Graduating with an MSc in Dietetics from Glasgow Caledonian University, Lorraine worked as a dietitian for over 10 years in the HSE, commercial and private sectors, before completing post graduate training in the Low FODMAP Course at Kings College London. Lorraine is co-author of the Gut Feeling recipe book and chair of the Irish Nutrition and Dietetic Institute (INDI) gastro interest group.

In this webinar, Lorraine discusses the associations between diet quality (in particular, the importance of diverse plant-based diets), the gut microbiome, and the risk of Coronavirus Disease 2019 (COVID-19) and other conditions. Lorraine reviews up to date clinical evidence to provide dietary and lifestyle interventions to support gut health and offers tips to support patients in making these changes.

Learning Objectives:

1. To understand how nutrition and gut health may affect the incidence and severity of COVID-19 and other conditions
2. To understand the role of dietary fibre and plant-based foods in supporting gut health and microbial diversity
3. To recognise the role of the gut microbiota in the gut-brain axis
4. To explore dietary and lifestyle approaches to promote health along the gut-brain axis

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 recent research, briefly describe how dietary factors are linked to the risk of COVID-19.
2. Fibre is one of the most studied nutrients when looking at diet and gut health. Reflecting on the information provided in the webinar:
 - a) What advice could you offer to patients to help them achieve the 30g/day target intake?
 - b) What are the practical considerations when recommending an increased fibre intake?
3. Evidence suggests the greater number of different plant types an individual eats, the higher the microbial diversity of their gut. Summarise the key mechanisms by which plant-based diets can support gut health.
4. There is increasing evidence to show the intimate relationship between the gut and the brain. Describe three diet and lifestyle approaches which could be recommended to your patients to help support their gut-brain axis?
 - 1)
 - 2)
 - 3)