

Dietary management and the low FODMAP diet in IBS (INTRODUCTION 1-day course)

KING'S
College
LONDON

COURSE DIRECTOR Dr Miranda Lomer

This course is designed as a taster course to provide an introduction to irritable bowel syndrome and its dietary management.

It is designed for dietitians with an interest in the dietary management of irritable bowel syndrome who have limited clinical experience of managing patients with irritable bowel syndrome.

Through formal lectures and seminar presentations based on practice examples, participants will gain an understanding of irritable bowel syndrome and its dietary management.

In particular the course will cover:

- IBS aetiopathogenesis and medical management
- Guidelines for the dietary management of IBS
- Mechanisms and evidence for first line dietary management of IBS
- Mechanisms and evidence for the low FODMAP diet in IBS
- Understand the principles behind the low FODMAP diet

By the end of the course you will

- Be competent and confident to provide first-line dietary advice for patients with irritable bowel syndrome
- Have an understanding of the criteria for symptom assessment in irritable bowel syndrome
- Have an understanding of the mechanisms of the low FODMAP diet
- Have a basic understanding of how to implement the low FODMAP diet

Please note this course will not provide delegates with a comprehensive understanding of how to implement the low FODMAP diet however it will provide sufficient background information and evidence to support you developing your own learning in this area.

WHO SHOULD ATTEND?

This course is designed for qualified dietitians in clinical practice who occasionally see patients with irritable bowel syndrome.

Participants will be expected to participate in practical sessions and workshops throughout the course.

COURSE FEES

Online: £150

HOW TO APPLY

Follow the link to the online application form on the website www.kcl.ac.uk/fodmaps

Successful applicants will be notified by email.

CANCELLATION POLICY

For cancellations received more than 42 days before the start date, the course fee will be refunded as paid. Refunds will not be made for cancellations less than 8 days before the start of the course, or for participants who fail to attend the course.

COURSE LOCATION

Course hosted on King's College London website

CONTACT

To learn more, please visit www.kcl.ac.uk/fodmaps or contact fodmaps@kcl.ac.uk

Upon completion, participants will be awarded a King's College London Certificate of Attendance.

COURSE LECTURERS



Dr Miranda Lomer MBE PhD RD is a Senior Consultant Dietitian at Guy's and St Thomas' NHS Foundation Trust and is a Reader in Dietetics at King's College London. Her research is focussed on the nutritional management of functional bowel disorders and inflammatory bowel disease, including dietary assessments and the nutritional management of these conditions.

Dr Peter Irving MD MRCP Consultant Gastroenterologist, Guy's and St Thomas' NHS Foundation Trust, London

Prof Kevin Whelan PhD RD FBDA Professor of Dietetics, King's College London

BDA The Association of UK Dietitians
Centre for Education and Development
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