

# The Low FODMAP Diet Update Course

**KING'S**  
*College*  
**LONDON**

**COURSE DIRECTOR** : Dr Miranda Lomer

A diet low in fermentable short chain carbohydrates (FODMAPs) has been shown to be clinically effective in minimising the symptoms of functional gastrointestinal disorders like irritable bowel syndrome.

**This course is an update for dietitians who have received training on a low FODMAP course, or regularly see patients with functional gastrointestinal disorders and use the low FODMAP diet.**

Through lectures, problem centred learning participants will further refine their skills in managing individuals on a low FODMAP diet.

In particular the course will cover:

- Reintroduction and the long term management of patients following the low FODMAP diet
- What to do with non responders to the low FODMAP diet
- Recent research on the low FODMAP diet and gastrointestinal microbiota
- The cost effectiveness of group vs individual education
- The use of the low FODMAP diet in different patient groups and complex patients

**By the end of the course you will:**

- Be competent to integrate and interpret the principles of and evidence for a low FODMAP diet in a variety of clinical situations
- Be confident in guiding patients through FODMAP reintroduction
- Have an understanding of how to manage non-responders to the low FODMAP diet
- Have an appreciation of how to develop a cost effective dietetic service for the management of functional bowel disorders

## WHO SHOULD ATTEND?

This course is designed for qualified dietitians who have received training on a low FODMAP course, or regularly see patients with functional gastrointestinal disorders and use the low FODMAP diet. 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](http://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's website.

## CONTACT

To learn more, please visit [www.kcl.ac.uk/fodmaps](http://www.kcl.ac.uk/fodmaps) or contact [fodmaps@kcl.ac.uk](mailto: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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