

Dietary Management and the Low FODMAP Diet in IBS - Advanced (2019)

KING'S
College
LONDON

COURSE DIRECTOR : Dr Miranda Lomer

online + 2 days: 27 September + 20 November 2019

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. The low FODMAP diet originated in Australia and has recently been successfully adapted to the UK. This comprehensive course has been set up to train UK based dietitians on how to successfully deliver and implement the low FODMAP diet for optimal efficacy.

This course will provide an integrated approach to the clinical and dietary management of patients with functional gastrointestinal disorders with particular reference to the role of FODMAPs. Through case studies and problem centred learning, participants will develop their skills in producing nutrition care plans. Formal lectures, group discussions on clinical cases and seminar presentations based on practice examples will develop a deeper knowledge of the role of FODMAPs in functional gastrointestinal disorders. In particular the course will discuss:

- FODMAPs in foods, label reading and recipe adaptation
- Reintroducing FODMAPs
- Long term management of functional gastrointestinal disorders

By the end of the course you will:

- Have a critical understanding of the basis for medical and dietary management of patients with functional gastrointestinal disorders
- Be able to adapt menus and recipes to be suitable for a diet low in FODMAPs for use in clinical practice
- Be competent to integrate and interpret the principles of and evidence for avoidance of FODMAPs to a variety of clinical situations
- Know how to develop a care pathway for local delivery of a diet low in FODMAPs
- Be able to plan, deliver, monitor and evaluate the clinical effectiveness of a diet low in FODMAPs for patients with functional gastrointestinal disorders.

WHO SHOULD ATTEND?

This course is designed for qualified dietitians in clinical practice who regularly see patients with functional gastrointestinal disorders. Participants are expected to have a basic understanding of functional gastrointestinal disorders so that they are able to apply the course to their own area of clinical practice. Participants will also be expected to participate in practical sessions and workshops throughout the course.

COURSE FEES

£550 for an online + 2-day course
£500 early bird rate (register by 10 May 2019)

Payment of the course fees need to be received (or a purchase order to be provided) by **Friday 13 Sept.**

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.

Application deadline: Friday 6 September
(applications will close as soon as the course is full)

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

Governors' Hall, St Thomas' Hospital,
Westminster Bridge Road, London, SE1 7EH.

CONTACT

To learn more, please visit
www.kcl.ac.uk/fodmaps or contact
fodmaps@kcl.ac.uk
[@FODMAPSKCL](https://twitter.com/FODMAPSKCL)

Upon completion of online + two course days, 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 Nutritional Sciences 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.

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

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

BDA The Association of UK Dietitians
Centre for Education and Development
Endorsed by the BDA for CPD

