

## Webinar on Demand

### Reflective Learning Guide

**But how? Understanding the mode of action of a probiotic in the management of IBS symptoms.** (GIHep, Singapore, 17<sup>th</sup> July 2022)

**With Professor 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.

In this webinar, Professor Quigley delivers a summary of the role of the gut microbiota and probiotics in the management of the symptoms of irritable bowel syndrome (IBS) and an overview of probiotic modes of action. The latest research is discussed, with a focus upon the specific modes of action of the *Bifidobacterium longum* 35624<sup>®</sup> probiotic strain.

#### **Learning Objectives:**

1. Understand the importance of the gut microbiome, and its significance in the management of the symptoms of IBS
2. Understand the specific modes of action of the *Bifidobacterium longum* 35624<sup>®</sup> probiotic strain
3. Understand the relationships between the modes of action of *Bifidobacterium longum* 35624<sup>®</sup> and clinical outcomes of individuals with symptoms of IBS after receiving this probiotic strain

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. Provide three examples that support the hypothesis that the gut microbiome is implicated in IBS.
2. Summarise the specific mode of action of the *Bifidobacterium longum* 35624<sup>®</sup> probiotic strain.
3. The clinical relevance of the mode of action of *Bifidobacterium longum* 35624<sup>®</sup> has been demonstrated in clinical and real world studies in individuals with IBS. Reflecting on this evidence:
  - a. List the clinical outcomes which were observed in patients with IBS.
  - b. Consider what implications this could have for the individuals with IBS in your own caseload?