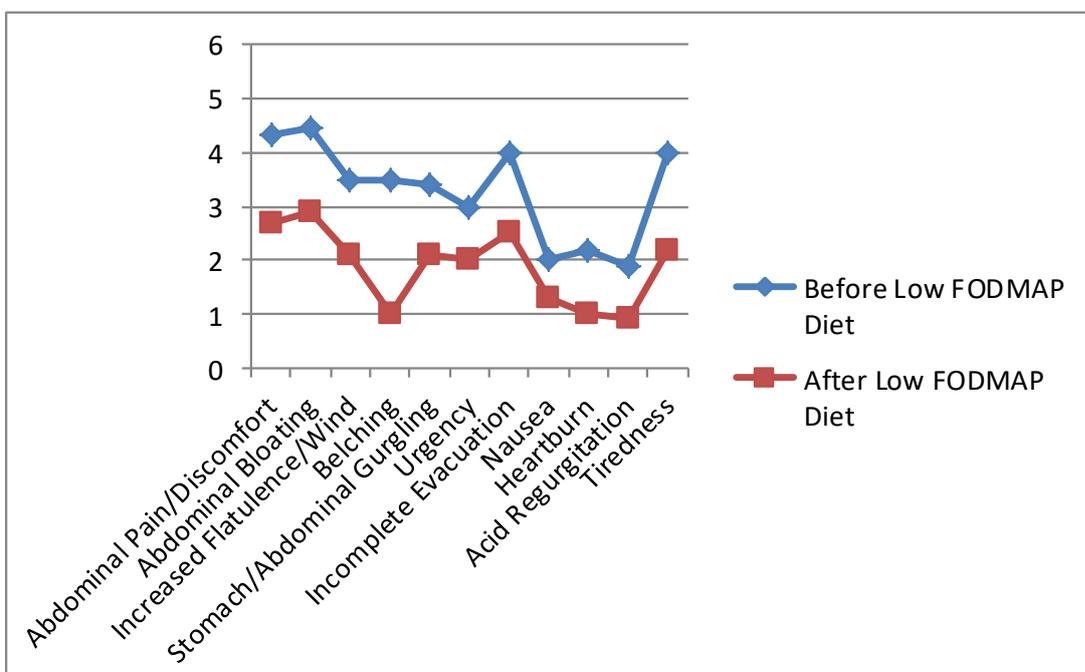


## Poster Presentation

<b>TITLE</b>	<b>Effectiveness of the low FODMAP diet in NHS Lanarkshire</b>																																				
<b>AUTHOR(S)</b>	Treasa Ody, Gordon McAndrew, Hannah Reid, Sara Murphy, Christine Brown, Mairead Keegan																																				
<b>ADDRESS</b>	NHS Lanarkshire																																				
<b>ABSTRACT DETAILS:</b>																																					
<b>Background:</b>	Irritable bowel syndrome (IBS) is a challenging condition to treat. In recent years, the low FODMAP (Fermentable Oligo-, Di-, Mono-saccharides And Polyols) diet has proven to be very effective for the management of IBS symptoms and is included in the British Dietetic Association (BDA) <sup>1</sup> and National Institute for Health and Care Excellence (NICE) guidelines <sup>2</sup> . Limited data is available regarding the use of this intervention in Scotland; our aim was to determine its effectiveness in a group of Scottish patients with IBS.																																				
<b>Method:</b>	A casenote review of IBS patients treated with the low FODMAP diet by trained NHS Lanarkshire (NHSL) dietitians was conducted. Symptoms evaluated pre and post intervention using a modified validated IBS symptom questionnaire <sup>3</sup> [0 (no symptoms) to 6 (continuous symptoms that affect most social activities)] were compared to test efficacy of intervention.																																				
<b>Results:</b>	The 92% (74/80) of patients who completed the 8-week intervention were included for analysis. At baseline, no patients [77% female, median age 42 years (range 7-71)] reported satisfactory relief of gut symptoms compared to 75% (56/74) of patients post diet. Significant improvement was evident for all symptoms on comparison of pre-diet scores with post-diet scores (Figure 1) The percentage of patients showing reduction for each symptom was abdominal pain 43%, abdominal bloating 35%, flatulence 35%, belching 53%, stomach gurgling 40%, urgency 38%, incomplete evacuation 46%, nausea 23%, heartburn 39%, acid regurgitation 44% and lethargy 46%.																																				
 <table border="1"> <caption>Data for Figure 1: Symptom Scores Before and After Low FODMAP Diet</caption> <thead> <tr> <th>Symptom</th> <th>Before Low FODMAP Diet</th> <th>After Low FODMAP Diet</th> </tr> </thead> <tbody> <tr> <td>Abdominal Pain/Discomfort</td> <td>4.3</td> <td>2.8</td> </tr> <tr> <td>Abdominal Bloating</td> <td>4.5</td> <td>3.0</td> </tr> <tr> <td>Increased Flatulence/Wind</td> <td>3.5</td> <td>2.2</td> </tr> <tr> <td>Stomach/Abdominal Gurgling</td> <td>3.5</td> <td>1.0</td> </tr> <tr> <td>Belching</td> <td>3.5</td> <td>2.2</td> </tr> <tr> <td>Urgency</td> <td>3.0</td> <td>2.0</td> </tr> <tr> <td>Incomplete Evacuation</td> <td>4.0</td> <td>2.5</td> </tr> <tr> <td>Nausea</td> <td>2.0</td> <td>1.5</td> </tr> <tr> <td>Heartburn</td> <td>2.2</td> <td>1.0</td> </tr> <tr> <td>Acid Regurgitation</td> <td>1.8</td> <td>1.0</td> </tr> <tr> <td>Tiredness</td> <td>4.0</td> <td>2.3</td> </tr> </tbody> </table>		Symptom	Before Low FODMAP Diet	After Low FODMAP Diet	Abdominal Pain/Discomfort	4.3	2.8	Abdominal Bloating	4.5	3.0	Increased Flatulence/Wind	3.5	2.2	Stomach/Abdominal Gurgling	3.5	1.0	Belching	3.5	2.2	Urgency	3.0	2.0	Incomplete Evacuation	4.0	2.5	Nausea	2.0	1.5	Heartburn	2.2	1.0	Acid Regurgitation	1.8	1.0	Tiredness	4.0	2.3
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<b>Conclusions:</b>	Our results support the low FODMAP diet in treating IBS which is key to a service re-design currently being developed in NHSL as part of the Modern Outpatient Programme. This dietetic-led service, the first in Scotland, based on the Somerset model <sup>4</sup> , will reduce waiting times and recurrent medical appointments, improve quality of life and allow for an equitable and effective patient centred approach.
<b>References:</b>	<ol style="list-style-type: none"> <li>1. McKenzie, Y.A., et al. British Dietetic Association systematic review and evidence-based practice guidelines for the dietary management of irritable bowel syndrome in adults. <i>J Hum Nutr Diet.</i> 2016 29, 549-575</li> <li>2. NICE. Irritable bowel syndrome in adults: Diagnosis and management of irritable bowel syndrome in primary care. CG61. 2008, updated Feb 2015</li> <li>3. Kings College London IBS symptom evaluation tool</li> <li>4. Williams M, Barclay Y, Benneyworth R, Gore S, Hamilton Z, Matull R, Phillips I, Seamark L, Staveley K, Thole S, Greig E. Using best practice to create a pathway to improve management of irritable bowel syndrome: aiming for timely diagnosis, effective treatment and equitable care. <i>Frontline Gastroenterol.</i> 2016;0: 1-8</li> </ol>