Webinar on Demand

Reflective Learning Guide

Irritable Bowel Syndrome, COVID and the Gut Microbiome – The Latest Research and Implications for Clinical Practice
With Dr Imran Aziz

= 1 CPD learning hour

Dr Imran Aziz is a Senior Clinical Lecturer and Honorary Consultant Gastroenterologist in Sheffield. In addition to his clinical work, Dr Aziz is a co-author on the British Society of Gastroenterology guidelines on the management of irritable bowel syndrome (IBS) and functional dyspepsia.

In this webinar, Dr Aziz provides an overview of COVID-19 and its impact on disorders of gut–brain interaction, exploring what recent evidence tells us about the connections between viral infection, the microbiome, and gastrointestinal symptoms. He then discusses the role of probiotics as part of a holistic management approach for IBS symptoms, including the latest data on their effectiveness and mechanisms of action. Finally, Dr Aziz shares some preliminary findings from his own research, highlighting potential considerations and implications for clinical practice in the wake of COVID-19.

Learning Objectives:

1. By the end of this session, participants will be able to define disorders of gut–brain interaction (DGBIs) and describe the relationship between COVID-19 and DGBIs
2. Understand the gastrointestinal manifestations of COVID-19, discuss the prevalence of GI symptoms during infection, and explain how post-infectious mechanisms contribute to the development of IBS
3. Be able to explain the role of probiotics in managing IBS symptoms, identify key strains supported by clinical guidelines, and summarize evidence from clinical trials and real-world data, including insights on *Bifidobacterium longum* **35624™** and **1714™,** with implications for post-COVID clinical practice.

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. Name three alterations related to the pathophysiology of DGBIs

2. Describe the prevalence and manifestations of GI symptoms in COVID-19

3. Explain how the gut microbiome differs to those with and without COVID-19, and provide 2 examples of how to modulate the gut microbiome

4. Summarise the key results from the clinical evidence of the use of *Bifidobacterium longum* **35624™** and *Bifidobacterium longum* **1714™** as part of the management of IBS symptoms.
   a. Reflecting on your own clinical caseload, how does this compare with individuals with whom you have recommended to take a probiotic as part of the management of their IBS symptoms?