

NUTRITION AND IBD FOR DIETITIANS

MODULE 1 – INTRODUCING IBD

In this module, you will learn about the genetic, environmental, and microbial factors that increase a person's risk of developing Crohn's disease or ulcerative colitis. The role of the immune system in IBD is also explored.

By the end of this module you will be able to:

- ✓ Explain the differences between Crohn's disease and ulcerative colitis
- ✓ Describe the aetiology and pathophysiology of IBD
- ✓ Outline the medical complications associated with IBD
- ✓ Appreciate the role of a multidisciplinary team in patient care

MODULE 2 – DIAGNOSIS AND TREATMENT

This module will introduce you to our case-study Theo and take you through his healthcare journey. You will learn how a differential diagnosis of IBD is made, and why specific treatment options are considered for different patients.

By the end of this module you will be able to:

- ✓ Interpret the results of medical tests used to diagnose IBD
- ✓ Differentiate between the various treatment options for IBD
- ✓ Consider the differences between IBS and IBD and the impacts of misdiagnosis

MODULE 3 – NUTRITIONAL CARE

In this module, you will consider the nutritional care requirements of patients like our case-study Anna. Through her experiences, you will become familiar with the nutritional effects of IBD and the different dietary strategies that are used to treat active disease and prevent or manage complications and functional symptoms.

By the end of this module you will be able to:

- ✓ Identify approaches to assess and manage a patient with IBD
- ✓ Understand the causes and implications of malnutrition in IBD
- ✓ Discuss the benefits and application of tailored dietary advice in IBD

MODULE 4 – SURGICAL MANAGEMENT

This module will explore surgery in IBD through our case-study Amir. You will learn about different surgical procedures and their dietetic management, from the pre-operative phase all the way through to at-home recovery, with a special focus on ostomy care.

By the end of this module you will be able to:

- ✓ Determine whether surgery is an option for IBD patients and why common surgical procedures are performed
- ✓ Describe the nutritional consequences of different types of bowel surgery
- ✓ Identify and reflect on strategies to dietetically manage a perioperative IBD patient

MODULE 5 – INTESTINAL FAILURE

In this module, you will be introduced to intestinal failure – particularly short bowel syndrome – and the dietetic strategies that are used to minimise its effects on health and wellbeing. Through our case-study Miriam, you will deepen your understanding of enteral and parenteral nutrition and learn how dehydration and other complications can be managed.

By the end of this module you will be able to:

- ✓ Understand the impact of small bowel resection on digestion, absorption, and metabolism
- ✓ Explain the rationale for treatment decisions in short bowel syndrome (SBS)
- ✓ Apply knowledge of gut physiology to the nutritional management of SBS
- ✓ Identify approaches to dietetically manage small bowel resection and related secondary conditions

MODULE 6 – COELIAC DISEASE

This module will explore coeliac disease through our case-study Tammy and her sister Maria. You will learn how patients are supported in implementing a gluten-free diet, and the different strategies that are used to help patients who do not respond well to treatment.

By the end of this module you will be able to:

- ✓ Describe the pathophysiology of coeliac disease
- ✓ Interpret the results of medical tests used to diagnose and monitor coeliac disease
- ✓ Discuss the purpose of a gluten-free diet and how it is implemented
- ✓ Identify and reflect on long-term strategies to dietetically manage patients with coeliac disease