

COURSE OUTLINE

Module 1 - Functional Bowel disorders

This module explains what functional bowel disorders (FBDs) are, the various symptom manifestations and the mechanisms that drive symptom onset.

Module 2 - Dietary management of IBS

This module describes a range of proposed symptom triggers in IBS, including fat, gluten and other wheat proteins, fibre, lactose, fructose, sugar polyols and oligosaccharides. It also introduces the concept of FODMAPs and efficacy of a FODMAP diet for IBS.

Module 3 - FODMAP composition of food

This module explores the FODMAP composition of food. Topics covered include analytical techniques; the cut-offs used to define a food as low in FODMAPs; the FODMAP composition of different food groups; the effects of food processing and ingredient selection on FODMAP content, and international differences in the FODMAP composition of food.

Module 4 - Dietetic assessment

This module describes the initial dietetic assessment that should be undertaken before a FODMAP diet is commenced in patients with suspected or diagnosed IBS.

Module 5- Phase 1 low FODMAP diet and practical skills

This module provides practical ideas about how to implement the Phase 1 low FODMAP diet. Topics covered include how to educate patients about FODMAP actions in the gut; using the Monash University FODMAP Diet™ App; cooking and recipe modification; food label reading; eating out and traveling; individualizing Phase 1 and group versus one-on-one education.

Module 6 - Phases 2 and 3 - FODMAP reintroduction and personalization

This module discusses the reintroduction and personalization phases of the FODMAP diet.

Module 7 - Troubleshooting

This module discusses the troubleshooting strategies that can be used to identify reasons for a poor response to a FODMAP diet and strategies that may improve treatment response.

Module 8 - Adjunct therapies – psychological and pharmacological approaches

This module explores psychological and pharmacological therapies for the management of IBS.

Module 9 - Adjunct therapies – Other dietary approaches

This module explores the roles of other dietary therapies (both evidence-based and not) that can be used / are used in addition to (or replacement of) a FODMAP diet in patients with IBS.

Module 10 - Other applications of a FODMAP diet

This module describes the application of a FODMAP diet to other populations, including children and adolescents with IBS; women with endometriosis; breastfeeding mother of infants with colic, and patients with suspected small intestinal bacterial overgrowth (SIBO).

COURSE REGISTRATION

Enrol now or register for your complementary preview of module 1 on our website:

www.monashfodmap.com/online-training/dietitian-course/

