

FODMAP courses		Dietary Management and the Low FODMAP Diet in Irritable Bowel Syndrome - INTRODUCTION (8-hour online course)	Dietary Management and the Low FODMAP Diet in Irritable Bowel Syndrome - ADVANCED (38-hour online course)	The Low FODMAP Diet Update Course (8-hour online course)
Learning outcomes:		<ul style="list-style-type: none"> • IBS aetiopathogenesis and medical management • Guidelines for the dietary management of IBS • Mechanisms and evidence for first-line dietary management of IBS • Mechanisms and evidence for the low FODMAP diet in IBS • Understand the principles behind the low FODMAP diet 	<ul style="list-style-type: none"> • Mechanisms and evidence for the low FODMAP diet in IBS • Understand the principles behind the low FODMAP diet • FODMAP content in foods, label reading and recipe adaptation • Understanding on how to re-introduce FODMAPs • Long-term management of functional bowel disorders 	<ul style="list-style-type: none"> • Reintroduction and the long-term management of patients on the low FODMAP diet • Management of non-responders • Recent research on the low FODMAP diet • Cost effectiveness of group sessions vs individual education • The use of the low FODMAP diet in different patient groups and complex patients
At the end of the course, you will...	Understand the medical and dietary management of patients with functional bowel disorders	✓	✓	
	Understand the criteria for symptom assessment in IBS	✓	✓	✓
	Be able and confident to deliver first-line dietary advice in IBS	✓	✓	
	Understanding of the low FODMAP diet	Introductory	Advanced	Advanced
	Be able and confident to deliver the low FODMAP diet	No. You will need to undergo further training/shadowing/clinical reflection at your workplace with local support OR attend the Advanced course	✓	✓
	Be able and confident to adapt menus and recipes for the low FODMAP diet		✓	
	Be able and confident to develop care pathways for local delivery of the low FODMAP diet		✓	✓
Free resources available to delegates:	A sample of booklets on the low FODMAP diet	✓	✓	
	Membership to “King’s low FODMAP” LinkedIn group		✓	✓
	Online handouts	✓	✓	✓