



SINGAPORE NUTRITION AND
DIETETICS ASSOCIATION

ARE YOU HUNGRY TOO?



9-HOUR **LOW FODMAP** COURSE

6 CE POINTS



An initiative by the
University of Michigan and **FODMAP Friendly**,
providing **education** and **awareness** of **gastrointestinal health**
and **digestive diseases** to all health professionals **globally**



The FODMAP Institute:

- Learn from global experts about the Low FODMAP Diet
- Optimize your knowledge, skills and competency in IBS management

COURSE MODULES AND PRESENTERS

Module 1: Introduction & Overview of IBS Physiology & Diagnosis

 Professor William D Chey,
MD, AGAF, FACG, FACP, RFF

Module 4: Assessing Indications & Contraindications for the Low FODMAP Diet

 Dr Stine Störsrud, RD, PhD

Module 8: Nutrients at Risk when Following the Low FODMAP Diet

 Tamara Duker Freuman,
MS, RD, CDN

Module 5: Implementing Phase 1 Elimination Phase (Initial Low FODMAP Phase)

 Emily Haller, MS, RD

Module 6: Reviewing your Patient Implementing Phase 2 - Challenge/Reintroduction Phase

 Kirsten Jackson, RD

Module 7: Liberalising your Patient's Diet Implementing Phase 3- Maintenance Phase

 Rebecca Ponsford, APD

Module 3: FODMAPS in Food Distinguishing High & Low FODMAP Foods

 Beth Rosen, MS, RD, CDN

Module 2: Dietary Management of IBS Low FODMAP Diet Fundamentals

 Andrea Hardy, RD

Module 9: The Low FODMAP Diet for Other Conditions

 Laura Manning, MPH, RDN, CDN

The course is FREE!

 **CPE / CPD**

12.25 CPEUs approved
by CDR

 **JOIN HERE**



 **RESOURCES**

Access patient education
resources and ongoing GI
health webinars

COURSE DETAILS

10 hours of self-paced online learning, accessible globally

This course can be started at any convenient time as it will run continuously

FODMAP Institute is for all Gastroenterologists, Physicians, Nurses, Pharmacists, Registered Dietitians & Nutritionists, students studying health, medical and dietetic university courses

LEARNING OUTCOMES

- Apply advanced knowledge and practical skills to the management of patients with Irritable Bowel Syndrome (IBS), through dietary interventions including the low FODMAP diet.
- Assess suitability for implementation of the low FODMAP diet in different patient groups.
- Describe FODMAPs and the mechanisms of action in which they influence digestion and symptom onset.
- Improve understanding of how to implement and provide education on all 3 phases of the low FODMAP diet with patients.
- Describe how to troubleshoot the low FODMAP diet in patients who do not experience symptom improvement.
- Identify main food sources of FODMAPs and understand how FODMAP content is measured.
- Demonstrate understanding of the prevalence, pathophysiology and diagnosis of Irritable Bowel Syndrome (IBS).
- Discuss the importance of meeting nutritional needs whilst following a low FODMAP diet.
- Explore the use of the low FODMAP diet in other conditions, including PCOS, inflammatory bowel disease and colic in babies.
- Assess and solidify understanding of course content through 4 patient case studies.

**On successfully undertaking the course, you will receive a certificate of completion:
IBS Management- The Low FODMAP Diet**

Educational Planners

Dr William Chey, Emily Haller and Timothy Mottin

