Nutrition Care Planning Process for IBS Patients

ONE

Assess goals. What are the patient's goals in seeking the services of a dietitian? Which of these goals can be met via nutrition therapy?

TWO

Complete a thorough health, nutrition, and dietary assessment, including a detailed diet and symptom history, anthropometrics, and biochemical and clinical parameters.

THREE

Assess symptoms and motivation. Determine current level of patient pain/symptoms along with his or her level of motivation to modify the diet.

FOUR

Develop the nutrition care plan based on the patient's symptoms and motivation to change his or her diet.

Level 1: Suggest traditional dietary strategies for IBS.

Level 2: Recommend a two-week low-FODMAP diet trials.

Level 3: Advise patient to consider an elimination diet or food sensitivity testing and a patient-targeted elimination diet.

FIVE

Follow up and monitor. Have the patient keep detailed food journals and monitor GI symptoms. Follow up regularly with the patient to assess whether goals are being met and to determine whether any additional dietary intervention is needed.

SIX

Provide resources (recommended books): ***IBS-Free at Last!*** by Patsy Catsos, MS, RD, LD; and ***The Complete Idiot's Guide to Eating Well With IBS*** by Kate Scarlata, RD, LDN