

Motility mayhem: The paediatric battle with gut disorders

Marc Benninga

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Presentation

Neurogastroenterology & Motility

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Standards & Guidelines

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A new paediatric guideline on IBS and functional abdominal pain recommends hypnotherapy as effective treatment, but peppermint oil showed no superiority over placebo despite high response rates in all groups including inexpensive peppermint sweets.

KEY POINTS

- The speaker reported hypnotherapy achieved success rates (defined as greater than 50% reduction in pain frequency and intensity) sustained at 3, 6, 12 months, and five years after therapy, with a number needed to treat of three.
- A randomised trial in almost 230 children aged 8 to 18 years found no significant difference between peppermint oil, placebo, or peppermint sweets, with adequate relief approximately 50% in all three groups.
- The speaker stated that placebo response is approximately 40% in children with functional abdominal pain, and emphasized increasing placebo effect through empathy and suggestions.
- A trial using mebeverine showed that telling patients they were lucky to receive active drug gained 20% more patients compared to standard blinded randomisation, though no difference existed between active drug and placebo.
- The new guideline, published one month ago and developed with the Cochrane Group, provides treatment algorithms for general practitioners, paediatricians, and paediatric gastroenterologists.
- The speaker disclosed a publicly accessible hypnotherapy website translated into multiple languages and stated FDA-approved and EMA-approved apps exist for cognitive behavioural therapy and hypnotherapy, though adherence may be limited.

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