

The primary care perspective

Niek J. De Wit

UEG Week Berlin 2025

Presentation

Neurogastroenterology & Motility

Small Intestine & Nutrition

Primary Care

October 7, 2025

A primary care perspective on IBS management emphasizes that GPs see only 2-3 DGBI patients weekly, primarily IBS and constipation, and should prioritize adequate communication, healthy lifestyle advice, and personalized dietary interventions as first-line approaches.

KEY POINTS

- The speaker reported that primary care IBS patients differ from secondary care populations with shorter disease history, lower pain severity, better quality of life, and less comorbidity, making primary care-based research essential for guideline development
- First-line management centers on explanation and communication (described by the speaker as most important), healthy lifestyle advice, and simple drug treatments like loperamide or peppermint oil, with second-line options including psychological interventions, tricyclic antidepressants, and dietary approaches
- The speaker stated that primary care evidence supports soluble fibre effectiveness in IBS, while insoluble fibre (bran) worsened symptoms in most patients in a nearly 400-patient Dutch trial
- Low FODMAP diet and soluble fibre have the most solid evidence for IBS according to the speaker, with the DOMINO study showing 91% patient compliance with dietary intervention versus 71% with drug treatment
- The speaker recommends personalised dietary approaches that assess patient beliefs and dietary change potential, avoid routine food allergy testing, and include expectation management, as most patients already relate IBS to diet and prefer dietary interventions
- The speaker manages complex dietary cases through repeated 10-minute consultations, referral to dietitians when needed, use of online resources from the Dutch College of GPs, and involvement of first-line psychologists and mental health nurses in the practice

VIEW THIS CONTENT ON GUTFLIX

<https://gutflix.eu/search/d/ed28f9d6-a82e-11f0-b437-0242ac140006>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.