

# UPPER GI BIOFEEDBACK THERAPY: EMPOWERING PATIENTS TO ADDRESS AIR SWALLOWING AND OPTIMISE CARE PATHWAYS

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Poster

Oesophagus

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**A single-centre series of 35 patients demonstrates that upper GI biofeedback therapy targeting behavioural disorders such as supragastric belching and aerophagia significantly reduces symptoms and specialist referrals.**

## KEY POINTS

- Supra-gastric belching episodes reduced by 50 percent (mean 24 to 12 episodes;  $p < 0.001$ ) and GERD-HRQL scores improved by 45 percent (mean 22 to 12;  $p < 0.001$ ) following one-hour education sessions with 6 to 8 week telephone follow-up.
- 75 percent of patients reported substantial reductions in belching, bloating, and reflux-like symptoms, and 50 percent no longer required specialist referrals after therapy or GP-led interventions.
- The intervention combined diaphragmatic breathing, open-mouth posture, and multiple rapid swallow technique, with adjunctive recommendations for prokinetics in poor oesophageal clearance and SIBO breath testing for frequent gastric belching.
- Stress emerged as a critical factor, and patients adopting relaxation strategies including mindfulness, yoga, and breathing techniques reported sustained symptom reduction.
- Biofeedback was delivered invasively with real-time catheter traces or non-invasively by reviewing stored pH impedance data; visualising repetitive aerophagia behaviours on screen increased patient engagement and awareness.

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