

Irritable Bowel Syndrome

NHS Tayside

IBS is a chronic condition often associated with abdominal pain and discomfort and changes in bowel habits.

The challenge

It is thought to affect up to one in five people and is most common among women and those aged under 50. The symptoms associated with IBS can have a significant impact on a person's daily life. There is a lot of misinformation about IBS on the internet and it is important that people are able to access trusted evidenced-based advice.

The solution

After receiving a diagnosis within primary care, patients are referred to NHS dietitians who register them onto the service.

The Inhealthcare app helps patients to track their symptoms over time and identify any changes. They can request extra support from dietitians via the app as and when they need it.

It also provides patients with help and support at a time convenient to them and gives them access to trusted information at any time to help them understand and manage their condition.

If patients have not shown any signs of improvement after four weeks on the service, they can request further support from the dietitian and move onto the next stage in the management pathway.

As well as empowering individuals, the app also frees up clinicians' time enabling them to spend time with people who need the most care.

The app has been funded by the Scottish Government's Technology Enabled Care Programme and the Modernising Patient Pathways Programme.

Outcomes

The new service reduces the time taken for people to start receiving specialist advice and support from weeks to days.



"IBS is a complex condition with many contributing factors, which can include diet, stress and anxiety. We launched this service with Inhealthcare to strengthen self-management, deliver care closer to home and speed up access to clinicians."

Jacqueline Walker, Tayside Nutrition Managed Clinical Network Programme Manager and Professional Dietetic Advisor to the Scottish Government

