



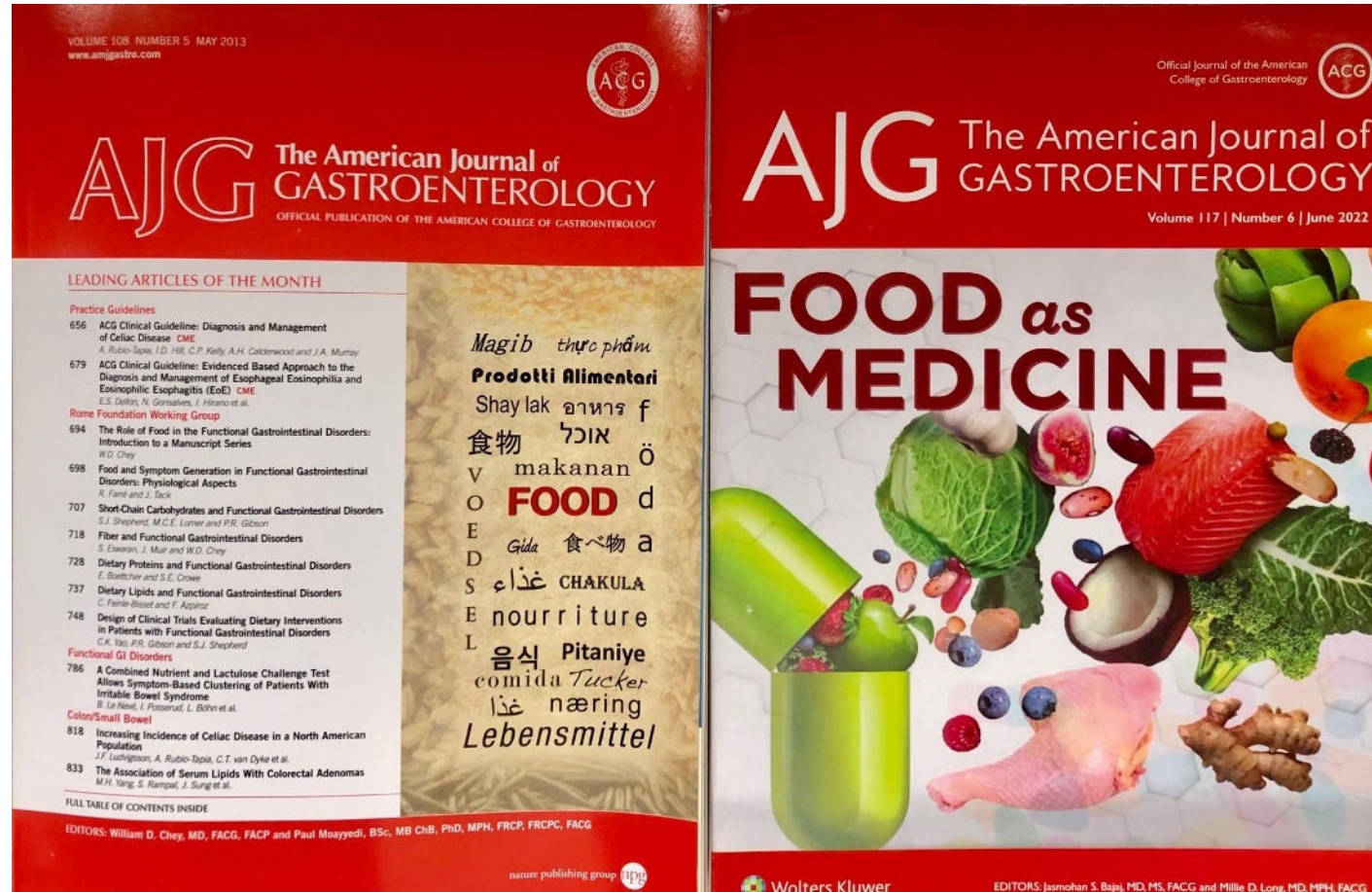
Diet and Nutrition Section

Food: A Blessing or a Curse?

- Food is the most important trigger for symptoms in patients with DGBI
- “Food is complicated”
 - Multiple mechanisms by which food causes symptoms
- “Food as medicine”
- “Precision nutrition”
 - Biomarker-based strategies
- The literature is rapidly evolving
- Patients and providers have many questions



Rome Diet & DGBI Working Groups Manuscript Series Published in Special Issues of AJG



May 2013

June 2022

Diet & Nutrition Section Reception at DDW

Tuesday 7-8 am 21 May 2024

- Program
 - Introductory remarks – Chey, Staudacher, Simren
 - Membership & Communication Committee – Jaffe
 - Training & Education – Tuck
 - Research – Whelan
 - Discussion

Diet & Nutrition Section

The rapid increase in knowledge and widespread acceptance of diet interventions for DGBI has created unmet professional, educational, and research needs for health care providers including physicians, dietitians, and advanced practice providers. We aim to fulfill the following goals:

1. **Provide a professional home** where HCPs with an interest in the role of diet and nutrition in the pathogenesis and management of DGBI can interact, learn and collaborate
2. Create a **trusted source of evidence-based information**. A Working Group will be convened every 5-7 years to review and summarize the latest literature as was recently done in AJG.
3. Promote the use of evidence-based diet treatments for DGBI
4. Create and maintain an **up-to-date listing of HCPs** sortable by specific interest/s, ongoing research, interest in collaboration, and geographic location.
5. **Provide a link to RFRI** to promote and conduct **cutting edge research** in diet and nutrition
6. **Collaborate with national and international organizations** to enhance the visibility of HCPs with an interest in diet and nutrition and encourage collaboration

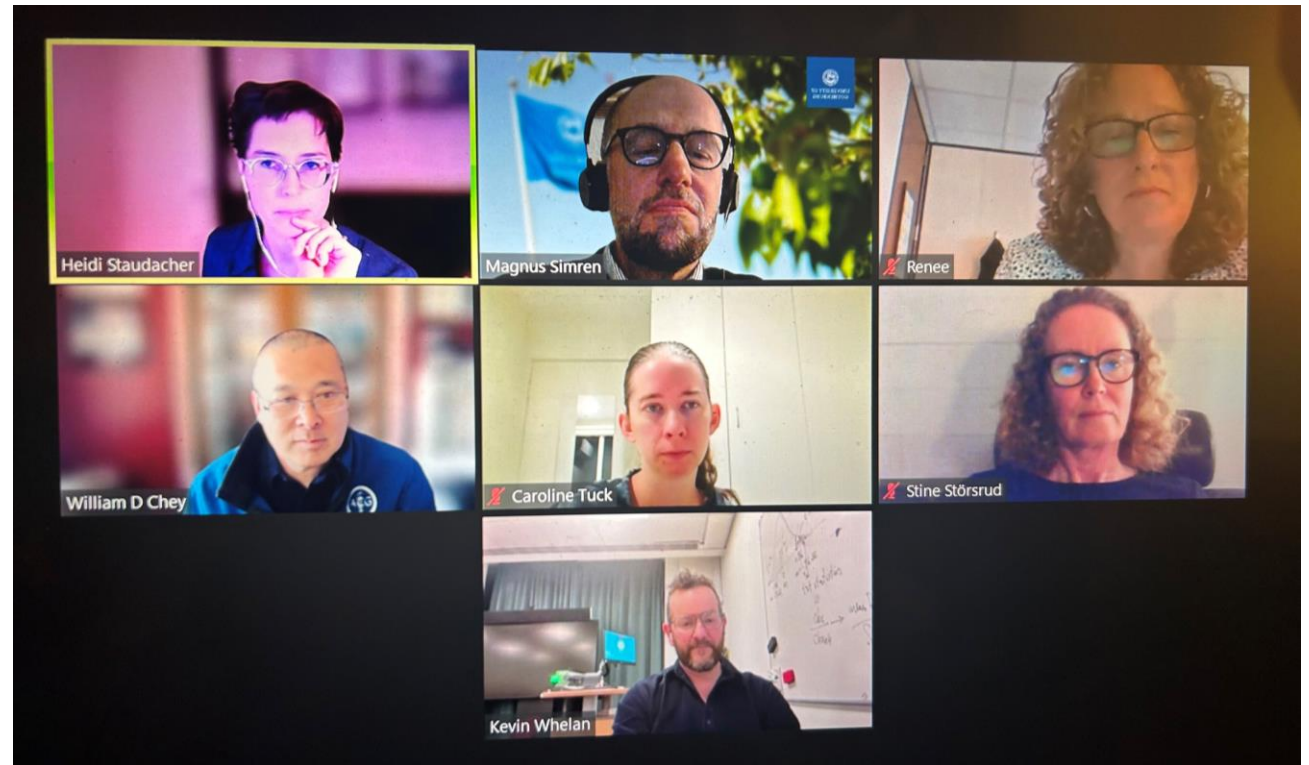
Diet & Nutrition Section

Chairs:

William D. Chey, MD, RFF
H. Marvin Pollard Professor
Chief, Division of GI & Hepatology
University of Michigan, US

Heidi Staudacher, Adv APD, PhD
NHMRC Emerging Leadership Fellow
Food & Mood Centre, IMPACT Institute
Deakin University, Melbourne, Australia

Magnus Simrén, MD, PhD
Professor, Senior Consultant
Dept of Molecular and Clinical Medicine
Institute of Medicine
Sahlgrenska Academy
University of Gothenburg, Sweden



Diet & Nutrition Section

Committees:

1. Education & Training

Chair-Dr Caroline Tuck

Co-Chair- Dr Stine Störsrud

2. Research

Chair-Prof Kevin Whelan

Co-chair-Dr Heidi Staudacher

3. Membership & Communications

Chair-Nancee Jaffe

Co-chair-Renee Euler

Diet & Nutrition Section

- To Express Interest or Pose Questions?
- Contact Heidi Staudacher: heidi.staudacher@deakin.edu.au
William Chey: wchey@umich.edu
Magnus Simren: magnus.simren@medicine.gu.se
Tanya Murphy: tmurphy@theromefoundation.org

Education & Training Committee

Chair: Dr Caroline Tuck, AdvAPD, Australia

Co-Chair: Dr Stine Störsrud, RD, Sweden



Goals

1. Create trusted voice

Create a trusted source of the latest evidence-based information on DGBI nutrition.

2. Promote evidence-base

Promote the use of evidence-based diet treatments for DGBI through high quality training workshops, educational webinars, and telemedicine case conferences.

3. Define core competencies

Define core competencies required for dietitians and other health professionals to identify as experts in DGBI nutrition.

4. Increase research use in practice

In collaboration with the Research Committee: Increase utilisation of research to inform practice

Deliverables



Education resources to be accessed via the Diet and Nutrition Rome webpage

(to meet goal 1 & 2)



Publish core competencies consensus paper using Delphi method

(to meet goal 3)



Joint webinar/conference with the Research Committee

(to meet goal 4)

Deliverable #1: Education resources



Short term	Medium term	Long term
Gap analysis: Stage 1 <ol style="list-style-type: none">1. Find current available education resources targeted to healthcare professionals.2. Assess the quality of available education resources.3. Assess if any suitable for collaboration	Gap analysis: Stage 2 <ol style="list-style-type: none">1. Identify what resources are needed but not available.2. Prioritise the gaps identified for each level i.e. beginner, intermediate and advanced.	Develop new education <ol style="list-style-type: none">1. Create educational resources to address gaps2. Provide a media by which healthcare professionals can interact and ask clinical questions

Deliverable #2: Core competencies



Short term	Medium term	Long term
<ol style="list-style-type: none">1. Investigate regional areas who are implementing core competencies in DGBI.2. Investigate other medical fields for core competencies (international if available).	<ol style="list-style-type: none">1. Design Delphi method study to define international core competencies required for dietitians and other health professionals to identify as experts in DGBI nutrition2. Conduct Delphi method study	<ol style="list-style-type: none">1. Publish core competencies consensus paper (using Delphi method)

Deliverable #3: Webinar/conference



Short term	Medium term	Long term
<i>Planning conference in conjunction with the Research Committee</i>		<i>Run conference(s) in conjunction with the Research Committee</i>

Research Committee

Chair: Prof Kevin Whelan, RD, United Kingdom

Co-Chair: Dr Heidi Staudacher, AdvAPD, Australia



Our Goals

1. Improve quality and quantity of research in nutrition and diet in DGBI
2. Increase diversity of research in nutrition and diet in DGBI
(types of DGBI, types of interventions, mechanisms to application)
3. Build research capacity in nutrition and diet in DGBI
(centres of expertise, breadth of expertise, diversity of disciplinary expertise)
4. Increase utilisation of research to inform practice in nutrition and diet in DGBI

1. Improve quality and quantity of research in nutrition and diet in DGBI

- Publish synthesis of quantity, type of diet RCTs
- Nutrition and diet in DGBI-focused grant schemes
 - Build industry partnerships
 - Rome co-funding?
- Promote current Rome working group recommendations
- Future...
Review and endorsement service for grant applications

Open

Optimal Design of Clinical Trials of Dietary Interventions in Disorders of Gut-Brain Interaction

Heidi M. Staudacher, PhD¹, Chu Kion Yao, PhD², William D. Chey, MD³ and Kevin Whelan, PhD⁴

2. Increase diversity of research in nutrition and diet in DGBI

- Interdisciplinary sandpit event
- Publish synthesis of quantity, type of RCTs
- Promote expansion of diet/nutrition conference speakers in upper GI



3. Build research capacity in nutrition and diet in DGBI

- Focus on Level 2,3,4 (intensively on levels 3-4)
- Training courses?
- Mentoring programmes?
- Doctors, Dietitians, Psychologists, Basic Scientists



4. Increase utilisation of research to inform practice in nutrition and diet in DGBI

- Level 1+ focus
- Interview authors of landmark diet papers (3/year)
- Online conference
- Collaborate with Education Committee



Photo by Michal Czyz on Unsplash

Membership and Communications Committee

Chair: Nancee Jaffe, MS RDN, USA

Co-Chair: Renee Euler, MS RDN, USA



Committee goals & deliverables

1. Membership

- *International recruitment to promote diet and nutrition in gastroenterology*

2. Communication

- *Utilize ROME established, and create new, avenues for encouraging communication about diet and nutrition in gastroenterology*

Short term goals

1. Create a Membership Core Group

- 4-6 people + the co-chairs
 - Diversity in provider type and country of practice
- Goals of the Core Group:
 - Design, implement and launch membership campaigns

2. Country Contacts (1-2 people) in ROME Represented Countries

- Help disseminate Membership Core Group campaigns
- Diversity in terms of provider type and country of practice

Short term goals

Membership & Communications Committee will create a membership campaign:

1. Identify target interest groups

- Determine and connect with national and international foundations that support nutrition in GI
- Understand the landscape of GI specialist credentialing around the world for dietitians

Short term goals

2. Promote membership benefits

- Design an attractive approach to showcase membership benefits
 - Email communication to national and international foundations
 - Advertise at important GI Dietitians, Allied Health Professionals and Physician conferences
 - Instagram Live to announce the ROME Diet and Nutrition Section

Long term goals

Communications

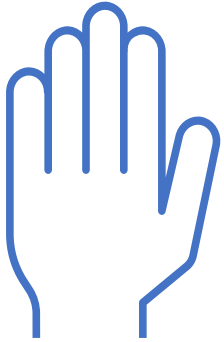
- Newsletter
 - Recruit Newsletter Core Group
 - Chair and Co-Chair, writers, and reviewers
 - Work with Research and Education committees
- Listserv or Discussion Board for Section Members
- Speaker List
- Utilize existing ROME communication avenues to share Section news

Long term goals

Membership

- Annual campaign to recruit and renew membership
 - Cameos to highlight providers working in this space sent to national and international foundations
 - Showcase the work being done in the section

We are looking for committee members!



We need 4-6 members per committee

Approximate time commitment: 1/month for first three months and then quarterly

Please get in touch!



Education and Training	Research	Membership & Communications
Dr Caroline Tuck ctuck@swin.edu.au	Prof Kevin Whelan Kevin.whelan@kcl.ac.uk	Nancee Jaffe njaffe@mednet.ucla.edu
Dr Stine Störsrud stine.storsrud@vgregion.se	Dr Heidi Staudacher heidi.staudacher@deakin.edu.au	Renee Euler reneeulerrd@gmail.com