



ROME FOUNDATION REPORTER

Volume 12, Issue 1, Spring 2019

Rome Foundation Newsletter



President's Report

Douglas A. Drossman, MD
President, Rome Foundation
Spring 2019

Dear Rome Foundation Members, Friends and Sponsors,

It is my pleasure to again review the activities of the Rome Foundation over the past year and discuss our current and future initiatives. A new and somewhat bittersweet agenda item will be my transitioning into a new role, after founding and serving as President of the Rome Foundation for almost 30 years. Jan Tack from Leuven, Belgium, a member of the Board of Directors for 10 years, will accede to Presidency. Jan will bring new insights and initiatives into our growing organization while I will continue on the Board of Directors with a new role as Chief of Operations. We are very proud of what the Rome Foundation has accomplished as it continues to promote awareness, education and innovations to help clinicians and investigators gain knowledge about the disorders of gut-brain interaction. Ultimately, we are growing the field of neurogastroenterology and helping our patients for the better. Importantly, with these changes in leadership we will be expanding our opportunities to do even more.

Over the next several years, we will be focused on the following new initiatives and programs in place or in development as we continue to disseminate this knowledge through various programs and venues. You will notice, beginning with Rome IV in 2016 and included in this letter, we are replacing the poorly defined and possibly stigmatizing term Functional GI Disorders (FGIDs) to the more scientific Disorders of Gut-Brain Interaction (DGBI).

Development of a Curriculum to Teach Communication Skills to Optimize the Patient Provider Relationship.

There is a compelling need to implement effective patient centered care to optimize the provider-patient relationship. Patients have become dissatisfied with the care they receive, and physicians, needing to meet the demands of seeing more patients in less time, may at times feel burdened and distressed with the existing health care process. Ultimately, the quality of care may suffer. I believe this is particularly relevant for patients with Disorders of Gut-Brain Interaction (DGBI). The Rome Foundation's global network of education to clinicians about these disorders, and its marketing capability and personnel resources have established a partnership with the Center for Education and Practice of Biopsychosocial Care (DrossmanCare; www.drossmancenter.com) who have for years created educational programs in communication skills. This collaboration is intended to benefit health care providers treating DGBI by creating a curriculum that teaches more effective communication skills. This curriculum uses written, visual and interactive methods to teach patient centered care and communication skills even in the most challenging clinical interactions. Many of these educational programs and materials have already been used or presented over the years, however this

collaboration will lead to more extensive dissemination of these educational tools. For more information on this program, please see page 8.

Rome Foundation Research Institute (RFRI)

A major but critically important undertaking for the Rome Foundation is to increase knowledge in the DGBIs through well designed and meaningful scientific research through the Rome Foundation Research Institute (RFRI). This program is headed by Magnus Simren, MD from Gothenborg, Sweden and assisted on the Executive Committee by Jan Tack, MD, PhD of Leuven, Belgium and myself. We are joined by members of the Rome Foundation Board of Directors who serve on the RFRI Advisory Council. Scientific developments during recent years offer the potential for meaningful expansion of our knowledge of Disorders of Gut-Brain Interaction (DGBI). However, research often occurs in small single-centers or in advanced research centers and do not take into consideration multicultural aspects. Thus, there is a great need to advance the science through a research infrastructure that will integrate a well-coordinated international research program by expert investigators who are well versed in the scientific method needed to accomplish these goals. The Rome Foundation Research Institute (RFRI) has taken on this task to more effectively increase the knowledge about these disorders by undertaking top class translational and clinical research. For more information on the mission and overall structure of the RFRI, go to page 7.

Completion of the Global Epidemiology Study

After 8 years of planning, recruiting and studying 70,000 subjects in 32 countries, we are pleased to say that one of the largest epidemiological study in the world, the Rome Foundation Global Epidemiology Study has completed recruitment and testing. We are now beginning phases of the data analysis with plans to submit our first publication within a year. Credit goes to the principal investigator Ami Sperber, MD who spearheaded this project since its inception.

The Global Epidemiology study began in 2011 when Dr. Sperber brought up the idea to do a worldwide epidemiological study using standard Rome IV diagnostic criteria (which was to be completed and released in 2016). Over the next several years he worked out the details of this study design, obtained approval from the board and then recruited dozens of investigators from around the world to participate, and he has continued to communicate with them weekly. Furthermore, investigator meetings have been held annually at DDW since 2013 to coordinate patient recruitment and study administration. Concurrently, the Rome IV study questionnaire was translated into 21 languages and localized into

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18 additional versions (for example, Spanish was translated for Mexico and localized for Argentina, Colombia, and Spain). Each questionnaire underwent translation and linguistic validation. Clinical validation of the questionnaire in English was carried out for the three most common disorders: functional dyspepsia, IBS, and functional constipation. The data was then collated by our biometry team, Drs. Kant Bangdiwala and Olafur Palsson. Data analysis is currently underway with the first of many anticipated publications to be submitted by the end of the year. The global initiative database will be embedded in the developing Rome Foundation Research Institute database to facilitate phenotyping of patients in the future. We are grateful to our industry sponsors Shire, Allergan, and Takeda Pharmaceutical Company for their support of the global initiative.

Innovative Educational Programs for Primary Care, Advanced Practice (PA/NP), Mental Health and Allied Health Providers

The DGBIs require a multidisciplinary approach and being chronic, care may extend over a considerable amount of time. However, with greater time constraints and increased health care costs, there has been a growing diversification of patient care to include non-gastroenterologists. With each year more and more patients are being routinely managed by PCPs PAs, NPs, dietitians, mental health and other health care providers. Yet, there is a paucity of educational programs that attend to the specific needs of these non-GI providers. We believe that enhancing the education for providers who will over time increasingly carry the burden of the care would be a beneficial means to optimize patient care and improve satisfaction. Thus we have been provided two types of educational symposia

- Rome Foundation Symposia on Functional GI Disorders For Primary Care, Nurse Practitioners and Physician Assistants. Under the direction of Johannah Ruddy, our executive director, we have created CME courses tailored to address the specific needs of these clinical care providers. Our regional 1½ day courses cover both the content and process of care beginning with the Rome IV knowledge and moving into the “how to” of patient care. Content areas include diagnosis, pathophysiology, and treatment of the most common DGBI, including IBS, abdominal pain, chronic constipation, refractory heartburn and functional dyspepsia. Treatments include both pharmacological (GI targeted and central) and non-pharmacologic therapies (diet, lifestyle changes) and behavioral treatments (cognitive behavioral therapy, hypnosis, mindfulness). Importantly we provide ample time for case discussions, and interactive learning sessions on patient-provider communication skills using video and role play, sessions on the role of diet, and demonstrations of behavioral intervention techniques.

- Rome Foundation Satellite Symposia on IBS at ACP and AAPA Using Innovative Educational Tools. In April 2018, we conducted in collaboration with Paradigm communications, satellite symposia on IBS at the ACP and the AAPA, the major internal medicine and physician assistant national meetings. We combined brief lectures with case presentations that employed our newer educational tools using an algorithmic format: After the case was presented an interactive response system (IVRS) permitted the audience to vote on diagnosis and treatment. This was followed by panel discussion about the responses. Then we employed the use of the Rome IV diagnostic algorithms, the MDCP and the GI Genius (Rome IV Interactive Clinical Decision Toolkit) to demonstrate case management at point of care. By using this approach, we could make decisions about treatment and then demonstrate how the patient responded weeks later and then modify the treatment accordingly. I am not aware of any symposia that addressed case management at multiple

points in time. You can see the full program here: <http://bit.ly/2R18tCT>.

New and Upgraded Digital Applications

- Rome Foundation App. We are pleased to announce that our new Rome Foundation App available on Apple iOS and Android systems has just been released. Just search “Rome Foundation” and download the information we provide for the busy clinician.

The app contains:

- the Rome IV criteria for diagnosing DGBI,
- the Rome IV diagnostic algorithms (for a small user fee)
- educational videos demonstrating effective communication techniques, lectures, how to use the MDCP, algorithms and GI Genius (interactive toolkit), webinars and satellite symposia
- Meet the Rome Foundation, a comprehensive view of all Rome programs and activities
- a product information page to order educational materials
- a quick link to the Rome Foundation website to search for more information

- GI Genius (Rome IV Interactive Clinical Decision Toolkit) Upgraded. We call it the GI genius now not only because it is easier to say, but also because with its new upgrades the program does even more to help you solve problems in the diagnosis and care of these patients. Our upgrades include a new pediatric component developed by Sam Nurko and a panel of expert pediatric gastroenterologists, new information on the use of neuromodulator treatment, and an improved navigation design to readily permit psychosocial interventions at any point in the program.

The GI Genius program guides practitioners through a series of diagnostic and treatment pathways to offer the best clinical options. Navigation is very flexible, letting the user explore, select, and de-select different decision points in any order. At each decision point, users have dynamic access to relevant information and citations to confirm their conclusions or to provide enhanced guidance. Furthermore, users can work with the program in real time when caring for patients. They can enter clinical information and come back weeks later to input the clinical response and update the database, moving through new diagnostic or treatment pathways as needed. The intelligent software program also continues to learn from user input. When decision branches occur that contain uncertainties, the information is made available to the board of experts who modify the algorithm to improve its performance. For further information go to: <http://bit.ly/2ETDL7q> and for information about the recent upgrades go to <https://romedross.video/2XqDSlg>. The GI Genius aids practitioners around the world to successfully access Rome expertise, diagnose and treat patients, increase their own knowledge, and contribute to outcomes-based learning facilitated by this constantly learning system. See page 11 for more information.

Additional Activities and Actions of the Rome Foundation

- Rome Foundation Mentoring Program. To encourage young investigators to enter our field, we are continuing now with the Third Annual Rome Foundation Investigator Mentoring Program. Each year we will provide a venue for early stage investigators to obtain expert consultation on research that they are developing. The program is consistent with and supports the Foundation's commitment promoting science-based activities. This year the Mentoring meeting at DDW will be held at the Bayview Room at the San Diego Hilton on Saturday May 18 from 3:30 – 5:45 PM. See page 6 for more information.

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ROME FOUNDATION BOARD OF DIRECTORS

MAY 2019



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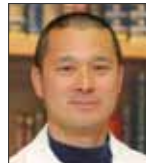
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• Rome Foundation Working Team Publications. We are pleased to announce that over the last year we have had all four Working Teams publish in highly regarded peer review journals. Below are the working team reports published since my last report:

- Neuromodulators for Functional Gastrointestinal Disorders (Disorders of Gut-Brain Interaction): A Rome Foundation Working Team Report. Drossman DA, Tack J, Ford AC, Szigethy E, Tornblom H, Van Oudenhove L. *Gastroenterology* 2018;154:1140-1171. <https://goo.gl/2tsgAT>

- Recommendations for pharmacological clinical trials in children with functional constipation: the Rome Foundation pediatric subcommittee on clinical trials. Koppen IJN, Saps M, Lavigne JV, Nurko S, Tamini A, Di Lorenzo C, Benninga MA. *Neurogastroenterol Motil*, 2018 Jan 30(11). doi: 10.1111/nmo.13294.

- Rome Foundation Working Team on Post Infection Irritable Bowel Syndrome. Barbara G., Grover M, Bercik P, Corsetti M, Ghoshal UC, Ohman L, Rajilic-Stojanovic M. *Gastroenterology* 2019;158:46-58

- The Role of Brain Imaging in Disorders of Brain-Gut Interactions. A Rome Working Team Report. Mayer EA, Labus J, Aziz Q, Tracy I, Kilpatrick L, Eisenbruch S, Schweinhardt P, van Oudenhove L, Borsook D. *Gut* 2019 In press.

• Rome Foundation – AGA Institute Lectureship. For over a decade, the Rome Foundation and the AGA have worked together to enhance the dissemination of knowledge in the FGIDs. Beginning with the Rome-AGA Lectureship at DDW, now in its 12th year we have co-sponsored top-level speakers to present “prime time” at DDW on Sunday mornings. This year presentations will be conducted by members of the Rome Foundation board, Drs. Chang, Simren and Tack: “Making Treatment Choices for Functional GI Disorders”. The Rome-AGA Lectureship will be held on Monday May 20 from 2:00 – 3:30 at the San Diego Convention Center Room 33ABC.

Transition in Leadership: Jan Tack, MD, PhD, President Elect, Rome Foundation

I am most pleased to introduce Jan Tack, MD, PhD as President Elect of the Rome Foundation and he will take office as President after DDW. I will continue as President Emeritus and Chief of Operations of the Rome Foundation. The activities of the Foundation are growing to the degree that as we expand we need to diversify the leadership functions. Below is a breakdown of responsibility starting in June, 2019

President, Jan Tack MD PhD.

- Manages the Rome Foundation Board of Directors
- Rome Foundation Research Institute Executive Committee
- Represents the Rome Foundation
- Senior Editor Rome V
- Financial approval
- Develops New Initiatives and Policies
 - Initiates and runs retreats
 - Set new directions for the Foundation
 - Establishes liaisons with other societies
 - Responsible for Long Range Planning

Chief of Operations, Douglas A. Drossman MD

- Advisor to the President
- Rome Foundation Research Institute Executive Committee
- Represents the Rome Foundation
- Associate Editor Rome V
- Operations
 - Communication program
 - Social Media/Marketing
 - Educational Programs
 - GI Genius

Rome Foundation Advisory Council

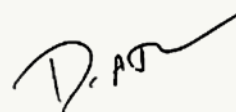
With the generous support of our Advisory Council and industry sponsors, we are able to maintain our infrastructure, as well as our educational and research initiatives. Listed below are our current sponsors for 2019. Please remember sponsor privileges includes free use of our research instruments and the Rome IV research questionnaires.

- Acino Pharmaceuticals
- Allergan
- Arena Pharmaceuticals
- Biomerica
- Commonwealth Diagnostics Intl
- Danone Nutricia
- Ironwood Pharmaceuticals
- Nestle Pharmaceuticals
- Salix Pharmaceuticals
- Takeda Pharmaceuticals

We are most appreciative to all for your support either as friends, sponsors or contributing members. We expect to continue the many projects we have begun and hope to introduce new initiatives over time to accomplish our mission. In gratitude, please be sure to attend our Annual Rome Foundation Reception at DDW 2019 in San Diego, CA on Saturday May 18 at the Bayview Room of the San Diego Hilton from 7:00 until 9:00 pm.

We look forward to seeing you at DDW San Diego!

With all best wishes,



Douglas A. Drossman, MD
President, Rome Foundation



Incoming President's Report

Jan Tack, MD, PhD

Dear Rome Foundation Members, Friends and colleagues,

I consider it a great honour but also a considerable challenge to serve as President of the Rome Foundation, starting in after DDW this May. So how did I get here? I started my clinical and research career as a gastroenterologist with a focus on gastrointestinal motility disorders in Leuven in the 1990s, trained by my predecessors Gaston Vantrappen and Jef Janssen. Very soon, in clinic as well as in research, I realized that motility alone did not explain symptoms and presentations in many patients. Focusing on functional dyspepsia, I continued to study motility but also incorporated factors such as visceral hypersensitivity and the brain-gut axis in a comprehensive approach to symptom generation and patient management. This more biopsychosocial perspective made a world of difference in my understanding of the field and my career that has followed.

Probably based on these activities, I was invited to chair the committee on Functional Gastrointestinal Disorders for the Rome III book, which was published in 2006. Soon after this publication, I was invited to become a board member of the Rome Foundation, which I have continued to date. Over this last decade, I have been in a privileged position to observe and be part of the impressive dynamic of the Rome Foundation and its growing activities, scope and impact. From an organization whose initial focus was creating and updating consensus definitions for functional gastrointestinal disorders, Rome has developed into the leading force behind the optimization of care for patients affected by these conditions. The Rome criteria are now universally accepted and used by regulatory agencies, industry and clinicians conducting research on functional gastrointestinal disorders. The application of uniform patient selection criteria has been a decisive factor allowing scientific progress in this field. The Rome Foundation focused on seeing scientific progress applied in clinical practice, to improve care of patients with functional gastrointestinal disorders. This was achieved through Rome-initiated summaries of the state of scientific knowledge in working team reports and book chapters, the creation and dissemination of diagnostic algorithms, and the identification and structuring of clinically major determinants of treatment into the "multidimensional clinical profile (MDCP)", a novel and creative way to truly implement personalized patient treatment.

At the same time Rome has evolved into a worldwide, multiculturally oriented organization, as reflected by the broad international representation of participants in the Rome IV materials, published in 2016, not to mention the global composition of the current Rome Foundation Board of directors. With Rome IV, we also replaced the poorly defined and possibly stigmatizing term Functional Gastrointestinal Disorders with the more scientific connotation of Disorders of Gut-Brain Interaction. After the Rome IV publications, our activities continued to expand with the soon-to-be-published Global Epidemiology Study on Functional Gastrointestinal Disorders (headed by Dr. Ami Sperber) and the

creation of the Rome Foundation Research Institute (headed by Dr. Magnus Simren and assisted on the Executive committee by Dr. Douglas Drossman and myself).

The impressive impact and achievements of the Rome Foundation are testimonies of the dedication, vision and leadership by example of Dr. Douglas Drossman, who has been President of the Rome Foundation for almost 30 years. Dr. Drossman is an unremitting source of creative ideas, and has the skills and drive to translate them into projects and products, to the benefit of the patients, the physicians and the science in field of Disorders of Gut-Brain Interaction. In all Rome Foundation initiatives, definitions, recommendations and guidelines have been selected and supported based on the available scientific and clinical state-of-the-art knowledge. Consequently, the Rome definitions and guidance are now accepted by clinicians, regulatory bodies, health care providers and industry partners around the globe.

The expansion of activities and impact has necessitated a diversification of the increasing leadership responsibilities. An important first step was the appointment of Johannah Ruddy, M.Ed., as Executive Director of the Rome Foundation. In the new organizational structure, Dr. Drossman will assume the role of Chief of Operations of the Rome Foundation, and I will take office as President of the Rome Foundation after the 2019 Digestive Disease Week. With a European President-Elect, the global role and impact of the Rome Foundation is emphasized, but our task is to continue the successful activities and achievements, together with the Board Members and the Rome Foundation Research Institute. The Rome Foundation has contributed immensely to the acceptance of irritable bowel syndrome as an important clinical condition and a focus for successful therapeutic innovation. Similar progress needs to be made for several other prevalent disorders of gut-brain interaction, for instance functional heartburn, functional dyspepsia and bloating/distention, to name just a few. Disorders of Gut-Brain Interaction are not only prevalent in adults, but also in children. The Rome Foundation is already increasing its efforts to improve clinical awareness, diagnosis and management for these young patients. Scientific knowledge and progress have been the drivers of Rome Foundation working team reports and updates to criteria and management guidelines and tools. With the creation of the Rome Foundation Research Institute, we aspire to provide knowledge and evidence where this is lacking for diverse areas and aspects of the Disorders of Gut-Brain Interaction.

I look forward to continuing to pursue the Rome Foundation's mission to improve the lives of people with Disorders of Gut-Brain Interaction, together with Dr. Drossman, Johannah Ruddy, and all others involved in this great project.

Yours sincerely,

Jan Tack, MD, PhD
President-Elect, Rome Foundation



The Rome Foundation Research Institute (RFRI).

Magnus Simrén, MD

Scientific developments during recent years offer the potential for our knowledge of DGBIs to expand significantly. However, research exploring these novel approaches often occurred in relatively small single-center patient cohorts in advanced research centers. The Rome consensus process, which generates the Rome criteria and Working Team Reports on specific aspects of DGBIs, readily identifies the gaps in our knowledge. Advancing the field requires standardized state-of-the-art data collection, preferably with a broad international scope. While several databases may already exist, they are usually confined to a single center and are not constituted using uniform data-collection methods. There is now a compelling need to advance the science through a research infrastructure that will integrate a well-coordinated international research program by expert investigators with creation of a patient database and biobank for prospective studies to implement advanced DGBI phenotyping, identify risk factors, develop suitable biomarkers, evaluate novel or emerging diagnostic tools, guide choices of existing therapies, and advance therapeutic innovation and optimization. The Rome Foundation is uniquely able to bring in world class investigators and to recruit patients internationally using uniform validated selection criteria for conduct of research studies in DGBIs. The Rome Foundation also has a portfolio of Rome IV and other questionnaires in multiple languages and can also license from our extensive library a large variety of research questionnaires developed for and used in the DGBI population.

With this as a background, the Rome Foundation has initiated the Rome Foundation Research Institute (RFRI), to provide an infrastructure for multi-site multidisciplinary research. The aim of RFRI is to create an international academic research institute that advances scientific understanding of the disorders of gut-brain interaction. Through a process of growth and gradual increase in the number, scope, and types of projects, as well as the number of centers involved in the projects, the Rome Foundation wants to advance the Research Institute to become the global leader in DGBI research. The Rome Foundation believes the best opportunity for achieving these goals will be to actively collaborate with Industry, other academic non-Rome stakeholders and funding agencies.

The institute is directed by Dr. Magnus Simrén (Research Director), who together with Drs. Jan Tack and Douglas Drossman form an executive committee who coordinate the activities in RFRI. The work within RFRI will be done on the RFRI Cores with dedicated tasks, in line with project needs.

The Administrative Core will be responsible for the oversight of the RFRI, which includes research, training, and education-dissemination activities, and for the overall administration of the RFRI, involving clinical services research, training, collaboration with sponsors and outside agencies, and education. The Biometry, Data Management and Analysis Core will be responsible for providing and/or ensuring the standards for high quality data management systems, quality assurance processes and statistical analytic methodology aspects for the RFRI. The Clinical Research Network Core will be responsible for providing the infrastructure and maintaining the standards for clinical investigative studies involving epidemiological, clinical, outcomes, and treatment studies. This Core serves as a clearinghouse for research and is responsible for identification and selection of study centers. The Biobank and Biomarker Core will be responsible for defining relevant biomarkers and protocols to analyze these, and for identifying centers and sites with expertise and infrastructure necessary to collect, store and analyze biological samples for large-scale multinational research project. The Education, Dissemination and Media Relations Core will serve primarily to assure quality control in the dissemination of research knowledge that is accumulated from the RFRI.

Within RFRI different studies and research programs will or have been started, with a large multicenter study aiming at defining relevant biomarkers in functional GI disorders (ROBOT – ROme foundation BiOMarker project) being one example, and a clinical trial currently running in primary care in Belgium (the DOMINO trial) being another. The research organization planned for our future trials with a network of international research centers is currently being implemented through our large, global epidemiology study the Rome Foundation Global Epidemiology Study, and the organization developed in this study will form the backbone of new studies within RFRI. Moreover, within RFRI a large network of expert investigators from all continents of the world has been identified, and these investigators will participate in future trials run by RFRI. Currently several projects focusing on different aspects of DGBIs are planned with RFRI industry partners and sponsors, and these will be launched during 2019. So, the future for RFRI looks bright with several projects running or being in an advanced planning stage, and with this unique setup and organization we are confident that we will be able to change the landscape of DGBIs and advance the current state of knowledge about these disorders.

"What do you hear?" The Rome Foundation develops a New Initiative to Teach Communication Skills to Optimize the Patient Provider Relationship.

The Rome Foundation's mission is to improve the lives of patients with disorders of gut-brain interaction (FGIDs). The Foundation is a global leader in producing educational programs, but what has been missing is the teaching of patient centered care to help improve patient and physician satisfaction, adherence to treatment and improved clinical outcomes.

Communication skills training is particularly relevant for patients with Disorders of Gut-Brain Interaction (DGBI), because clinicians often feel ill equipped to understand and treat these patients, and this leads to mutual dissatisfaction in the care, and even patient stigmatization. When pressed for time clinicians may minimize efforts attending to these patients, while focusing on "sicker" patients or do procedures rather than engaging in face-to-face care that has clearer benefits.

To address this dilemma, The Rome Foundation in partnership with The Drossman Center For The Education and Practice of Biopsychosocial Care (DrossmanCare; www.drossmancenter.com) has established a program to facilitate communication skills, patient centered care, and shared decision making to save time and achieve optimal benefits.

The curriculum teaches more effective communication skills through written, visual and interactive methods even in the most challenging clinical situations and in less time. By combining the expertise of GI faculty who have established reputations in this field as well as adding the educational methods of DrossmanCare we improve the very process of care (i.e., not what you do but how you do it). Clinicians are more satisfied and efficient in their work, and patients are better engaged, adherent to treatment, and improve in their clinical outcomes.

Self-Learning Educational Videos

Our most recent educational video series Communications 202: A Deeper Understanding of GI Illness Through a Patient-Centered Approach includes an innovative new method to teach the complexity and sophistication of the medical interview. To learn more and get a free trial of Communication 202, scan the QR code or visit: <http://bit.ly/2D9aqHZ>.

Newer programs in development will teach clinicians brief (2-3 minute) pragmatic approaches to help clinicians explain to patients common and scenarios, for example: how to explain to a patient about using a central neuromodulator, how to discuss the brain-gut axis, how to go on a FODMAP or low gluten diet, what is the microbiome, how do CBT and hypnosis work, and many more.

Educational Workshops for Faculty and Trainees at Medical Centers

We conduct workshops on-site to teach our effective communication methods at major medical centers using a variety of learner-centered methods: lectures, video discussion, role play, and small group facilitation. The learners identify the areas of greatest need and we structure the program accordingly.

Symposia, Satellite Symposia, and Webinars

We develop symposia for gastroenterologists, trainees, midlevel, and allied health care practitioners. Examples can be



seen at <http://bit.ly/2qfcd08>. We have also published articles in highly rated peer review journals to demonstrate the impact of effective communication for patient and clinician. Go to this link to access our publications in Gastroenterology and an accompanying video <http://bit.ly/2KprU9h>.

Publications Guidelines on Communication (Rome Working Team Report)

The Foundation successfully publishes working team reports in high quality peer reviewed journals on a variety of topics over the last year. Over the next year we will develop a working team report that includes an evidence-based review on how to communicate effectively with their patients to improve clinical outcomes.

Train the Trainers: 1½ Day Intensive Seminars to Recruit Future Faculty

We have provided 1.5 day intensive seminars for university-based medical faculty interested in improving their skills by teaching more effective patient-provider communication. This training will help us to expand the impact of our methods to thought leaders who already provide the most up to date knowledge involving complex case discussions, and will then go on to serve as facilitators for future communication skills programs. Visit bit.ly/2s4U6Td to see what it is like in our program developed for the AGA.

Visiting Scholar Preceptorship Program

For many years, and from all over the world, gastroenterologists, trainees, psychologists, and mid-level providers have visited the practices of Rome Board members to be precepted on DGBI and also learn communication skills. The Rome Foundation Visiting Scholar Program is a great way for researchers and clinicians to engage with key leaders and learn not only about advanced research techniques and patient-focused care but also advanced communication skills. Faculty spend two to three days on site. This program is critical in developing the next generation of providers in becoming skilled communicators and exceptional physicians managing and treating patients with DGBI.



Copyright and Licensing Committee

Olafur Palsson PsyD,
Copyright and Licensing Committee, Chief of Operations

The Rome Foundation has long offered research questionnaires for licensing. However, recently the list of instruments it has available for that purpose has expanded significantly because we have been acquiring an increasing number of copyrights, translations and localizations of the various questionnaires for international research use. Because of this, it was becoming increasingly difficult to manage this activity. Therefore, the Rome Foundation formed a Copyright and Licensing Committee this past Fall to organize the questionnaire offerings and streamline the licensing process. It is work in progress, but substantial improvements have already been made. The person who now interacts directly with and serves people seeking questionnaires is Mark Schmitter, marketing manager, and the other committee members include Ami Sperber and Douglas Drossman as co-chairs, Olafur Palsson as chief of operations, and Johannah Ruddy, and Jennifer Layton as administrators.

Among the most commonly requested questionnaires for licensing currently are the Bristol Stool Form Scale, the IBS Severity Scale Score (IBS-SSS), and the IBS-QOL, and of course the adult and pediatric Rome IV diagnostic questionnaires. In fact, most all of the questionnaires have been developed for research by Rome Foundation members. However, several other useful questionnaires are also available. Many of these instruments are already in stock in a wide variety of language and country adaptations. For example, the Bristol Stool Form Scale can now be obtained from the Rome Foundation in

almost 90 different translations and country adaptations. Further, when a questionnaire in the foundation's portfolio are needed in a language or country localization that is not already available, the Copyright and Licensing Committee can offer step-by-step guidance for getting such translations or adaptations done responsibly and professionally.

If you are a researcher, academician, clinician or student looking for validated research questionnaires in the functional GI area, your first stop should be the Rome copyright and licensing page, where you will see on our newly revised web form a list of the questionnaires you can get, and where you can directly request exactly what you need: www.theromefoundation.org/products/copyright-and-licensing/.

Licensing questionnaires from the Rome Foundation will require a licensing fee if you have funding for your project (for example, if you need the instruments for a grant-funded research study or for commercial purposes). If you have no such funding, there is no fee for use of the questionnaires except a standard processing fee. Note, however, that you must have a license in order to use any and all of the questionnaires that the Rome Foundation offers, even if you are only going to use them in an unfunded project.

We hope that you will take advantage of our ever-expanding resource of the Rome Foundation's questionnaire collection, and we strive to make the process of obtaining these instruments as efficient and helpful as possible. We look forward to hearing from you and helping you with your questionnaire needs!

Rome Foundation Mentoring Program

To encourage young investigators to enter our field, we are continuing now with the Third Annual Rome Foundation Investigator Mentoring Program. Directed by Rome Foundation Board members Magnus Simren and Jan Tack, and with the assistance of two experienced administrators Dianne Bach and Michael Stolar (formerly of the AGA), last year's program was highly successful with 5 presenters selected. Each year we will provide a venue for early stage investigators to obtain expert consultation on research that they are developing. The program is consistent with and supports the Foundation's commitment promoting science-based activities.

At the Mentoring meeting at DDW to be held at the Bayview Room at the San Diego Hilton on Saturday May 18 from 3:30 – 5:45 PM, the awardees will present proposed research studies

to experienced investigators (Foundation Board industry sponsors and others invited by the Foundation) who will review their proposals, identify pitfalls or opportunities and give advice on how to improve them. The presenters need to: (1) discuss functional GI disorders and/or GI motility problems as their area of investigation, and (2) not have sufficient mentoring input or support for their project, and 3) are interested in pursuing a research career in the afore mentioned proposal. Participants would be selected via a competitive application process conducted by the Foundation. There is no age or level of training restriction and we encourage international applicants.

Each participant will have 20 minutes to present their proposal and to participate in the discussion about their proposal.

Education Program

The Rome Foundation provides all people who work in the field relating to Disorders of Gut Brain Interaction (DGBIs) with world-class educational programs and tools, all updated to reflect Rome IV recommendations. These give physicians and health care providers more confidence in their diagnoses and patients more satisfaction with their care, including improved clinical outcomes. For more information about the upcoming Rome Educational programs, please visit our website at www.theromefoundation.org

Education Committee

The Rome Education Committee, chaired by Lin Chang, MD, was formed in December 2007 to oversee the development of educational programs and practical tools for physicians and health care providers in the field of Disorders of Gut-Brain Interaction (DGBI). For over a decade, the Education Committee has provided clinicians, researchers, and others in the DGBI field with resources and information that reflect the latest research, and incorporate diverse and innovative approaches to research, diagnosis, and treatment.

Expansion of Educational Scope with Rome IV Books

With the publication of Rome IV in 2016 our educational efforts expanded to meet the needs of clinicians with a variety of new initiatives. This included Rome IV Diagnostic Algorithms for Functional GI Symptoms to help in the diagnostic evaluation, The Multidimensional Clinical Profile (MDCP) for functional GI Disorders to provide for more focused treatment options targeted to the individual patient, a Pediatric book, a Primary care book and a book containing all the diagnostic questionnaires and tables for investigators. Many of the educational initiatives that followed were based on using the knowledge in these publications.

Rome IV Slide Sets

The Rome Foundation has developed over 700 images and slides for Rome IV, and offers two additional sets for presentation: the Rome IV Multi-Dimensional Clinical Profile (MDCP) and the Rome IV Diagnostic Algorithms slide sets. Our slides include notes and references covering the information provided in the Rome IV book. Designed by the world's leading experts in functional GI disorders, these programs allow for self-learning and preparing presentations using the most up-to-date information. Purchase the entire slide set collection, specific modules by topic, or individual slides. They are available exclusively from the Rome Foundation website.

Rome Foundation Regional CME Symposia for Nurse Practitioners, Physician Assistants & Primary Care Physicians

The Rome Foundation has launched regional symposia aimed at providing both diagnostic and treatment education for clinicians on the most common brain-gut disorders. In 2017, Rome conducted a needs assessment among NPs and PA's and

found a gap in knowledge for both diagnosis and treatment of issues such as IBS, Functional Constipation, Functional Heartburn and Esophageal Disorders. Experts in the FGID field give didactic lectures on these topics. In addition, there are interactive workshops on patient-provider communication skills and a case-based session using the MDCP and interactive toolkit. In 2018-2019, we conducted four sessions in New Mexico, Texas, New York and South Carolina. These will continue with three other sessions through 2020 in Chicago, Los Angeles and North Carolina.

Rome Foundation Visiting Scholar Program

The Rome Foundation Visiting Scholar Program provides select researchers and clinicals opportunities to observe leaders in the DGBI field. These programs bring fellows and junior faculty to Rome Foundation board members' institutions and allow them to observe their clinical approach and practices. During their visit, they are exposed to new research techniques and patient-focused care, and learn advanced communication skills to assist them in better managing their patients. They also meet with departmental heads and investigators for a broader understanding of the DGBI care environment. This program is critical to the development of the next generation of exceptional physicians managing and treating patients with DGBI.

GI Genius

The Rome Foundation in partnership with LogicNets®, the developer of an intelligent decision-support automation platform, produced the GI Genius, formerly known as the Rome IV Interactive Clinical Decision Toolkit. This new intelligent software system provides an online resource to assist practitioners in achieving optimal clinical outcomes. It offers a powerful online and interactive approach for accessing the combination of the Rome IV Diagnostic Algorithms and the MDCP treatment guidelines on-demand and at the point of care. In 2019, we added more information on the psychosocial aspects of patient care and the use of neuromodulators and behavioral interventions to help clinicians know when to consider centrally-targeted treatments. The GI Genius also includes Rome IV diagnostic and treatment recommendations for pediatricians and pediatric gastroenterologists to use as they treat GDBIs in pediatric populations.

Communication 202 - New Innovative Video Learning Tool

This innovative video learning tool teaches the sophistication and complexity of the medical interview as a means to optimize the patient provider relationship. Within the context of a clinical visit, the program demonstrates educational techniques to improve communication skills, by employing simulations of ineffective and effective interview technique as well as detailed critique of the interview methods. This knowledge leads to patient centered care, effective psychosocial assessment, and shared decision making

Rome IV GI Genius

Formerly known as the Rome IV Interactive Clinical Decision Toolkit



Updates in Psychosocial Treatment and New Pediatric Component?

The Rome IV GI Genius Interactive Clinical Decision Toolkit has continued to be updated! In addition to updates to the scientific content for the treatment of Functional Gastrointestinal Disorders, we have made updates to the clinical information, and treatment recommendations for adults. To support these changes, additional references have been included throughout the program to help improve the user experience of our program. Additionally, we have updated the psychosocial treatment and evaluation portion of the program and added new information on central neuromodulators to help our users best serve the needs of their patients in a comprehensive way.

Furthermore, the Rome Foundation is excited to reveal the Pediatric Diagnostic and Treatment algorithms in our interactive toolkit. Working with Dr. Samuel Nurko, and other pediatric GI experts, the Rome Foundation is releasing new diagnostic and treatment algorithms for neonate/toddler and child adolescents. Each of these new diagnostic and treatment algorithms is complete with up-to-date scientific information supporting each clinical decision, with supporting references.

With these new updates, the Rome Foundation hopes to continue to serve as the gold standard for the diagnosis and treatment for all patients with FGIDs.



Rome Foundation Mobile App

By Chaitanya Pabbati, MD
Rome Foundation Technical Consultant

The Rome Foundation is happy to report that development of the Rome App is now available. This mobile application will allow users to interact with the Rome Foundation's educational resources in a new and convenient way. The application allows for direct availability of the adult and pediatric Rome IV criteria and is available for co-purchase along with access to the Rome IV Clinical Decision Toolkit. Users will also have access to other features such as the annual DDW Overview and IBS: The Global Perspective.

The Rome App will also provide users the ability to check out our social media (Twitter, Instagram, and Facebook), link to the

Rome website, access information about all Rome board members, and connect with other Rome Foundation projects and products including books, slides, and online educational materials.

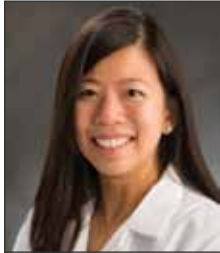
This App was developed in conjunction with our collaborators at Precisions Marketing Partners and is another step taken by the Rome Foundation to remain at the forefront of medical education for all clinicians treating FGIDs.



Rome Foundation Research Program

AGA Research Foundation - Rome Foundation Functional GI and Motility Disorders Research Award Recipients - 2019

This program provides two \$30,000 awards for novel pilot studies each year.



Joan W. Chen, MS

Assistant Professor of Internal Medicine
Department of Gastroenterology and Hepatology
University of Michigan, Ann Arbor, Michigan

Title: *Single Arm Pilot Trial of Digital Cognitive Behavioral Therapy in Gastroesophageal Reflux Disease Patients with Insomnia*

Dr. Chen is a gastroenterologist and an early-career investigator at the University of Michigan with a focus on esophageal diseases. After completion of her GI fellowship at Northwestern, she received advanced training in esophageal disorders under the guidance of Drs. John Pandolfino and Peter Kahrilas. She also completed a Master's degree in Clinical Investigation at Northwestern University in 2013. Her primary research interest involves understanding treatment failure in patients with gastroesophageal reflux symptoms and developing novel therapeutic options. As a clinician, she

has three half-clinics a week dedicated to seeing patients with esophageal conditions, a significant proportion of which present with complaints related to persistent reflux symptoms despite medical therapy. Since 2015, she initiated a research collaboration with sleep experts in Neurology and Psychiatry and completed two projects to assess the association between sleep dysfunction and persistent reflux symptoms. With the knowledge gained from these studies, she looks forward to conducting prospective trials using sleep intervention to improve reflux symptoms in refractory reflux patients.



Arpana Gupta, PhD.

Assistant Professor and Director of the Neuroimaging Core at the UCLA G. Oppenheimer Center of Neurobiological Stress and Resilience (CNSR)
Los Angeles, CA

Title: *Cognitive Behavioral Therapy Leads to Bidirectional Changes in Brain-Gut Axis for Obesity*

Dr. Gupta specializes in research investigating interactions between environmental and biological factors in contributing to stress-based diseases such as obesity. Her current program of research, broadly defined, is based on developing an obesity model that aims to understand the mechanisms associated with the bi-directional interactions of the brain with those in the periphery (immune cells, gutmicrobiota-related metabolites). She is interested in investigating

the modification of these brain-gut interactions by vulnerability factors re: adverse life events, sex, race or protective factors re: resilience in obesity. Other main areas of research interest include sex differences in central responses to stress; the relationship between altered ingestive behaviors and brain gut interactions; and the modification of these relationships after targeted interventions such as cognitive behavioral therapy, diet, lifestyle, exercise interventions.

Rome Foundation Research Program



Ray Clouse Award

for Best Research Publication on FGIDs and Motility Disorders, 2019
(best paper in our field, published in 2018)

The Rome Foundation established an award in memory of Ray E. Clouse, MD a gastroenterologist and scholar at Washington University School of Medicine and a devoted member of the Rome Foundation. Ray's academic career spanned 27 years of research, teachings and writings that has left an indelible mark in the field of functional GI and motility disorders and of gastroenterology in general.



Gry I. Skodje, MSc, RD

Department of Clinical Nutrition
Division of Cancer Medicine
Oslo University Hospital
Oslo, Norway

Title: *Intestinal Fungal Dysbiosis Is Associated With Visceral Hypersensitivity in Patients With Irritable Bowel Syndrome and Rats. Gastroenterology 2017;153:1026–1039*

Non-celiac gluten sensitivity is characterized by symptom improvement after gluten withdrawal in absence of celiac disease. The mechanisms of non-celiac gluten sensitivity are unclear, and there are no biomarkers for this disorder. This article outlined the study aimed to investigate the effect of gluten and fructans separately

in individuals with self-reported gluten sensitivity. This article concluded that in a randomized, doubleblind, placebo-controlled crossover study of individuals with self-reported non-celiac gluten sensitivity, fructans were found to induce symptoms, measured by the GSRS-IBS.



Ken Heaton Award

for the Paper Most Cited on FGIDs and Motility Disorders, 2019
(most cited paper in our field, published in 2017)

The Rome Foundation established an award for the most cited paper in memory of Ken Heaton MD, former Consultant Physician at the Bristol Royal Infirmary and Reader in Medicine at the University of Bristol.



Keith McIntosh, MD

Assistant Professor of Medicine at Western University and Medical Director of the Gastrointestinal Motility Program
St. Joseph's Health Care
London, Canada

Title: *FODMAPS alter symptoms and the metabolome of patients with IBS: A randomized controlled trial. Gut 2017; 66:1241-1251. This article was cited 65 times.*

This study looked to gain mechanistic insights and compared effects of low FODMAP and high FODMAP diets on symptoms, the metabolome and the microbiome of patients with IBS. In a controlled, single blind study of patients with IBS (Rome III criteria) randomised to a low (n=20) or high (n=20) FODMAP diet for 3 weeks, symptoms were assessed using the IBS symptom severity scoring (IBS-SSS). The metabolome

was evaluated using the lactulose breath test (LBT) and metabolic profiling in urine using mass spectrometry. Stool microbiota composition was analysed by 16S rRNA gene profiling. The article concluded that IBS symptoms are linked to FODMAP content and associated with alterations in the metabolome. In subsets of patients, FODMAPs modulate histamine levels and the microbiota, both of which could alter symptoms.

Rome Foundation Research Program



Rome Foundation – Aldo Torsoli Foundation Research Award.

We are pleased to announce a joint award from Rome Foundation with the Aldo Torsoli Foundation in the area of Functional GI Disorders. This award was created in 2018 to recognize a mid or senior level MD or PhD who have an academic record of research, education and patient care in the area of gut-brain interactions (FGIDs). The 2019 winner is:



Roberto di Giorgio, MD, PhD

Professor Medicine and Consultant in Gastroenterology
University of Bologna School of Medicine
Bologna, Italy.

Dr. di Giorgio has made significant contributions to the understanding of the structural and functional organization of the enteric nervous system in normal and disease states with focus on neurodegenerative and inflammatory diseases and enteric neuropathies. His interest in functional

GI disorders spans from chronic constipation to IBS and more complex dysmotility disorders like pseudoobstruction (CIPO). The Rome Foundation and Aldo Torsoli Foundation are pleased to present our first award to Dr. di Giorgio

Membership in the Associates of Rome program has grown to 1800 members in 84 countries since its inception in 2010.

**Associates
OF ROME**

We have revitalized the Rome Associates program this past year and are happy to announce that all current Associates receive special discounts on Rome products, certificates commemorating their association and copies of the 2018 Working Team papers published last year. If you are interested in joining the Associates program, please sign up today on our website!

Members are enjoying benefits such as:

- Discounts on Rome products
- Quarterly newsletters
- Conference registration discounts
- Certificate of Association
- Specially designed Associates of Rome pin

New Associates Benefit!

All Associates of Rome are eligible to download up to 15 Rome IV slides from the Rome IV Slide Set for FREE from our website.

To join, please visit our website at www.theromefoundation.org/associates-of-rome-program.





Rome Foundation Welcomes Newest Board Member, Dr. Xiucai Fang

Xiucai Fang, MD

Professor of Medicine
Department of Gastroenterology
Peking Union Medical College Hospital
Chinese Academy of Medical Sciences and Peking Union Medical College
Beijing, China

We are most pleased to welcome Xiucai Fang, MD to the Rome Foundation Board of Directors. Dr. Fang graduated from Sun Yat-sen University of Medical Sciences in 1984 and completed her internship and residency training program in internal medicine in PUMC Hospital. From 1987 to 1990, she completed the Master program in internal medicine and gastroenterology at Peking Union Medical College. And then, she completed her fellowship in the gastroenterology, and worked in PUMC hospital as an attending physician (from 1990), associate professor (from 1995), full professor (from 2006). She was a visiting scholar of enteric nervous system team in the Ohio State University, USA (2002-2005) and her research has focused on irritable bowel syndrome and enteric nervous system.

Dr. Fang was the secretary (from 2000) and the vice chair (2007-2018) of the Chinese Society of Gastrointestinal Motility. She served as a vice editor-in-chief or editor of Chinese Journals and peer-reviewed journals. She published more than 60 original

research articles and 6 books on Functional Gastrointestinal Disorders (FGIDs).

Dr. Fang is well deserving of this position given her extensive work promoting the Foundation's knowledge within China. In 2008, Dr. Fang together with Dr. Meiyun Ke translated the Rome III textbook into Chinese, and then continued to introduce the Rome criteria in the Chinese Medical Tribune to spread awareness of the Rome criteria and related knowledge of DGBI throughout China. Dr. Fang joined to the Rome IV team as a member of Multicultural

Aspects of FGIDs Committee. In 2016, she organized Chinese colleagues to translate the Rome IV textbook into Chinese, and she is also a coeditor-in-chief of Chinese version of MDGP (second edition), and the principal reviewer of Chinese version FGIDs for Primary Care and Non-GI Clinicians. Dr. Fang is a fellow of Rome Foundation and served as a member of International Liaison Committee. We look forward to many years of collaboration with Dr. Fang

Rome Board Member Publications (alphabetical order) in 2018

Ananthakrishnan, A. N., A. G. Singal, and **L. Chang**. 2019. 'The Gut Microbiome and Digestive Health - A New Frontier', *Clin Gastroenterol Hepatol*, 17: 215-17.

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Barbara, G., C. Cremon, and F. Azpiroz. 2018. 'Probiotics in irritable bowel syndrome: Where are we?', *Neurogastroenterol Motil*, 30: e13513.

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Chey, W. D. 2018. 'Diet and Irritable Bowel Syndrome', *Gastroenterol Hepatol (N Y)*, 14: 309-12.

Chey, W. D., C. W. Howden, and G. I. Leontiadis. 2018. 'Clarifying the Houston Consensus on Helicobacter pylori', *Clin Gastroenterol Hepatol*, 16: 2003-04.

Clevers, E., W. E. Whitehead, O. S. Palsson, A. D. Sperber, H. Tornblom, L. Van Oudenhoove, J. Tack, and **M. Simren**. 2018a. 'Factor Analysis Defines Distinct Upper and Lower Gastrointestinal Symptom Groups Compatible With Rome IV Criteria in a Population-based Study', *Clin Gastroenterol Hepatol*, 16: 1252-59 e5.

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Update from the International Foundation for Functional Gastrointestinal Disorders (IFFGD) Spring 2019



By Tegan Gaetano

For the millions of adults and children around the world living with a chronic gastrointestinal (GI) illness, there are often more questions than answers.

What causes these conditions?

Why do the symptoms occur?

How can I reach my health goals?

When IFFGD was founded in 1991, answers to these questions were largely unknown, and patients and their loved ones were often left to piece together the limited information available to them on their own. Since then, we have made great strides to raise global awareness of the impact of these conditions on those affected, reduce the stigma often associated with symptoms, meet the information needs of patients and caregivers, and encourage and support innovative research to advance the scientific understanding and clinical care of these disorders.

But we haven't accomplished this alone.

We are grateful to the Rome Foundation and to the many others who have dedicated themselves in the quest for answers on behalf of all those affected.

Patient Resources

Providing accessible, evidence-based health information and resources at the click of a button, the IFFGD websites continue to be our most important means of reaching patients, health care providers, and the public. In December, IFFGD launched a Dietitian Listing Database for patients. Available on the main IFFGD website, this resource allows patients to search for a GI dietitian by geographic area and clinical focus. When first launched, 92 dietitians were included in the database, and we continue to increase participation through social media outreach, direct contact, and convention attendance.

We encourage GI dietitians interested in being included in the database to contact us at iffgd@iffgd.org.

Online Education

Most people living with a chronic GI disorder connect what they eat to their symptoms. But far fewer understand why certain foods seem to worsen their symptoms while others don't. To help unpack the complex relationship between what we eat and our digestive health, in 2019 IFFGD launched a new educational series entitled Diet & Digestive Health Chat. Partnering with GI dietitians across the country, IFFGD hosts monthly Twitter chats addressing timely topics in diet and digestive health. By engaging the patient and professional communities on Twitter in regular conversations, this new educational series will help those living with a digestive illness better understand their condition and elevate the role of GI dietitians as critical members of the health care team.

Watch for upcoming chat announcements on Twitter with the hashtag #DDHChat!

Research

Through research lies the promise for answers – a better understanding, faster and more accurate diagnoses, more effective treatments, and perhaps one day even cures for these complex

and burdensome illnesses. Continuing IFFGD's long tradition of recognizing and supporting the accomplishments of young investigators engaged in significant research in the field, we will be recognizing the winners of our 2019 Research Recognition Awards at Digestive Disease Week (DDW) in May.

Awareness

Through health observances, we jumpstart the national conversation about digestive health issues and elevate the needs of the millions of people in the U.S. and around the world affected by chronic GI disorders.

Many of the 7,000 rare diseases identified by the U.S. National Institutes of Health (NIH) affect the functioning of the digestive tract. In 2019, IFFGD joined rare disease advocates from across the country at Rare Disease Day at NIH. This annual event hosted by the NIH represents an opportunity for the rare disease community to come together to raise awareness among policymakers and the public. This year we focused on ways to connect different aspects of care for patients and caregivers in recognition of this year's global theme, "Bridging Health and Social Care."

For the 30 to 45 million Americans living with irritable bowel syndrome (IBS), the need to be understood by those closest to them often goes unfulfilled. Stigma surrounding symptoms and fear that their illness experiences will be trivialized or even dismissed keep many with IBS from talking openly and making their needs known by family and friends, employers, and even health care providers. Looking ahead to IBS Awareness Month in April, IFFGD will encourage patients to share the things they wish people knew about IBS to open up the conversation about the often-invisible challenges faced by those affected and empower patients to make their needs known. Join us this April by encouraging the patient community to share "What I Wish People Knew About My IBS" with the hashtag #UnderstandMyIBS.

IFFGD Update

At IFFGD, we hear from thousands of people living with a chronic GI illness. Learning from patients and caregivers about their illness experiences and real-life needs helps us address the issues most important to those affected. Aligned with this goal, in 2018 we launched the IFFGD Patient Panel – a group of almost 300 (and counting) patients, family members, and caregivers interested in helping guide IFFGD's future programs and activities. Members of the Patient Panel represent a diverse range of ages, geographies, diagnoses, and illness experiences. As we grow, we will look to these individuals to help us identify current unmet needs and develop IFFGD-led solutions that meet those needs.

As in past years, we look forward to having a presence at DDW in May where we will be sharing some of our new projects and initiatives. We invite you to stop by our booth (#743).

The quest for answers is ongoing, but through the dedicated efforts of patient and caregiver advocates, researchers, clinicians, and others we are seeing the pieces of the puzzle fall into place for all those affected. We are grateful to you for your continued efforts on behalf of the patient community and look forward to the answers we will uncover together in the future. Thank you.

THE STANDARD FOR FUNCTIONAL GI

State-of-the-art educational tools that can improve your assessment, diagnosis and treatment of disorders of Gut-Brain Interaction (Functional GI Disorders).

**THREE NEW
EXCITING ADDITIONS
FOR 2019!**

GI Genius

INTERACTIVE CLINICAL
DECISION TOOLKIT

Also known as the Rome IV Interactive
Clinical Decision Toolkit

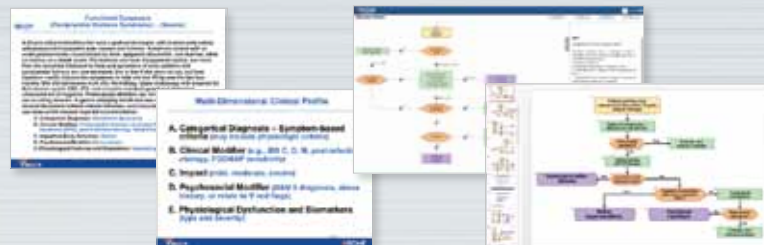
UPDATES FOR 2019 INCLUDE NEW MEDICATION INDICATIONS AND DIAGNOSTIC APPROACHES.

- Behavioral and central neuromodulator treatments to address associated anxiety and depression as well as pain that can affect the clinical condition
- Pediatric treatment algorithms added for neonate/toddlers and child/adolescents

STREAMLINE TREATMENT PLANS AND CLINICAL WORKFLOWS TO IMPROVE OUTCOMES FOR YOUR PATIENTS.

Interact visually with advanced diagnostic tools developed by the best minds in FGIDs. Identify clinical cases and all relevant decision pathways using touch inputs to highlight and activate optimal treatment pathways.

Developed by the Rome Foundation in collaboration with LogicNets, GI Genius addresses the sophistication and complexity of the diagnosis and treatment of FGIDs via an online resource that educates and assists clinicians in achieving optimal clinical outcomes. It combines on-demand interactivity with the content of the Rome IV Diagnostic Algorithms and the MDCP treatment guidelines.



COMMUNICATION 202



NEW INNOVATIVE VIDEO LEARNING TOOL



A STEP-BY-STEP GUIDE FOR IMPROVING
PATIENT/PROVIDER COMMUNICATION

www.Communication202.org

This innovative video learning tool teaches the sophistication and complexity of the medical interview as a means to optimize the patient provider relationship. Within the context of a clinical visit, the program demonstrates educational techniques to improve communication skills, patient centered care, psychosocial assessment, and shared decision making. The information provided within the interview applies to patients with most any medical diagnosis.

*Created by Douglas A. Drossman, MD in collaboration
with Rome Foundation and DrossmanCare*



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FREE APP TODAY**



**To Order Rome IV Books and
Digital Products, go to
theromefoundation.org
& Click on **Products**.**

Rome Foundation – AGA Institute Lectureship at Digestive Disease Week 2019

Making Treatment Choices for Functional GI Disorders



Lin Chang, MD
University of California, Los Angeles
USA

*Medical and Psychological
Comorbidities Influencing
Therapeutic Choices*



Magnus Simrén, MD
University of Gothenburg
Sweden

*The Role of Biomarkers in
Patient Management*



Jan Tack, MD
University of Leuven
Belgium

*Clinical and Patient Factors
that Affect Treatment
Outcome*



Monday, May 20th 2019, 2:00 – 3:30pm
San Diego Convention Center
Room 33ABC



VISIT OUR BOOTH AT THE FOLLOWING CONFERENCES IN 2019

DDW - Booth # 746
May 19-21, 2019
San Diego, CA

WGO
September 21-23, 2019
Istanbul, Turkey

UEGW
October 20-22, 2019
Barcelona, Spain





2019 James W. Freston Conference

Food at the intersection of gut health and disease

AUG. 9 & 10, 2019 | PALMER HOUSE | CHICAGO, ILLINOIS

You will collaborate with clinicians and allied health professionals to learn how nutrition management therapies can treat GI disorders and improve gut health care.

Register today at freston.gastro.org.



UEG Week Vienna 2019 October 19-23, 2019 Barcelona, Spain

Register by May 16th to benefit
from early bird fees
www.ueg.eu/week



UEG Week is the premier venue for researchers from across the globe to present their latest research. UEG Week combines world class scientific research, invited lectures by leading minds in gastroenterology and an excellent Postgraduate Teaching Programme. Multidisciplinarity is a key focus of UEG Week, which covers topics of interest for the entire GI community.

Find out more information, visit www.ueg.eu/week

ROME FOUNDATION SPONSORS



ABOUT THE ROME FOUNDATION

The Rome Foundation is an independent not for profit 501(c) 3 organization that provides support for activities designed to create scientific data and educational information to assist in the diagnosis and treatment of functional gastrointestinal disorders (DGBIs). Our mission is to improve the lives of people with disorders of gut-brain interaction - DGBI (formerly called functional GI disorders - FGID). Over the last 20 years, the Rome organization has sought to legitimize and update our knowledge of the DGBIs. This has been accomplished by bringing together scientists and clinicians from around the world to classify and critically appraise the science of gastrointestinal function and dysfunction. This knowledge permits clinical scientists to make recommendations for diagnosis and treatment that can be applied in research and clinical practice.

The Rome Foundation is committed to the continuous development, legitimization and preservation of the field of DGBIs through science-based activities. We are inclusive and collaborative, patient-centered, innovative and open to new ideas.

The mission of the Rome Foundation is: To improve the lives of people with Disorders of Gut-Brain Interaction

The goals of the Rome Foundation are to:

- Promote global recognition and legitimization of DGBIs
- Advance the scientific understanding of their pathophysiology
- Optimize clinical management for these patients
- Develop and provide educational resources to accomplish these goals

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