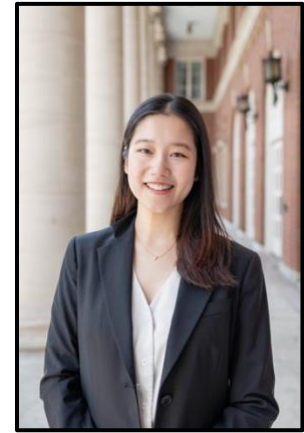


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Personalized irritable bowel syndrome care: a scoping review

Introduction: Irritable Bowel Syndrome (IBS) can have a significant, negative impact on patients' quality of life. Patients experience substantial variability in symptom presentation, severity, and therapeutic response. Difficulties in IBS diagnosis and management are compounded by the unclear etiology and nonspecific histological signs of the condition. Care for IBS may be personalized to better support patients with varied needs. However, there are currently no guidelines regarding personalized care for IBS. Thus, this scoping review seeks to identify and define the facets of more comprehensive and personalized care for patients with IBS.

Methods: Articles published after 2000 through Pubmed and Cochrane were located. Papers were included in the review if they described subgroups of patients' experiences with IBS or identified unique patient needs based on patient background. A total of thirty-nine papers were included.

Results: A customized low-FODMAP diet, supportive family environment, early mental health interventions, and culturally-competent care are key factors of personalized care for IBS that contribute to better outcomes. Selected papers particularly highlighted the importance of a personalized diet, supportive family environment, mental health resources, and recognition of social determinants of health such as gender and access to healthcare.

Conclusions: IBS is a dynamic condition that is unique to each individual. Insights into specific patient needs may lead to improved, more effective care. Though research into IBS continues to improve patients' quality of life, there remains a gap in knowledge of how to best address patients' unique disease. Further studies investigating health outcomes among diverse patients with IBS may provide insight into strategies to more precisely address patients' unique needs.