

Brochure

# Irritable Bowel Syndrome Service

**inhealthcare**

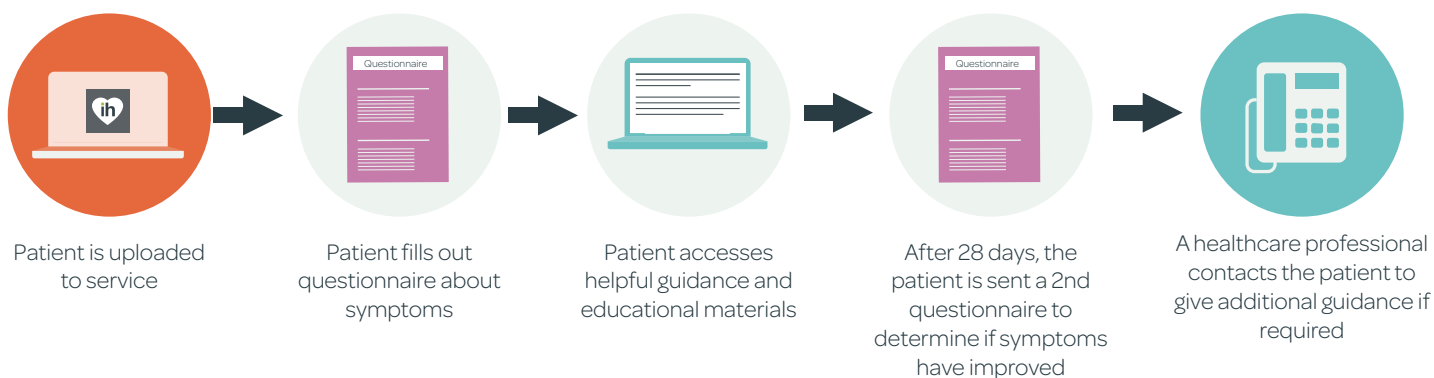
## How does the irritable bowel syndrome service work?

The digital health service for irritable bowel syndrome helps patients manage their condition using the My Inhealthcare app.

Using the app, patients have instant access to the most up to date advice and support. This includes information on what to eat, looking after their wellbeing and other tips to help manage their symptoms.

Once logged into the secure app, patients fill out a questionnaire about their symptoms.

After 28 days, the patient is sent a second questionnaire to determine if their symptoms have improved. If they have, the patient can continue to use the app. If they have not improved, a member of the Dietetic IBS team contacts the patient to give additional guidance.



## What are the benefits of the service?

- Patients have access to a wealth of helpful resources
- Patients feel supported
- Patients have access to useful information, at their fingertips
- It allows staff to triage patients

*“ 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 for those with the greatest need. ”*

**Jacqueline Walker, Tayside Nutrition Managed Clinical Network Programme Manager and Professional Dietetic Advisor to the Scottish Government Modernising Patient Pathways Programme.**

NHS Tayside implemented the Irritable Bowel Syndrome Pathway from the Scottish Government's new Modernising Patient Pathways Programme.

People are diagnosed within primary care and referred to NHS dietitians who then register them onto the new service. They are able to access trusted information at any time to help them understand and manage their condition.

It helps people to track their symptoms over time and identify any changes.

They can request extra support from dietitians via the app as and when needed.

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

If they 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.

“

*We are hoping that our patients see the benefits of this new app very quickly. It is important to provide trusted evidenced-based advice to people as there is a lot of misinformation about IBS on the internet.* ”

Nicola Hutchinson, Advanced Practice Dietitian and Project Lead



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