

IPT Engagement Series:

PCN Approach to Irritable Bowel Syndrome (IBS)



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SESSION SUMMARY REPORT

DATE	FORMAT	RESPONDENTS AUDIENCE
October 14, 2026	Zoom	52 Evaluations FPs & Nurse Practitioners

100%
Would attend another
IPT Engagement Session

100%
Would recommend
this session to a colleague

88%
Rated session
4-5 out of 5 for value

Session Overview

The IPT Engagement Series provides Vancouver PCN allied health practitioners with a platform to showcase their work, supporting knowledge sharing, cross-disciplinary learning, and stronger connections across primary care.

This session focused on **Irritable Bowel Syndrome (IBS)**, including the PCN Registered Dietitians' patient care approach. The registered dietitians discussed how an accurate diagnosis is important to determine the best care strategy. A variety of treatment options, based on the patient's goals and lifestyle, were discussed including the use of a FODMAP diet, gut-directed hypnotherapy and Nerva. It was emphasized that the interventions must be tailored to fit the patient, otherwise they will not be successful.

WHAT WAS COVERED

Key Content Areas

Patient-Centered Approach

Interventions are determined and adjusted based on the patient's behavioural goals and lifestyle. Certain interventions may be unsuccessful if they do not fit the patient's lifestyle and are not realistic.

FODMAP Diet

A FODMAP diet works in 3 phases: Phase 1 - low FODMAP, Phase 2 - Reintroductions, and Phase 3 - Personalization & Maintenance. A FODMAP diet can be used to determine intolerances and portions tolerated, but is not needed/might not work for everyone.

Gut-Directed Hypnotherapy

A gut-brain therapy that changes how the gut and brain communicate. This therapy helps the nervous system enter a calmer, more regulated state, helping the brain become less reactive to gut sensation. This is a well-researched method.

Additional Considerations

Fibre and fluid intake are important factors to consider. The intake of these items can be adjusted to support the management of symptoms.

Nerva as a Treatment Option

Nerva is a gut-brain therapy program that is designed to be done in 15-20 minutes per day over the course of 6 weeks. This program has been shown to increase communication between the brain and the gut.

*PCN Pregnancy Care

To clarify, PCN does not provide pediatric care, but can provide support to clients in pregnancy if they meet the general PCN and PCN RD criteria for mild-moderate support. Some clients in pregnancy may benefit from more specialized support around pregnancy, for example from BC Women's.

Key Highlights

Case-Based Learning Was a Major Strength

The use of case studies was useful in demonstrating how a FODMAP can be implemented as a treatment strategy for patients and the correct way to implement it.

Better Understanding of PCN Dieticians' Role

Attendees gained a better understanding of how the PCN Dieticians can support their patients with IBS.

Additional Resources

Attendees appreciated receiving links to additional resources that could be applicable to their patients.

PCN Networking

The session provided a space for attendees to get to know their PCN Allied Health Professionals better.

PARTICIPANT EVALUATION

Session Ratings

Based on 52 survey responses (scale of 1–5).

Overall session value



48% rated "Extremely Valuable" (5/5) · 40% rated 4/5

Ability to apply knowledge going forward



46% rated 5/5 · 42% rated 4/5

IPT Series objectives met



60% rated 5/5 · 31% rated 4/5

87%

Family Physicians

13%

Nurse Practitioners

100%

Would attend a future IPT Engagement session

WHAT PARTICIPANTS SAID

Selected Feedback

"I actually did not know that the PCN dieticians did counselling for IBS and I like that it is a very individualized approach rather than as a group as each patient's IBS symptoms can vary significantly, even triggers."

"Practical guidance and resources for a common presentation seen in family practice."

"I enjoyed learning about the resources at PCN and will use in the future Also being informed of some community resources such as Nerva was helpful too."

"I appreciated the opportunity to learn more about the roles of PCN allied health professionals and how they support patient care. The session was informative and encouraged collaboration, knowledge sharing, and networking."

"These series have always been insightful and helpful. also provides an opportunity for interaction within the PCN."

NEXT SESSION: November 18th, 2026

To register for the session on a PCN approach to Worry & Health Anxiety click [here](#).

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