Probiotics and its effects on Irritable Bowel Syndrome

By: Chelsea Barber, MiChaela Gossett, and Brianna Lippard

Abstract

Introduction: Irritable Bowel Syndrome (IBS) is a functional disorder of inflammation and disruption of the gastrointestinal (GI) tract. This is the most common GI disorder affecting 10% of people in North America. Probiotics are active microorganisms that provide health benefits when consumed. They are beneficial because they improve or restore gut flora. Consumption of probiotics associate with shortening of colonic transit time in patients with IBS.

Purpose: The purpose of this review is to determine if there are beneficial effects of taking a probiotic among clients that are diagnosed with IBS.

Methods: The Evidence Analysis Manual was followed to examine articles one and two to evaluate the effects of probiotics on IBS. The studies of the articles included active and control groups and were done over a period of time that was feasible to produce an outcome.

Results: Article one and two both show a positive correlation in the improvement of symptoms in taking a probiotic while having IBS. Article one took into consideration more symptoms associated with IBS. However, both articles focused on the common symptoms of pain, constipation, frequency of bowel movement, and flatulence.

Conclusion: There was a positive correlation of improvement shown throughout the results of Table 1. They each focused on four common symptoms of IBS. This data showed the alleviation of symptoms while taking a probiotic.


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ABSTRACT
Introduction: Irritable Bowel Syndrome (IBS) is a functional disorder of inflammation and disruption of the gastrointestinal (GI) tract. This is the most common GI disorder affecting 10% of people in North America. Probiotics are active microorganisms that provide health benefits when consumed. They are beneficial because they improve or restore gut flora.

Consumption of probiotics associated with shortening of colonic transit time in patients with IBS. Purpose: The purpose of this review is to determine if there are beneficial effects of taking a probiotic among clients that are diagnosed with IBS.

METHODS
Research was conducted using the EBSCO host search engine and search terms such as Irritable Bowel Syndrome, IBS symptoms, and probiotics were used.

Evidence Analysis Manual Steps:
1. Formulate EA Question
2. Gather Evidence
3. Quality Criteria Checklists
4. Summarize Evidence
5. Conclusion Statement and Grade

Inclusion Criteria:
Full-Text
Peer-Reviewed
Published after 2010
Adults 18 years and older
Individuals diagnosed with IBS

Exclusion Criteria:
Not Full-Text
Not Peer-Reviewed
Published before 2010
Children younger than 18 years old
Individuals not diagnosed with IBS

RESULTS
Table 1: Comparison of evidence related to probiotics and IBS

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REFERENCES
6. All pictures from: themenuproject.com

ACKNOWLEDGEMENTS
We would like to acknowledge our faculty sponsor Dr. Elizabeth Wall-Bassett and the WCU College of Health and Human Sciences Nutrition and Dietetics Program.