



CME/CE-Certified myCME Go Mobile Webcast

IBS With Constipation: Therapeutic Approaches — Issue 2

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PROGRAM DESCRIPTION

The constipation-associated functional bowel disorders—that is, chronic idiopathic constipation (CIC) and constipation-predominant irritable bowel syndrome (IBS-C)—have a substantial socioeconomic impact, increasing outpatient medical costs in the United States by 20% and 60%, respectively, compared with costs for patients without these disorders. Quality of life can be so poor that some patients report a willingness to trade life expectancy for an immediate cure of their disorder. Nevertheless, these disorders are frequently underdiagnosed and undertreated. In this case-based commentary, a noted expert in the diagnosis and management of functional bowel disorders outlines a stepwise approach to making a positive diagnosis to ensure that patients get effective—and timely—relief from troubling symptoms of constipation.

INTENDED AUDIENCE

Clinicians who treat individuals with irritable bowel syndrome/chronic idiopathic constipation (IBS/CIC), including gastroenterologists, internal medicine and family physicians, gynecologists, pharmacists, and nurse

practitioners (NPs) and physician assistants (PAs) who work in gastroenterology, gynecology, or primary care settings

LEARNING OBJECTIVES

After participating in this activity, learners should be better able to:

- Implement individualized treatment plans for patients with irritable bowel syndrome with constipation (IBS-C) that incorporate data from randomized controlled trials and evidence-based recommendations
- Utilize patient-centric counseling strategies for patients with IBS-C to support prompt identification of inadequate or poorly tolerated therapy and support long-term therapeutic adherence

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