Probiotic Use and Their Effect on IBS Symptoms: A Review of Literature

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PATIENT CARE ISSUE

Background & Significance

- IBS stands for Irritable Bowel Syndrome and is defined as “a group of symptoms that occur together... without any visible signs of damage or disease in your digestive tract.”
- IBS symptoms include: abdominal pain, frequent loose stools, bloating, constipation, cramping, and flatulence.
- IBS has a prevalence rate of 11.2% worldwide.
- The financial impact of IBS in the United States ranges from $742 and $7547.

Separate Databases searched:

- November
- Nikfar
- Canavan,
- Hillilä
- 22
- Trial
- Y
- P
- A
- Double
- Supplementation
- Journal
- Irritable Bowel Syndrome,
- of
- in
- Is
- Updated
- Gastroenterology,
- None of the included studies were conducted in the setting of the U.S. which may affect
- Irritable
- In the RN’s hospital policy it requires that all patients put on antibiotics are automatically
- probiotic
- A
- IBS
- J
- 26
- journal
- A pilot of change in practice regarding the use of probiotics as a treatment for IBS should
- IBS stands for Irritable Bowel Syndrome and is defined as “a group of symptoms that
- improves
- Placebo
- 705
- to
- syndrome
- Mezzasalma
- treatment
- a
- in
- Can
- A
- CINAHL, MEDLINE, Cochrane, PubMed, Google Scholar,
- Jonkers
- Berliner,
- L
- der
- probiotics
- the
- 2008
- Only ten articles were reviewed and 20% were expert opinions which may be biased by
- irritable
- BMC
- symptoms
- Practice
- of
- Gastrointestinal
- Masclee
- M
- a
- Huttunen
- review
- R
- West,
- equally
- Didari
- evidence
- Vaart,
- and
- of
- syndrome
- probiotic
- I
- (impact
- Ferri,
- with
- bowel
- A
- Taalikka
- &
- Nurse
- It?
- double
- Retrieved
- Definition
- 2018
- the
- Enck,
- T
- ()
- probiotics
- Treatment
- No
- placebo
- P
- BioMed
- irritable
- IRRITABLE SYNDROME
- the
- irritable
- the
- retrospective
- of
- the
- definitive
- P
- placebo
- symp
- O
- Ret
- Broelz
- Boaz,
- And
- symptom
- O
- Ouwehand
- International
- Syndrome
- November
- for
- with
- bowel
- A
- T
- Abdollahi
- syndrome
- ()
- November
- 14
- placebo
- syndrome
- Retrieved
- of
- Bowel
- Broker
- Seo
- retrieved
- Synthesis of Evidence

Specific Article Findings

- 70% identified that both the probiotic (experimental) and placebo (control) groups showed
- equal improvement in the management of IBS symptoms.
- 60% concluded that multispecies were more effective than monospecies.
- 30% stated that short-term regimes were more effective than long-term.
- 60% observed a therapeutic response in the reduction of flatulence, bloating, abdominal
- pain, constipation and cramps, with an emphasis on bloating.

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

- A pilot of change in practice regarding the use of probiotics as a treatment for IBS should
- be considered since probiotics significantly improved symptoms of IBS, though not
- significantly more than the placebo.
- There is need for further investigation into the efficacy of probiotics and supporting
- evidence for their use in alleviating symptoms of IBS before a change of practice should
- occur.

LIMITATIONS

- Only ten articles were reviewed and 20% were expert opinions which may be biased by
- personal opinion.
- It is possible that relevant studies were not identified or included in this review of
- literature.
- None of the included studies were conducted in the setting of the U.S. which may affect
- the generalizability of results to the American population.

REFERENCES


Acknowledgments

We would like to thank Andrew Hawley for his contribution in helping design the “Specific Article Findings” table.