Introduction

Objectives:
1. To identify primary care NPs' knowledge level regarding the use of nutrition to manage IBS
2. To determine primary care NPs' attitudes and perceptions toward making changes to their practice to improve IBS management
3. To determine the relationship among participants' knowledge, attitudes, and perceptions and sociodemographic variables

Methods

1. Study Design: A descriptive, cross-sectional survey design was used.
2. Sample Selection: The study sample included 59 participants.
3. Data Collection: Data were collected using an electronic survey administered through Survey Monkey.
4. Data Analysis: Descriptive statistics were used to analyze the survey data.

Results

Knowledge:
- Antispasmodics (76.3%) were most commonly prescribed medications by participants for IBS management.
- Bulking agents (49.2%) were second most frequently prescribed by participants.

Attitudes:
- Colonoscopy (63.6%) and Laboratory studies (58.6%) were endorsed as diagnostic measures by study participants.

Perceptions:
- Perception section 9 item mean was 4.41 (SD = 0.58).

Conclusions

The identified knowledge deficit regarding appropriate care of the patient with IBS reported by this primary care NP sample is an important finding. This knowledge deficit may be related to the reported low frequency of IBS diagnosis and evidence-based treatment management in the US primary care setting. This study's findings support the need for further education among primary care NPs regarding appropriate clinical care of the patient with IBS.

Contact Information

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References

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