

West Yorkshire Integrated Care Board (WY ICB)					
Policy	Gastrointestinal Medicine – Psychological interventions for Irritable Bowel Syndrome (IBS)			ICB Ref	Planned care
First Issue Date	To be confirmed	Current version:	1	Last reviewed:	October 2022
Review date	To be confirmed	Contact	West Yorkshire Health and Care Partnership (WY HCP) wyhcp.plannedcare@nhs.net		
Clinical Reviewer	NHS Leeds Teaching Hospital Trust	Approved by	WY ICB		
Policy exclusions					
<p>Biofeedback therapy is not routinely commissioned for the management of irritable bowel syndrome.</p> <p>Relaxation therapy is not routinely commissioned for the management of irritable bowel syndrome.</p> <p>Acupuncture is not routinely commissioned for irritable bowel syndrome.</p> <p>Reflexology treatment is not routinely commissioned for irritable bowel syndrome.</p>					
Policy inclusion criteria					
<p>Psychological therapies are recommended only for refractory irritable bowel syndrome (defined as people with irritable bowel syndrome which has not responded to pharmacological treatment after 12 months and have developed a continuing symptom profile).</p> <p>Guidance issued by NICE within Clinical Guidelines 61 (Irritable bowel syndrome in adults: diagnosis and management) states that individuals with refractory irritable bowel syndrome (defined as people with irritable bowel syndrome which has not responded to pharmacological treatment after 12 months and have developed a continuing symptom profile) should be considered for referral for psychological interventions.</p> <p>Three types of psychological therapy are referenced in the NICE guidance; hypnotherapy, cognitive behavioural therapy and psychotherapy.</p> <p>These services will be routinely commissioned if all the following conditions are met:</p> <ul style="list-style-type: none"> • Diagnosis of irritable bowel syndrome 					

- Have developed continuing symptom profile
- Inadequate response to one or more pharmacological agents over 12 months of treatment AND
- Identified by secondary care physician within a specialist irritable bowel syndrome clinic as appropriate for psychological referral.

Enhancement for the people of West Yorkshire as establishes a single policy across the region.

Summary of evidence / Rationale

Reference

1. Irritable bowel syndrome in adults: diagnosis and management NICE guidance [CG61] Published: 23 February 2008, updated 4 April 2017
<https://www.nice.org.uk/guidance/cg61/>