

Setting up your account



Logging in to the app





Filling out the questionnaire



It is important to complete the Your IBS Symptoms questionnaire **when you first access the app.**



19:11	all 🗢 🔳				09:22 🕫	al 🗢 🔳
A list of task Select a task	Tap Your IBS Symptoms	All qu Some Some	 All questions require a response Some questions can have multiple responses Some answers may require further information 			
2 TasksTasks to do	Status key 🖉 Draft 🖂 Not synced 🛞 Error	09:21 v ,ut ♥ =0 Back Task SMITH, John (Mr)	09:22 ở ,nt ♥ => Back Task SMITH, John (Mr)	09:22 √ .ut ♥ => Back Task SMITH, John (Mr)	YesNo	
Task detail IBS Pathy Your IBS S IBS Pathy Dietitian C	s Status vay ymptoms ★ > vay ★ >	IBS Pathway Your IBS Symptoms Your understanding of IBS How do you rate your understanding of ble Bowel Syndrome? 1 = Very poor 2 = Poor 3 = Average 4 = Good 5 = Very good	Which of the following symptoms have you experienced in the last 7 days? (Please tick all that apply) Abdominal Pain/Discomfort Abdominal Bloating/Distension Increased Wind/Flatulence Belching/burping Gurgling noises from stomach/abdomen Bowels upset with diarrhoea/loose poo Bowels upset with constipation/hard poo	How do you rate your overall symptoms? 1 = Mild (Stops me from doing usual activities 1-2 days a week) 2 = Moderate (Stops me from doing usual activities 3-4 days a week) 3 = Severe (Stops me from doing usual activities 5-7 days a week) Can you feel stressed or anxious? Yes No	Can this mai Yes Yes No Thank you, some of the any improve Please visit advice and information as you need	ke your IBS worse? in 1 months time we will ask you see questions again to help track ement in your IBS symptoms. the My Information section for support; you can access the within this section as many times d.
		Which of the following symptoms have you experienced in the last 7 days? (Please tick all that apply) Abdominal Pain/Discomfort Abdominal Bloating/Distension	Nausea/feeling sick Heartburn/indigestion Tiredness	Thank you, in 1 months time we will ask you some of these questions again to help track any improvement in your IBS symptoms. Please visit the My Information section for advice and support; you can access the information within this section as many times as you need.		Submit



If you have enabled the calendar and

notifications (see

MyInhealthcare guide), you will also receive weekly

messages of support.

July 2020

02

09 10

07 (08

04

Wed 15-Jul-2020

IBS Service (16:00)

diet and lifestyle.

Hi. remember there is lots of helpful

Information Section including advice on

advice and support in the My

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04

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My information & ongoing support messages

NHS

SCOTLAND

inhealthcare



Last updated 25 June 2021



Requesting a Call-back from your Dietitian 🐺

The call-back task should only be submitted **when** you need to speak to your Dietician within the first 4 weeks of using the service.

For example, if you are finding it difficult to follow the advice.



The Dietetics team will respond within 5 working days from the day you requested a call-back.



IBS follow-up questionnaire

After 28 days a **follow-up questionnaire** will become available on the app. **To help identify the next step you must complete the questionnaire.** You will also have the opportunity to provide feedback on the app. When you have submitted your **Follow-up questionnaire**, you will still be able to access the app and **My Information** for a further 3 months. After 3 months the content within the app will become inactive.



Last updated 25 June 2021