

Pennine GP Learning Group

Minutes of meeting

Date: Tuesday 10th April 2018

Time: 8.15 - 9.45pm (1.5 hours)

Topic: Non-Coeliac Gluten Sensitivity, The role of gut bacteria, Vertigo

Members present: Dr Rukhsana Hussain, Dr Ainie Chaudhry, Dr Mark Wilshere

1. We welcomed Dr Wilshere to the group and discussed work circumstances.
2. Dr Wilshere shared some learning regarding the role of gut bacteria in maintaining good health and that several of his patients had had good results from drinking Kefir Milk. Dr Hussain and Dr Chaudhry agreed that it is worth recommending to patients if there is a possibility of benefit.
3. Dr Hussain presented a summary of the condition **Non-Coeliac Gluten Sensitivity**. We discussed how this condition has been increasingly recognized by the medical profession recently. We learned that extra-intestinal features such as a foggy brain in patients with IBS symptoms could indicate a possible Non-Coeliac Gluten Sensitivity. We discussed how these patients tend to have a shorter latency period between gluten ingestion and symptoms compared to those with Coeliac Disease.

We discussed the diagnostic criteria for the condition and that although a gluten-free diet improves symptoms it is not currently known whether long term strict gluten free avoidance is necessary in this condition as it is in Coeliac Disease.

4. Dr Hussain also discussed the topic of **Vertigo** and the presentation that she had uploaded to the website in February 2018. Dr Hussain highlighted that the presentation contained useful links to resources such as patient leaflets and a youtube click demonstrating the Hallpike and Epley Maneuvres.
5. Dr Wilshere mentioned several patients who had presented with vertigo symptoms and we discussed the learning points from each

Action Plan

1. Dr Hussain will upload the NCGS presentation to the website as well as the minutes and share the link with the Whatsapp group.
2. The next meeting is scheduled for Tuesday 8th May 2018.