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The Newsletter of the British Association for Parenteral & Enteral Nutrition

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Professor Chris Pennington 1946 - 2002



Widely Sought After

Chris had a wide range of professional interests including the management of inflammatory bowel disease, the management of disease related malnutrition and the use of artificial nutritional support. Most recently he has been key in establishing the Managed Clinical Network for patients on Home Parenteral Nutrition in Scotland.

He has published extensively in all these areas and has contributed to several seminal textbooks. His research interests were also varied and he focused increasingly on disease-related malnutrition in the elderly and small bowel ecology.

One of his major talents lay in teaching and lecturing – he was a widely sought-after guest speaker and his presentations epitomised clarity and comprehensibility. Although highly critical of his own abilities, he revelled in sharing information and he had particular skills in encouraging others to contribute to a discussion.

Chris demanded a great deal from his colleagues – but far less than he was prepared to contribute himself. He valued all equally, regardless of status and, despite his significant achievements, he retained an inquisitive mind, an unshakeable belief in the truth, an impish sense of humour and fundamental humility. These qualities generated enormous respect and admiration from everyone who had the good fortune to work with him.

Outside work, Chris and his wife enjoyed good holidays, most particularly the time they spent in Africa. He played tennis vigorously at local club level and had an extensive knowledge of steam engines. The last few months of his illness were lightened by his interest in photography and his passion for listening to classical music.

Chris and BAPEN

Chris joined BAPEN Council in 1996 and he was immediately asked to lead a group tasked with identifying current best practice in the provision of parenteral nutrition.

Professor Chris Pennington was the only son of a Welsh Methodist Minister and he grew up in Wales and the West Country. He studied medicine at the University of Manchester, graduating in 1970 followed by an MD in 1977. In the meantime he gained his MRCP (UK) in 1972. He became an FRCP (Edinburgh) in 1983 and was elected FRCP (London) in 1993.

His early career encompassed junior jobs in Manchester, Dundee and Aberdeen. He returned to Dundee in 1979 to become Consultant Physician and Gastroenterologist. He became Professor of Medicine in 1998.

During a very active career he held many different posts including Clinical Group Director for Medicine in the Tayside University Hospitals Trust. He did this extremely well during a period of great organisational change – being feared by a few, loved by many and respected by all. He has also been a long time member of the British Society of Gastroenterology and the Nutrition Society. Most recently he has served as Chairman of the British Association for Parenteral and Enteral Nutrition.

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Professor Chris Pennington

1946 - 2002

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This report was widely welcomed and was so successful that it is, currently, being updated. In the intervening years Chris has taken part in a variety of BAPEN initiatives ranging from teaching on courses to participating in workshops.

A significant contributor

His contributions to BAPEN have been consistent and significant. It came, then, as no surprise when he was asked to take responsibility, on behalf of BAPEN, for organising the forthcoming ESPEN Congress in Glasgow. He threw himself wholeheartedly into this enormous task thereby gaining respect and admiration from his new European colleagues as well as those with whom he has been working.

He has described the objectives for the Congress and single-mindedly pursued them. The predicted success of the meeting will be largely due to him.

Multi-professional working has been second nature to Chris and he has constantly supported the non-medical professions in their quest to have their expertise equally acknowledged in the field of clinical nutrition. His input has ranged from guest lectures and teaching sessions to advising on potential publications, supporting multi-professional research projects and acting as a mentor whenever necessary.

Valuing all voices

Reconciling the differing agendas is difficult. Chris recognised the importance of other points of view and ensured that all voices were equally valued around the Council table thereby consolidating relationships of mutual respect. This, in turn, is leading to a more co-ordinated and consistent approach to raising awareness about the importance of nutrition in the management of disease.

Chris was a key player in taking these messages into a wider arena. He was frequently invited to lecture at several of the Royal Colleges and he was able to share the work that was

started within BAPEN. This was a source of pride to him and he never failed to publicise BAPEN whenever an opportunity arose.

Not surprisingly his main focus has always been 'the patient' and his clinical practice has reflected this. There have been many occasions when he reminded us that high-powered research activity or organisational restructuring must result in improved patient care.

He always worked closely with patients and stood firm in his belief that they have the right to a voice which needs to be considered throughout the decision making process. He considered himself privileged to have been invited to the annual PINNT party and frequently shared what he had learned there.

A sure, yet firm touch

Without doubt, Chris' greatest contribution to BAPEN has been as our Chairman. He opened the debate on some of the serious strategic challenges we face as an organisation and he has presided over the beginning of a period of significant change. He guided complex negotiations with a sure yet firm touch.

He provided support and reassurance when things have become difficult – and he led the celebrations of our successes. Those of us who were in Harrogate for the Annual Meeting last year were well aware of his pride in our success, which was particularly celebrated at the 10th Annual Dinner.

A great loss

BAPEN as well as the field of Clinical Nutrition has lost a leader with vision, a colleague with compassion, a mentor with time and a friend who cared. Chris died on the 20th May 2002. He will be greatly missed and our sympathy is extended to his wife, Jane, and his daughter Susan.

Officers & Council of BAPEN

A Professor with the human touch!

Chris Pennington was probably one of the most approachable, fair-minded people we have had the pleasure to work with. He was always keen to listen to the patient's perspective and seek answers to dilemmas that contribute to patient satisfaction.

Chris was committed to ensuring patient equality in areas previously non-representative of the users opinions. He was keen to embrace the concept of patient forums and actively promoted the concept of open discussions to problem solve, debate or even to defend his profession without an assertive manner or 'the doctor knows best' attitude.

He attended one of our weekend meetings and had the intuition to know exactly how to talk to the audience whilst also learning that there was much work to be done.

Within BAPEN Chris has worked closely with patient representatives and stood firm in his belief that patients have the right to a voice, which needs to be considered throughout the decision making process. A truly remarkable man who has shown how to encompass all disciplines on an equal footing.

His relationship with P.I.N.N.T. was built on trust, honesty and understanding. He always had the time to listen and learn – qualities, which together with his approachability and fair-mindedness, justifies the respect attributed to him by our members and many patients with whom he has been in contact.

*Carolyn Wheatley P.I.N.N.T.
Patients on Intravenous and Naso-gastric Nutrition Therapy*



The 2002 BAPEN Symposium "Intestinal Failure"



BAPEN has the privilege of hosting the 24th Annual Congress of the European Society of Parenteral and Enteral Nutrition (ESPEN) at the Scottish Exhibition and Conference Centre (SECC) Glasgow from 31st August – 4th September 2002 and to mark this occasion BAPEN will hold its annual meeting following the ESPEN congress.

Wednesday 4th September 2002

- 14.00** **Medical Management of Intestinal Failure**
Jeremy Nightingale
- 14.30** **The Pennington Lecture**
Recent Developments in the Provision of Home Parenteral Nutrition in the UK
Barry Jones
- 15.00** **Surgical Management of Intestinal Failure**
Gordon Carlson
- 15.30** **Intestinal Transplantation**
Kareem Abu-Elmagd
- 16.00** *Coffee Break*
- 16.30** **Sir David Cuthbertson Medal Lecture**
- 17.15** **Keynote Lecture: Tissue Engineering**
Tracey Grikscheit
- 18.00** **Close of meeting**

In conjunction with the Clinical Nutrition and Metabolism Group of The Nutrition Society we have organised our customary BAPEN symposium (see above) and wish to extend an invitation to all our friends and colleagues attending the ESPEN congress to join us on Wednesday afternoon. It is, of course, possible to just attend the BAPEN symposium if you wish. The ESPEN congress registration form enables you to register for ESPEN and/or the BAPEN symposium.

For more information on ESPEN Congress and BAPEN meeting contact:



ESPEN 2002, c/o MCI Congress, 75, Rue de Lyon, CH-1211 Geneva 13, Switzerland
Tel: +41 22 33 99 580
Fax: + 41 22 33 99 621
e-mail: espen@mci-group.com
Website: www.espen.org

BAPEN website: www.bapen.org.uk

UNIVERSITY OF WESTMINSTER

9th World Congress on Clinical Nutrition

care

evidence-based nutrition

prevention

24-26 June 2002

**The 20th Leeds Course
in Clinical Nutrition**
3-6 Sept 2002

Tuesday, 3 September 2002
NUTRITIONAL BENEFITS IN CLINICAL MEDICINE
Chairman: Dr RV Heatley, Leeds

Wednesday, 4 September 2002
THE GUT AND NUTRITION
Chairman: Dr KJ Moriarty, Bolton
CHILDHOOD NUTRITION
Chairman: Dr J Puntis, Leeds

Thursday, 5 September 2002
LIPIDS AND OBESITY
Chairman: Dr J Bodansky, Leeds
NUTRITIONAL TREATMENT
Chairman: Dr RV Heatley, Leeds

Friday, 6 September 2002
WORKSHOP: MANAGING CLINICAL NUTRITION
For further information please refer to S. Armitage at the address below.

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U.K. Dates

20-22 Jun 2002	British Dietetic Association Conference - Promoting & Protecting Health	East Midlands Conference Centre, Nottingham. For more details contact Sovereign Conference Secure Hold Business Centre, Studley Road, Redditch, B98 7LG, Tel: 01527 518777 Fax: 01527 518718, email: enquiries@sovereignconference.co.uk
24-26 Jun 2002	9th World Congress on Clinical Nutrition	Contact Dr Heema Shukla, Tel 020 7911 5752 Fax 020 7911 5026 email: shuklah@wmin.ac.uk
12-13 July 2002	Critical Care 2002 Clinical Effectiveness in Critical Care Medicine	Waterloo, London. For further information contact Louise Martin, Tel 020 7928 9292
24-26 July 2002	British Assoc of Paediatric Surgeons	Cambridge UK Tel 020 7869 6915 (BAPS Secretariat)
28 Aug - 1 Sept 2002	12th International Conference on Cancer Nursing	London Tel 0116 270 3309
17-18 Dec 2002	ASO Issues and Action in Childhood Obesity	Arnolfini Arts Centre, Bristol, Contact Ms C Hawkins, Administrative Officer, Tel / Fax 020 8503 2042, email CAHawkins@compuserve.com
2-3 Dec 2002	Parenteral and Enteral Nutrition Group (PENG) of the BDA	London For more details contact Clare Soulsby Tel 020 7426 5635 email c.t.soulsby@qmul.ac.uk
4-6 Dec 2002	The British Thoracic Society Winter Meeting	Queen Elizabeth II Conference Centre, London. For further details contact The British Thoracic Society, 6th Floor North Wing, New Garden House, 78 Hatton Garden, London EC1N 8LD Tel 020 7831 8778 Fax 020 7831 8766 email admin@brit-thoracic.org.uk

International Dates

24-29 Aug 2002	9th International Congress on Obesity	Sao Paulo, Brazil. Contact: Executive Office: Cerne Consultoria de Eventos, Tel: +55 11 3812 4845 / 3813 935, email: cerne@uol.com.br
27-31 Aug 2002	7th World Congress of the International Federation for the Surgery of Obesity	Sao Paulo, Brazil. Organised by the Brazilian Society for Bariatric Surgery Contact Sonia Winter Eventos Especiais, Av. Sao Gabriel, 555 sl 304 - Sao Paulo, SP 01435-001 Brazil, email: swinter@zaz.com.br, web: www.ifso2002brazil.com
31 Aug - 4 Sept 2002	24th ESPEN Congress	Glasgow Scotland, For more information contact: ESPEN 2002 c/o MCI Congress 75, rue de Lyon, CH-1211 Geneva 13, Switzerland, Tel: +41 22 33 99 580 Fax: +41 22 33 99 621, Email: espen@mci-group.com
12-14 Sept 2002	3rd International Paediatric Intestinal Failure Symposium	Children's Hospital of Pittsburgh, Pittsburgh, PA, USA. For more information contact Children's Hospital of Pittsburgh, CME Office 3705 Fifth Ave, Pittsburgh, PA, 15213 Tel: +1 412-692-7396, Fax: +1 412-692-7107
24-26 April 2003	Second IANA Congress	Albuquerque (New Mexico, USA) Call for Papers Abstract submission deadline 30 September 2002 email Sylvie Lauque: lauque.sylvie@wanadoo.fr http://www.healthandage.com/html/min/iananda/content/albuquerque.htm