



**BAPEN**  
Advancing Clinical Nutrition

## The British Association for Parenteral & Enteral Nutrition

is a multi-professional association and registered charity established in 1992. Its membership is drawn from doctors, dietitians, nutritionists, nurses, patients, pharmacists, and from the health policy, industry, public health and research sectors.

### Principal Functions

Enhance understanding and management of malnutrition

Establish a clinical governance framework to underpin the nutritional management of all patients

Enhance knowledge and skills in clinical nutrition through education and training

Communicate the benefits of clinical and cost-effective optimal nutritional care to all healthcare professionals, policy makers and the public

Fund a multi-professional research programme to enhance understanding of malnutrition and its treatment

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# INTouch

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The Newsletter of the **British Association for Parenteral & Enteral Nutrition**  
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## 'MUST' is here - now it's up to you

BAPEN and its Standing Committee the Malnutrition Advisory Group (MAG) are proud to announce the arrival of the Malnutrition Universal Screening Tool ('MUST').

Nurses, dietitians and healthcare professionals in the community, in hospitals and in residential and nursing homes are in the frontline. They must grasp the opportunity that 'MUST' provides to improve nutritional care and treatment.

"Malnutrition is under-recognised and under-treated," said Professor Marinos Elia, Chairman of the Malnutrition Advisory Group, at the recent launch to the media of the 'MUST'. "The 'MUST' enables nurses, dietitians, care managers, and physicians to identify those who have significant malnutrition and plan immediate nutritional care, as well as those at risk of becoming malnourished.

Most importantly, 'MUST' provides baseline information for reference in any future episodes of illness as well as continuity of information and care, as and when a patient or subject moves between hospital, care home and community settings.

Malnutrition represents a public health problem of major proportions. At least two million people in the UK - around 5% of the population - are affected by malnutrition (undernutrition), detrimentally affecting their health, well-being, quality of life and ability to work.

### 40% of patients at risk

It is estimated that up to 1 in 3 residents in care homes, 1 in 4 individuals attending outpatient and GP clinics and 2 out of every 5 patients admitted to medical, surgical, elderly and orthopaedic wards are malnourished or at risk of developing malnutrition. 'MUST' will enable

nurses, dietitians and care managers identify those at greatest risk, put the patient at the centre of care, and improve clinical outcomes.



Professor Marinos Elia

By identifying malnutrition and those at risk of becoming malnourished, and facilitating the development of an appropriate care plan, 'MUST' will also contribute to health promotion programmes and reduce the burden on healthcare resources.

"Malnutrition results in more hospital admissions, longer hospital stays, more GP visits and prescriptions. It increases risk of infection and other complications, and also leads to depression and self-neglect," concluded Professor Elia.

Professions key to the successful introduction of 'MUST' have supported the development of the 'MUST' - the British Dietetic Association, the Royal College of Nursing, the Registered Nursing Home Association - and are actively working with MAG to develop appropriate professional training opportunities.

Professor Elia continued: "The 'MUST' can be used on the wards, in the GP surgery, on home visits, in residential and nursing homes. Our task now is to ensure those 'on the front line' in all these settings are empowered to use the 'MUST' effectively.

BAPEN, MAG and our partner organisations involved in the development of 'MUST' recognise that the launch is just the beginning. What really counts now is that it is implemented. That must be our goal for 2004."

Professor Marinos Elia  
Chairman of MAG

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BAPEN  
Annual Meeting  
Special Edition

# BAPEN

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## Chairman's Report 2002 - 2003



I cannot possibly begin in any way other than to mark the passing of my predecessor. Professor Chris Pennington stood down from the Chairmanship shortly before the 2002 Annual General Meeting and died tragically soon after this. Council elected me to take his place, and it has been my subsequent duty to try to lead BAPEN in a fashion of which I hope Chris would have been proud.

We have created a permanent memorial to Chris in the form of an annual Pennington Lecture, and this is set to be one of the continuing highlights of our annual scientific meeting. Dr Barry Jones gave the inaugural and very moving Pennington Lecture in Glasgow last autumn.

### Themes 2002-3

#### Nutritional Screening

Progress with the 'Malnutrition Universal Screening Tool' ('MUST') reaches its zenith with the launch at this year's BAPEN annual meeting.

Professor Marinos Elia and the Malnutrition Advisory Group (MAG) are to be congratulated on their assiduous care leading to a tool of truly ubiquitous applicability. BAPEN will benefit from being in the vanguard of such a key area. This should be to the direct advantage of many thousands of future patients.

#### Drug Delivery in Enteral Tube Feeding

The Drug Delivery in Enteral Tube Feeding topic was ably addressed by a multidisciplinary group, led by the British Pharmaceutical Nutrition Group (BPNG) with the launch of its formal report and guidelines in April 2003. The practical and user-friendly nature of these recommendations should lead to widescale improvements in this aspect of nutritional care.

#### Home Parenteral Nutrition

The Scottish Managed Clinical Network for home parenteral nutrition (HPN) has progressed in its ability to secure equitable care for citizens north of the border and continues to provide a model for delivery and management in England and Wales.

BAPEN is working with the Department of Health to see if the established recognition of HPN as a specialist service can be linked to top-sliced funding for all deserving units.

*Continued on page 3*

## INTouch

If you have a food or nutrition related project that you would like to discuss or publish details about, then contact the editors to find out what you need to do.

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# Chairman's Report 2002 - 2003

Continued from page 2

## Themes 2003-4

### Nutrition in Palliative Care

Nutrition in palliative care is under-appreciated and we estimate that patients suffer needlessly as a result. It will be a major theme of this year's scientific meeting.

### Accreditation of Nutrition Teams

Council has been addressing ways in which we can improve the quality of nutrition training in hospitals. The Royal College of Physicians' "Nutrition and Patients" report published in 2002 was a helpful boost, and the Intercollegiate Course in Nutrition is a crucial and still under-utilised teaching opportunity.

Nonetheless it remains clear that staff in most disciplines get little if any specific teaching and supervision in clinical nutrition. We are aiming to address this by a stick and carrot approach. The carrot is to recognise hospitals that are good performers in nutrition with a form of approval "kitemark".

There will be a modest set of standards for the definition of a functional nutrition team, working on the premise that a hospital with a team is probably better set up to teach and train than one without. The potential stick is in failing to recognise deficient hospitals as training centres.

## ESPEN 2002

This was Chris Pennington's epitaph, as he had done so much of the ground-work over the 2 to 3 years leading up to the meeting. In the event he was replaced as congress chairman by Professor Alan Shenkin who superintended an excellent meeting, ably supported by other key BAPEN players (especially Dr (now Professor) Jeremy Powell-Tuck and Pat Howard).

## BAPEN 2002

"Brief but brilliant" – a comment passed on the half-day annual BAPEN meeting linked to the ESPEN meeting in Glasgow. Professor Agostino Pierro and his team deserve our congratulations.

## BAPEN 2003

The Telford International Conference Centre should prove a splendid venue for the present meeting (19 -20 November 2003). It will be a great meeting with a series of important multidisciplinary symposia, the launch of the Malnutrition Universal Screening Tool, ('MUST') and the theme of nutrition in palliative care as outlined above.

We have had a good number of submissions for the free paper and poster sessions from all of the disciplines and anticipate great discussion and a healthy (sic) social programme!

## Research

The new Research and Science committee has granted three research fellowships. The principal, jointly with ESPEN, carries the title of the Pennington Fellowship, and this has been awarded to Dr Rebecca Stratton. Smaller fellowships go to R Hartley and Z Leach. BAPEN congratulates each of them.

## BAPEN People

BAPEN would not be where it is today without its Founder Groups and the many individuals who give so generously of their time and efforts to ensure its success.

I should like to mention a few key people with apologies to those who are inevitably omitted from a short list.

Firstly the patients. Carolyn Wheatley and Geoff Simmonett put a huge amount of effort into BAPEN as well as into PINNT, and we owe them a continuing vote of thanks for keeping our minds on the things that really matter.

Secondly the team at Sovereign who run the BAPEN office and the annual meeting. I must record also the sad death of Darryl Marchant who headed ADM&C, the "fixers" for the last few annual meetings.

## Two Chairs

On a happier note we have two new professors of clinical nutrition, David Silk and Jeremy Powell-Tuck. These are well-deserved honours for them and very good for British nutrition.

## Thanks to Industry

I should like to thank my supporters and more so still my challengers on Council, since collectively they keep things moving and, together with the Board of Trustees, ensure equity and fair play.

We are often too dismissive of the value we receive from the commercial sector and I should like to place on record my personal thanks to the Main Industry Group for their constancy and willingness to sacrifice their companies' self-interest for the better support of BAPEN and its goals.

The Corporate Associate Group is also coming into its own, and I am confident that we shall see greater involvement of these smaller companies over the next few years – this too is very welcome and appreciated.

## The soul of BAPEN

Finally I must thank the Officers of BAPEN. First the indefatigable Ken Cottam who was the very soul of BAPEN as its Treasurer, principal conference organiser and programme committee chairman. Ken stood down during this last year and it is testament to his contributions that he has had to be replaced not by one but by several newcomers.

## People

Secondly, I would like to thank Niall Bowen the new Treasurer who has already put his name on the map with an initiative to establish a more stable and secure financial base for BAPEN.

Finally my thanks to Pat Howard our Honorary Secretary. When I had a similar role for the British Society of Gastroenterology I realised that it was the Secretary who did most of the work.

This is even more true for BAPEN with its complex inter-disciplinary relationships and multiple agendas, and the organisation would not be in the good shape it is without Pat's contributions. With such a team behind it we can be sure that the future for BAPEN is rosy. Enjoy the conference!

*Dr Alastair Forbes  
Chairman BAPEN*

## LITRE - the past year



The committee has had a few changes. In last year's report I mentioned that two of our members had had a baby. Well, one of them is now expecting again and has decided that she will have to step down due to her increasing commitments. I hope this isn't catching in LITRE!

We have one new patient member Justine Bayes who has experience of Home Enteral Nutrition (HEN) but is now on Home Parenteral Nutrition (HPN) and will be a useful addition from both points of view. Justine is also the PINNT regional coordinator for the Trent region.

### TPN Line Blockages

Our Total Parenteral Nutrition (TPN) Line Blockage questionnaire went out in June and we had an excellent response of 105 completed questionnaires. This represents a 30% return rate. The returns have now been

put on to a spread sheet and the analysis is under way and we expect to publish some of the results for BAPEN in November.

We have run a survey on TPN pumps in conjunction with the Medicines and Healthcare Products Regulatory Agency (MHRA) and the returns are looking promising. Teresa Dunn, the pump assessment manager at the MHRA, is putting them on a database for analysis and we expect to have the results for BAPEN in November.

In conjunction with PINNT we formed a working party at the request of Baxter to look at the rucksack for the 6060 pump as there have been a number of patients who expressed their concern as to the flexibility of the portable pump.

The working party came up with a list of recommendations on what would be the most desirable attributes for a

rucksack for use with the portable pump. These have been passed on to Baxter for consideration when they update the design of the rucksack.

There have been quite a few letters from patients regarding pumps, dressings and other problems that we have dealt with over the year where we have been able to call upon the expertise of the committee and fellow BAPEN members for advice.

We are reviewing our section of the BAPEN website and will be focusing on what LITRE has achieved and what we are all about, which is to be a voice for concerns raised by patients and healthcare professionals with regard to equipment and services.

LITRE is a multi-disciplinary group that aims to improve the quality of life for patients on nutrition support at home.

*Geoff Simmonett  
Chairman LITRE Committee*

## BAPEN - Education and Training

I would like to use this short report to highlight two BAPEN education and training events. The first is a three-day residential (2 nights) course 'Making Teams Work'. This course will run on from the 17th - 19th February 2004 and will be held at Wynchwood Park, Crewe.

As the theme of the course implies it will build on BAPEN's philosophy of strengthening the inter-professional approach to the nutritional care of our patients. The cost of registration for a nutrition team of four is £2800.

The teaching team bring a wealth of experience and expertise to the course and include: a gastroenterologist, a nurse specialist, a dietitian, a pharmacist, a patient and a surgeon. The course will embrace a range of teaching methods (lectures, workshops and interactive demonstrations).

In the peaceful environment of Wynchwood Park participants have an opportunity to understand key nutritional concepts and take this forward to develop strategies that facilitate clinically effective practice.

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Are you going to BAPEN in Telford this year? If the answer is yes you might be interested in enrolling for the **BAPEN Workshop on Nutritional Assessment**, which will take place on Thursday the 20th November at 8.30am.

This one hour workshop is designed to optimise participation by delegates and in line with this year's theme of nutritional screening allows you to explore with experts some objective and subjective tools of nutritional assessment.

Registration facilities for the workshop will be available at the conference centre and the good news is that there is no charge!

I do hope you are in a position to take up one of BAPEN's learning opportunities.

*Dr Rosemary Richardson,  
Chairman Education  
& Training Committee*

### British Society of Paediatric Gastroenterology, Hepatology and Nutrition (BSPGHAN)

Annual Winter Meeting Crieff  
Hydro Hotel Crieff, Scotland  
Wednesday - Friday, 21 - 23  
January 2004

This year there will be:

- Guest speakers covering key areas of paediatric gastroenterology, hepatology and nutrition

- Workshop on Team Approach to Complex Feeding Disorders

- Free papers and posters - closing date for abstracts 22 November 2003

- Conference dinner and ceilidh

Visit BSPGHAN website at <http://bspghan.org.uk> for more information.

For a conference leaflet and further information please contact:

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0674 or request a leaflet by email  
[cf24f@clinmed.gla.ac.uk](mailto:cf24f@clinmed.gla.ac.uk)

## BAPEN & NICE



BAPEN continue to be involved in a total of 15 different National Institute for Clinical Excellence (NICE) activities. Our remit is to ensure that nutritional care issues are included in all guidelines where appropriate.

To do this we are registered as 'Stakeholders' within each of the Guideline Development processes and hence receive invitations to comment on everything from the original scope, through each draft, to the final published document.

### NICE and Tight Deadlines

As the NICE liaison officer for BAPEN, these invitations initially come to me at which point I forward them on to representatives of each BAPEN founder group for comment. Inevitably, there is very little time for this – NICE work to notoriously tight deadlines!

The necessity and the success of our input has been variable. Some guidelines, for example, those on chronic lung disease, already included appropriate nutritional considerations and encouragingly, some others, such as those on

multiple sclerosis, adopted most of our suggestions for improvement.

### Resistance to input

Others, however, have been more resistant, and certainly at present we have pretty much failed to have nutritional considerations included in guidelines on colorectal cancer management. In the case of a couple of the NICE Guidelines, BAPEN input has been more active.

Carolyn Wheatley of Patients on Intravenous and Nasogastric Nutrition Therapy (PINNT) sat as one of the patient representatives on the 'Infection Control' Guideline Development Group (GDG) and indeed is now fulfilling the same purpose on the 'Nutritional Support' GDG.

### BAPEN to the fore

This last topic is clearly close to BAPEN's heart since the aim is to make recommendations on the use of oral, enteral and parenteral supplementary feeding in both community and hospital contexts.

In view of this, it is perhaps good news, that BAPEN members are well

represented on the "Nutritional Support" GDG.

In addition to Carolyn representing PINNT there are members from the Parenteral and Enteral Nutrition Group (PEN Group) of the British Dietetic Association (BDA), the National Nurses' Nutrition Group (NNG) and the British Pharmaceutical Nutrition Group (BPNG).

The medical members of the group also include some enthusiastic nutrition experts from the Malnutrition Advisory Group (MAG), the British Society of Gastroenterology (BSG), the Intensive Care Society and the Intercollegiate Nutrition Group as well as the Royal Colleges of Physicians and Surgeons.

Finally, I too am a member of the panel, not only representing BAPEN but chairing the GDG. Between us all, I would hope that we can produce some well thought out recommendations on Nutrition Support.

*Dr Mike Stroud  
BAPEN/NICE Liaison Officer*

## PINNT - Update 2003



During the last year we have taken time out to consider exactly what our membership require from our support group and the two key messages are 'support' and 'improved knowledge of artificial nutrition'.

Responding to the need for support has been approached in two specific areas. Seeking members' opinions on our existing regional groups and how best to manage these in order to meet their needs was our first task.

### Local Support must "Fit"

To this end a survey is being circulated to members to gain opinions. One thing we have learnt from past experiences is that if it doesn't fit their needs it's not worth doing. Hopefully the feed back we receive will help us facilitate the kind of local support members expect from us.

Responding to members' needs

resulted in a new PINNT group being born in Trent. The group was endorsed by Dr Jeremy Nightingale and John Kennedy, Nutrition Nurse at Leicester Royal Infirmary (LRI), whose presence at the launch certainly strengthened our resolve to forge links and enable all concerned to benefit from others experiences.

### Half PINNT - more responsive

The need for support in relation to our younger members has taken a different path. This has led to a new and more responsive Half PINNT Team. Their first task has been to co-ordinate an internal contact directory to meet the growing demand from new families and healthcare professionals who seek contact with existing families and feeders. Once this has been functional for twelve months a review will take place to consider its expansion.

### Raising the Profile

One message came out loud and clear from our AGM in August - we need to do more to raise the profile of home artificial nutrition. To this end we have had a couple of successful TV appearances, features in magazines and are endeavouring to follow up on some possible leads.

PINNT continues to provide a direct link for people on artificial nutrition and hopefully offers the support and contact they require. In 2004 we hope to have a PINNT Christmas Road show which will allow us to be more accessible to a wider section of our membership and offer support while hopefully bringing a smile to as many faces as we can.

*Carolyn Wheatley  
Chairman PINNT*

# NNNG 2003 and onwards - Moving forward

Since I last did an update for In Touch the National Nutrition Nurses Group (NNNG) have continued with their plans to re-vitalize the Group.

We held an excellent study day at Ipswich Hospital in June looking at issues around how the gut works. We managed to get more than 50 delegates – our most for the last few years. As a result of the meeting we also gained some valuable new members.

## Two Day Conference

The success of this meeting spurred us on with our plans for next year. We now have an outline programme for the two day conference. This should be available for the BAPEN meeting in November and includes:

- Workshops on passing nasogastric (n/g) tubes, choosing enteral access devices and drugs & enteral nutrition
- A debate on artificial feeding towards the end of life
- Probiotics and diarrhoea
- Effects of micronutrient supplementation on wound healing. We are busy trying to find a venue at

the moment. We need somewhere in the centre of the country with the right facilities at the right price! Not easy to find. The dates will hopefully have been finalised soon but look likely to be in early May 2004. This shouldn't clash with the other Founder groups' annual meetings.

## Visit us at BAPEN

Please make a point of visiting the NNNG stand at BAPEN. Details of next year's meeting will be available. Hopefully you won't be able to miss the stand as it's undergoing a major revamp and should attract your attention! We've also got a somewhat unusual competition planned, so please come along and see us.

## Evidence based guidelines

Work on developing evidence based guidelines for naso gastric (n/g) feeding has begun and we would aim to have these available by our May meeting next year. Some of you may be getting drafts to comment on – so watch out! We have also been in talks with the Nursing Times about the Nutrition Supplement which comes out bi

annually. This is also undergoing major changes to make it more relevant to a wider group of nurses.

Our work with the various BAPEN standing committees continues. For those of you who aren't involved, this can be a huge time commitment and I would like to take this opportunity to thank my colleagues on these committees for all of their hard work over the last year.

Something else that looks set to be a lot of hard work is the NICE group looking at nutritional support. The remit for this seems to be getting broader all the time. Andrea Cartwright is our representative on the NICE group addressing Nutritional Support and she is going to need support from all of us over the next two years whilst the guidelines are being developed.

Our aim for this year has been to try and inject some enthusiasm back into our Group and to recruit some new members. Some new members we've got. The enthusiasm? I think it's coming!

*Lynne Cologiovanni  
Chairman NNNG*



# PEN Group Annual Report 2002 - 2003

PEN Group membership continues to be approx 500 members, all of whom automatically qualify for BAPEN membership.

The PEN Group will hold their AGM at the annual BAPEN conference at Telford in November 2003. This will include presentation of the PEN Group award which is sponsored by Fresenius Kabi and Abbott Nutrition. The topic for the 2003 award was original contributions. Applicants had to submit an abstract and winners will be asked to present their abstract at the Annual General Meeting.

The PEN Group's summer meeting 2003 was held at Hulme Hall in Manchester and attracted about 50 delegates. Abstracts of the presentations can be found on the PEN group website [www.peng.org.uk](http://www.peng.org.uk)

## Pocket Guide to Nutrition

The aim of the summer meeting was to promote the new sections being added to the PEN Group Clinical Handbook.

Four of the new sections were written in collaboration with other specialist interest groups of The British Dietetic Association; The Renal group; The D-Liver group; Intensive Care Interest Group and the Paediatric group.

This ensured that the information incorporated the views of all concerned with providing nutritional support in these disease specific areas. Each of the four groups provided two speakers and a chairman for a half day session of this two day meeting.

In addition to the new sections, the current section on estimating nutritional requirements has been updated to take into consideration current data on energy and nitrogen requirements in disease states. There will be a short presentation on the rationale for these changes at the PEN Group AGM during BAPEN.

The five sections will be available for purchase after BAPEN. For details of this and all other PEN group publications please see [www.peng.org.uk](http://www.peng.org.uk)

PENlines the PEN Group's newsletter continues to be sponsored by Nutricia Clinical Care and there were two editions in 2003. These are sent to all members but can also be found on the web site at [www.peng.org.uk](http://www.peng.org.uk). The web site also contains details of membership and also the contact details for committee members.

The PEN Group Clinical Update, a post graduate BDA validated course, successfully took place in Edinburgh during June 2003 with an increase in the number of delegates participating to over 85.

Clare Soulsby is the current course leader and can be contacted at [c.t.soulsby@qmul.ac.uk](mailto:c.t.soulsby@qmul.ac.uk) if you would like information on the 2004 course which will also be held in Edinburgh in June 2004.

*Carole Anne McAtear  
Chairman of the PEN Group*



# ESPEN Report 2003



The European Society of Parenteral and Enteral Nutrition (ESPEN) has become an 'umbrella' organisation for a number of national societies including BAPEN. ESPEN regulates its own affairs and organises an annual conference as well as undertaking a number of specific activities.

It does this through its two key committees (Science and Education and Clinical Practice) with advice and feedback from the ESPEN Council.

## Professor Jeremy Powell-Tuck

Each European country is represented on Council and, for the last 5 years, the UK representative has been Professor Jeremy Powell-Tuck. He has worked extremely hard to ensure that UK interests have been protected and promoted.

Many of you will also know that he has been trying to identify how many of us are actually members of ESPEN. This has been a very difficult task and our thanks are due to him for his unremitting energy and for all that he has achieved.

## ESPEN 2003

There is a General Assembly for ESPEN members each year and this is held during the Annual Meeting. Members are given an account of ESPEN's activities, an outline of the proposed direction for the future and a statement of its financial status. Topics specifically discussed at the Cannes meeting in September included:

## Report from ESPEN 2002 (Glasgow)

This was viewed as a successful meeting attended by 2870 delegates from 70 countries. These included 680 dietitians, 137 nurses and 72 students.

## Electronic Posters

There were a number of innovations including electronic poster presentations (master-minded by Professor Jeremy Powell-Tuck), the integration of short original communications within the plenary sessions and a number of innovative approaches in the Education and Clinical Practice programme.

These were all well received and the delegates also enjoyed a lively social programme. The unusually good

weather also helped to make this a memorable meeting.

## ESPEN 2003 (Cannes)

Preliminary information from ESPEN 2003 (Cannes) revealed that there were 1676 registered delegates from 57 countries, including 278 dietitians. 56 abstracts were accepted from the UK (91% acceptance rate) – representing 13% of the total submissions.

This was a somewhat 'scaled down' meeting due to the Industrial Liaison Group deciding to provide funding and support on a bi-annual rather than an annual basis. After much negotiation funding has now been restored but the main nutritional companies did not have stands in the Exhibition.

## ESPEN 2004

ESPEN 2004 will be held in Lisbon from September 11-14 and promises an exciting programme including sessions on the consequences of disease related malnutrition, parenteral nutrition in the 21st century, weight management, nutrition and epigenetics and nutrition in cardiovascular disease.

This is the time to think about submitting an abstract of your work – the deadline is **April 11th 2004** and further information is available on the ESPEN website ([www.espen.org](http://www.espen.org)).

Future meetings will be held in Brussels (2005), Copenhagen (2006) and either Istanbul or Prague in 2007.

## Clinical Nutrition

Clinical Nutrition is ESPEN's own journal and this is among the top journals of its type in the world. A wide range of topics is covered and it is an invaluable reference for anyone working in the field. It has recently been expanded and further developments are planned.

The current acceptance rate for submitted papers 56% (58% in 2001) and it is hoped that minor revisions to the editorial policy will maintain / improve this position in addition to enhancing the impact factor.

## Finances

Financial position – this is still a cause for concern although the situation has stabilised during the last couple of years.

Income is generated mainly through membership fees and sponsorship from the Industrial Liaison Group. The Executive Committee anticipates a break-even situation in 2003-4.

The Website has been significantly improved thanks to the appointment of an Information Officer. There is information about all the ESPEN activities (including courses, publications and the work of the committees) as well as useful hyperlinks to other sites.

Organisational arrangements – these have been revised to reflect the changing nature of ESPEN's activities. There will be a smaller Executive Committee (Chairmen, Secretary, Treasurer, Current Congress President), a larger Education and Clinical Practice Committee and the Scientific Committee will remain unchanged.

## Special Mission Members

There will now be a facility to appoint members for 'special missions' which will be time limited. A number of Special Interest Groups are developing, for example, tracer methodology, genomics and these will be integrated within the new structure.

## Extraordinary General Meeting

This was convened especially to agree that ESPEN will now carry the strap line "European Society for Clinical Nutrition and Metabolism".

I have now been nominated to succeed Jeremy as the UK representative on ESPEN Council. It is important that we do, actively, support ESPEN by becoming members.

Further information is available by contacting the BAPEN Office. If you want any other information, please email me

[pat.howard@ubht.swest.nhs.uk](mailto:pat.howard@ubht.swest.nhs.uk)

The ESPEN website can be found at:

[www.espen.org](http://www.espen.org)

*Pat Howard  
Hon Secretary - BAPEN*

# British Artificial Nutrition Survey (BANS) 2003 - A Report



Carole Glencorse

The latest report from the British Artificial Nutrition Survey (BANS) will be available soon.

An analysis on selected topics was undertaken using

information gathered from the British Artificial Nutrition Survey between 1996 and 2002, and this year focuses on the changing trends in both adult and paediatric enteral and parenteral nutrition. The report also contains a more detailed section on home enteral feeding (HETF) in cerebral palsy and we have included a detailed breakdown of new registrations by diagnosis in the appendices at your requests. A summary of the key points from the report is outlined below.

## Trends in Home Enteral Tube Feeding

- The numbers of patients on HETF has continued to grow between 1996 and 2002, although the growth has slowed in the last 12 months. The total number of adults and children receiving HETF in the UK at the end of 2002 was estimated to be in the region of 22,000 - 27,000

Between 22,000 and 27,000 adults and children are receiving Home Enteral Tube Feeding

- The number of new patient registrations over the age of 60 years is increasing. 78% of those over 60 years require some or total help. This older and more dependent adult population has implications for healthcare resources
- Data from the annual BANS survey in 2002 demonstrates that arrangements for follow-up and monitoring of patients receiving HETF are made prior to discharge by 84% of centres
- There has been a steady rise in the use of commercial home delivery companies for both adults and

78% of older patients require some or total help...this has significant implications for healthcare resources

children, with approximately 82% of new HETF patients using this type of service in 2002.

- Under-reporting remains an area of concern to the BANS Committee. Given that the majority of HETF patients are registered on commercial systems, a working partnership with such systems should be explored to facilitate more accurate and complete data collection.

## Trends in Home Parenteral Nutrition

The number of patients on home parenteral nutrition (HPN) continues to show some growth and it is estimated that the number of adults and children on HPN at the end of 2002 in the UK was at least 600.

- Point prevalence increased from 490 to 533 between 2001 and 2002 (approximately 9%)

There is a large variation in the provision of HPN to both adults and children

- Large national variation is observed in the provision of HPN to both adults and children. It is of concern that the equity of access to present services is variable and that standards of care differ according to geographical location, workload and experience.

## In-patient Parenteral Nutrition

- In 2001, BANS noted that only 34% of registering centres responding to the annual survey on audited infection (catheter-related sepsis). The situation has not improved in 2002 with catheter sepsis rates being audited in only 32% of responding centres.

The incidence of catheter related infection tended to be higher where there was no Nutrition Support Team

- The incidence of catheter-related infection tended to be higher where there was no nutrition support team (NST) (13.5% versus 7.7%), but this figure was not statistically significant.

## Patients with Cerebral Palsy and Cystic Fibrosis receiving HETF

The number of children with cerebral palsy registered on BANS has increased from 348 in 1996 to 783 in 2002 (point prevalence). In contrast, the number of children registered on BANS with cystic fibrosis has changed very little and remains around 180 (point prevalence), while the number of registered adults with cystic fibrosis has almost doubled

- The proportion of nasogastric feeding in children with cerebral palsy has increased steadily, while gastrostomy feeding has declined, the trend also observed in children receiving HETF. The possible reasons for this are discussed in Section six of the BANS report.

## Nasogastric feeding is replacing gastrostomy feeding

- Prolonged survival in cerebral palsy children means there is an increasing demand on healthcare resources and survival to adulthood means that transfer of care to adult services must be addressed. In 2002, 783 children and 551 adults with cerebral palsy were registered on BANS (point prevalence)

We are keen to collect as much accurate information as possible and rely on the registering centres for this. We would like to thank those who continue to supply data to BANS, and would encourage those centres who do not currently report to start registering their patients to allow us to build up a more complete set of data on the trends in artificial nutritional support.

Information on how to contribute to the national database can be obtained from Streets Heaver Healthcare Computing, 4 Low Moor Road, Lincoln, LN6 3JY.

If you would like to make any comments or suggest any topics for next years report, please do not hesitate to contact us.

Carole Glencorse  
On behalf of the BANS Committee

## Communications & Liaison



### Update 2003

There have been regular Committee meetings during the year and during that time we have had three new members join the Committee. Carole Glencorse representing Industry and replacing Cameron McDonald, Allan Coslett representing the British Pharmaceutical Nutrition Group (BPNG), sharing the workload with Rebecca White and Rhonda Smith, media officer for BAPEN working with us to ensure that the right messages get to the right people!

I would like to extend a personal thank you to all the members of the Committee, past and present who have worked so hard to make sure that our communication channels remain effective.

The BAPEN Newsletter and Website remain our principle sources of communication and both have continued to develop over the year as a result of the many ideas generated by the Committee.

### Website

- Several sections have been developed this year and by the end of the year LITRE (Looking into The Requirements for Equipment), NNG ( National Nutrition Nurses Group ) and the Regional Representatives will each have their own sections on the website.

- The electronic submission of abstracts for BAPEN 2003 via the website worked well and this process will be used again next year for BAPEN 2004.

It is worth highlighting the availability of the following on the website:

- The ESPEN block membership application form is available to download
- The BANS executive summary 2002 is on the website and 2003 will be available soon
- The drugs and enteral feeding resource pack ( leaflets and posters ) are available for download
- Each issue of the newsletter, In

Touch, is available electronically as soon as it is printed.

- Some Information from the Better Hospital Food ( BHF ) Initiative is available on the BAPEN website. This is information that is not readily accessible on the BHF site unless you are a professional employed by an NHS Trust.

### Newsletter

Six newsletters will have been published this year and the same number is intended for next year. This year we have been privileged to be able to share with you case studies of patients who have been happy to talk about their experiences of living with artificial nutritional support. We have also featured several articles on Professors of Clinical Nutrition in the UK and more are planned for the new year.

### Publications

We have been using Wisepress during the last year to promote sales of BAPEN publications at meetings throughout Europe. Sales at ESPEN have been particularly good and it is encouraging to see that BAPEN publications are reaching all parts of the world!

### Publicity

Rhonda Smith has made sure that the press and media have been kept up to date on BAPEN activities throughout the year.

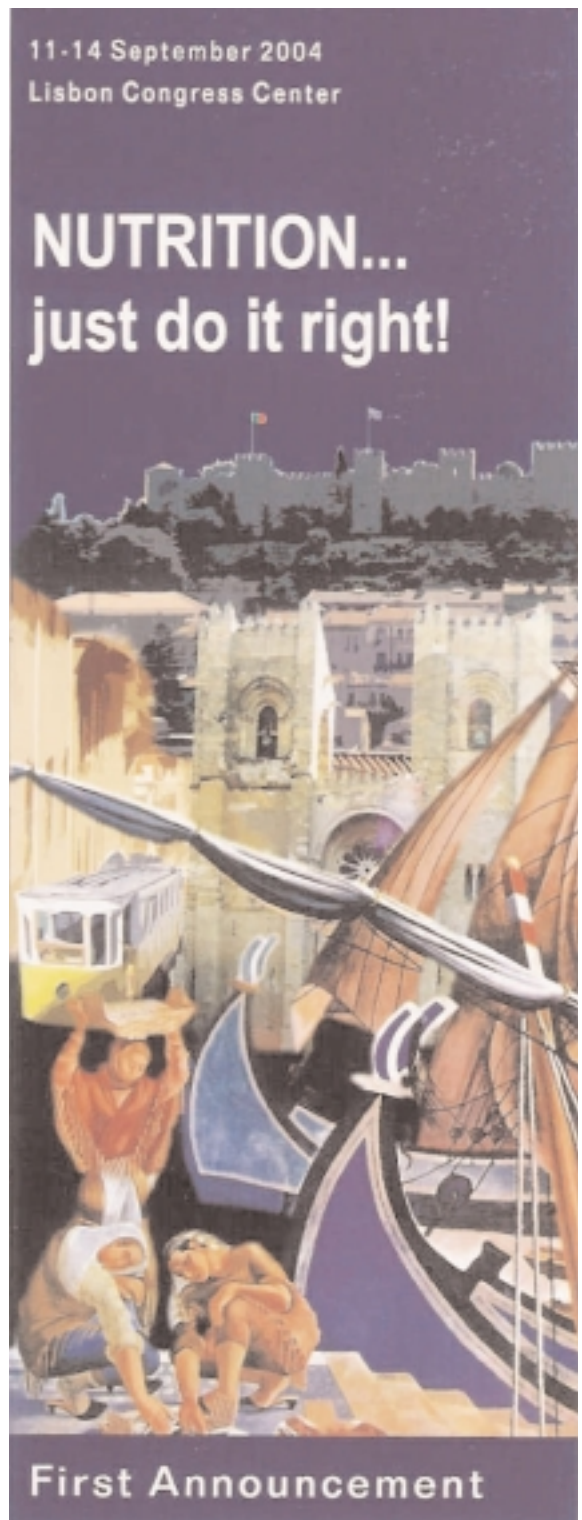
There has been media focus on many initiatives including the importance of a co-ordinated approach to home parenteral nutrition ( HPN ) and on the proper management of drugs and enteral feeding.

### Malnutrition

There has been a great deal of work going on in the background to support the launch of 'MUST' (Malnutrition Universal Screening Tool ) and by the time you read this you will have heard much more about this major piece of work!

*Vera Todorovic  
Chairman Communications  
& Liaison Committee*

## ESPEN 2004



For further information visit  
[www.espen.org](http://www.espen.org)



**BAPEN**

Advancing Clinical Nutrition

A date for your diary!

The 13th BAPEN Annual Meeting will be held  
17th-19th November 2004  
at the Telford International Centre

Featuring:-

- The Pennington Lecture
- The Nutrition Society Symposium
- PEN Group Annual General Meeting and Award
- NNNG Annual General Meeting
- The Nutrition Society Cuthbertson Medal Lecture
- BAPEN Annual General Meeting
- Exhibition
- Original Communications
- BAPEN Annual Dinner

To register your interest contact the Conference Organisers

Sovereign Conference, Secure Hold Business Centre, Studley Road,  
Redditch, Worcestershire, B98 7LG

Tel No. +44 (0) 1527 518777 Fax No. +44 (0) 1527 518718.

E-Mail. [association@sovereignconference.co.uk](mailto:association@sovereignconference.co.uk)

## Forthcoming Conferences & Events

- |                |                                   |  |
|----------------|-----------------------------------|--|
| 20 Nov 2003    | Obesity Research in the UK        | Kennedy Lecture Theatre, Institute of Child Health, 30 Guildford Street, London WC1N 1EH For further details, please contact: Ms C Hawkins, Administrative Officer Tel/Fax: 020 8503 2042 email: <a href="mailto:CAHawkins@compuserve.com">CAHawkins@compuserve.com</a> Website: <a href="http://www.aso.org.uk">www.aso.org.uk</a>  |
| 21-22 Nov 2003 | 4th Nutrition & Health Conference | This event is multidisciplinary: over 500 healthcare professionals are expected to attend including clinicians, dietitians, dietetic assistants, nutritionists, researchers, nurses, health visitors and pharmacists. This year's topics include: cancer, obesity, exercise on prescription, menopause, ageing, motivation skills, coronary heart disease and a series of hot topics relating to general practice as usual. ExCel Conference Centre London Tel 020 8455 2126 or 020 8455 6570 email: <a href="mailto:admin@nutritionandhealth.co.uk">admin@nutritionandhealth.co.uk</a> Or <a href="http://www.nutritionandhealth.co.uk">www.nutritionandhealth.co.uk</a> Nutrition & Health Conference, 16 Brownlow Court, Lyttelton Road, London, N2 0EA |

### United Kingdom Dates 2004

- |                             |   |  |
|-----------------------------|---|--|
| 21-23 Jan 2004              | Annual Winter meeting BSPGHAN                               | Crieff Hydro Hotel, Contact: Carolyn Fraser, Short Course Development & Conference Manager. Tel: 0141 201 9264 Fax: 0141 201 0674 email: <a href="mailto:cf24f@clinmed.gla.ac.uk">cf24f@clinmed.gla.ac.uk</a>  |
| 2-6 Feb 2004                | Intercollegiate Course on Human Nutrition                   | Hilton Coylumbridge Hotel, Aviemore, Scotland. Course Organiser: Dr William G Simpson, Aberdeen Royal Infirmary, Tel: 01224 554620, Fax: 01224 694378, email: <a href="mailto:w.g.simpson@abdn.ac.uk">w.g.simpson@abdn.ac.uk</a>                                 |
| 17-19 Feb 2004              | Nutrition Support Course for Nutrition Support Teams        | Contact BAPEN Office for details, Tel: 01527 518777 Fax: 01527 518718 email: <a href="mailto:association@sovereignconference.co.uk">association@sovereignconference.co.uk</a>  |
| 15-19 Mar 2004<br>80796317, | Intercollegiate Course on Human Nutrition                   | Chilworth Manor, Southampton. Course Organiser: Course Organiser: Janice Taylor, Institute of Human Nutrition, Southampton General Hospital, Tel: 023 Fax: 023 80794945, email: <a href="mailto:jmt1@soton.ac.uk">jmt1@soton.ac.uk</a>                           |
| 20-21 Mar 2004              | British Society of Gastroenterology Scientific Meeting 2004 | Glasgow, Scotland For further information, please contact: British Society of Gastroenterology, 3 St Andrews Place, Regents Park, London NW1 4LB Tel: 020 7387 3534 Fax: 020 7487 3734 Email: <a href="mailto:bsg@mailbox.ulcc.ac.uk">bsg@mailbox.ulcc.ac.uk</a> |
| 28 Apr-1 May 2004           | International Coeliac Disease Symposium                     | Waterfront Hall, Belfast For further details please contact: Happening, 65 Eglantine Avenue, Malone Road, Belfast BT9 6EW Tel: 028 9066 4020 Fax: 028 9038 1257 email: <a href="mailto:jayne@happen.co.uk">jayne@happen.co.uk</a>                                |
| 7-11 June 2004              | 21st PEN Group Clinical Update                              | Queen Margaret University College, Edinburgh For further information please visit: <a href="http://www.peng.org.uk">www.peng.org.uk</a>  |
| 13-17 Sept 2004             | Intercollegiate course on Human Nutrition                   | Course Organiser: Dr Carolyn Summerbell, Reader in Human Nutrition, School of Health and Social Care, University of Teeside, Tel: 01642 342769 email: <a href="mailto:G.Thompson@tees.ac.uk">G.Thompson@tees.ac.uk</a>   |

### International Dates

- |                |  |   |
|----------------|--|---|
| 18-21 Nov 2003 | First International Conference on Polyphenols and Health | Vichy, France. For further information please visit: <a href="http://www.evicevents.com/polyphenols/index.html">www.evicevents.com/polyphenols/index.html</a> |
|----------------|--|---|

### International Dates 2004

- |                 |   |  |
|-----------------|---|--|
| 19-22 June 2004 | International Society of Renal Nutrition and Metabolism 12th International Congress | Venice and Padua. For further information, please contact: Marianne Vennegoor, 3 Cottage Grove, Surbiton, Surrey KT6 4JH (please include stamped addressed envelope) email: <a href="mailto:mayennegoor@aol.com">mayennegoor@aol.com</a> Or <a href="http://www.nutrition.metabolism-2004.it">www.nutrition.metabolism-2004.it</a> |
| 3-7 July 2004   | 2nd World Congress of Paediatric Gastroenterology, Hepatology and Nutrition         | Paris, France. For further information, please contact: Colloquium, 12 Rue de la Croix, Faubin, France   |

## ESPEN Stop Press • ESPEN Stop Press • ESPEN Stop Press

Remember to renew your ESPEN membership, which is due on the 1st of January 2004. Contact the BAPEN Office for a membership form at BAPEN Office, Secure Hold Business Centre, Studley Road, Redditch, Worcs. B98 7LG Tel: 01527 457850 Fax: 01527 458718 or download one from our website at [www.bapen.org.uk](http://www.bapen.org.uk). Because of our block booking capability it is far better value to book through BAPEN rather than directly, yet another service that we are delighted to supply to our members.

## 'MUST' is here!

BAPEN Symposium, Telford 19/20th November 2004

Exchange your 'MUST' flyer in your Delegate Pack for your complementary 'MUST' package at the MAG Stand, (one per delegate only).

There are three opportunities to hear from MAG experts at the Symposium:

- 19th November, 10.00am Professor Marinos Elia formally launches the 'MUST'
- 20th November, 9.00 am, MAG leads a feedback session on the implementation of 'MUST'
- Round Table surgeries – an opportunity to discuss 'MUST' with MAG Committee members (near the MAG stand). Book your place when you pick up your 'MUST' pack.

The 'MUST' package consists of:

- 'MUST' – 5 step flowchart
- The 'MUST' Explanatory Booklet – a guide to using the Tool
- The 'MUST' Report - the full evidence base demonstrating reproducibility and ease of use of the 'MUST'.



Some of the "MUST" tools and background documents  
Photograph courtesy of CGI

The 'MUST' and The 'MUST' Explanatory Booklet will be available to download from the BAPEN website ([www.bapen.org.uk](http://www.bapen.org.uk)) together with a copy of the Executive Summary of the Report. Copies of the Tool and Booklet are available for purchase from the BAPEN office, together with the Report. Full purchase details are available from the website or from the BAPEN office.

### The Intercollegiate Course on Human Nutrition

This course will enable doctors to extend their knowledge of nutritional principles by:

- Bringing together sub-specialties to study nutrition across the boundaries of care and in relation to disease processes.
- Encouraging the application of effective nutrition in relation to the promotion of health and the treatment of disease.

Aviemore Course, 2-6 February, Hilton Coylumbridge Hotel, Aviemore, Scotland email: [w.g.simpson@abdn.ac.uk](mailto:w.g.simpson@abdn.ac.uk)

Southampton Course, 15-19 March. Chilworth Manor, Southampton email: [jmt1@soton.ac.uk](mailto:jmt1@soton.ac.uk)

Durham Course, 13-17 September, The Durham Marriott Hotel, Royal County Durham email: [G.Thompson@tees.ac.uk](mailto:G.Thompson@tees.ac.uk)  
Web site: [www.icgnutrition.org.uk](http://www.icgnutrition.org.uk)

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