



BAPEN Annual Report 2003 - 2004

BAPEN

Advancing Clinical Nutrition



Chairman's Report



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.

It does not seem long ago that I was preparing an annual report for 2002-03 and I think that this is a direct result of the busy but ultimately productive year that BAPEN has seen. Top of the list, as last year, is the importance of nutritional screening. No-one reading this can now be excused a knowledge of the 'MUST' and I hope to see it in use in more and more care settings around the UK over the ensuing months. I appreciate that some units already use their own tools and commend that, but for those that are yet to take the plunge or are considering a revision I cannot recommend the 'MUST' too strongly. It comes in a format which is simple to use and yet which has been validated in various settings in adult medicine. It thereby permits reliable comparisons between centres and within the same centre at different times. We should not forget however that recognition of malnutrition is only the first step in the pathway to improved nutritional care for our patients.

New Constitution

In Council and the Executive Group we have been working steadily on the proposed new constitution. It has been available in a draft form on the BAPEN website for some time now and many useful comments have been received – albeit from a rather small number of commentators. We will be presenting this with appropriate amendments - taking into account such comments – at the BAPEN 2004 business meeting in Telford.

Scientific Meeting

The Scientific Meeting grows in stature and potential influence with each passing year and I am confident that those of you coming to Telford will not be disappointed (and those of you who do not will regret your decision when you hear about it from your colleagues!). The 2003 meeting was almost certainly the best to date, and Lynne Colagiovanni and the present Programme Committee are to be congratulated on their efforts to make 2004 better still. I would not be at all surprised if they succeed. Also deserving of congratulation are the Education Committee members and specifically Ruth Newton and her colleagues, who devised and ran the revamped residential course for nascent nutrition teams. We can be confident that this will run and run.

Home Parenteral Nutrition

Although Scotland and now Wales are well in control we cannot be quite so positive about achievements in regional equity and delivery of home parenteral nutrition in England. We keep getting promising noises from the Department of Health and its agents only to find that the goal-posts have been moved again. We are still striving to create a network of "regional" intravenous nutrition centres that are recognised as such and provided with appropriate resources to provide the care our patients need. We will prevail!

The NICE Process

More immediate and positive influence on government bodies is seen through our "infiltration" of the NICE process. We do not always get the prominence of nutrition that we think is deserved but it is clear that under Dr Mike Stroud's direction our input is now sought and taken seriously.

Nutrition Team

It has proved more complex than I originally imagined to achieve agreement on a way forward for accrediting nutrition teams, but Council has been supportive, and a joint working group is actively looking at this – aiming to improve the quality of nutrition training that doctors and other professional groups receive – again with our hope that this carries through to the quality of nutritional care of their subsequent patients. We continue to receive encouragement in this pursuit from the Royal Colleges and other relevant Specialist Societies.

Handbook of Nutritional Support

Dr Tim Bowling – from Queens Medical Centre, Nottingham – was able to launch the multidisciplinary Handbook of Nutritional Support at the end of last year and this has been warmly received in many quarters; it provides another mechanism whereby the BAPEN name is brought forward and high standards of nutritional care are promoted without itself being too awe-inspiring or formidable.

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Chairman's Report (continued)

Congratulations

We have a new professor of nutrition to congratulate in the form of Jeremy Powell-Tuck (who will remain at the Royal London Hospital) and I am pleased to record that, far from resting on his laurels, Jeremy has set up a new sub-group within BAPEN to appeal to medical clinicians who have hitherto lacked a focus, if the Nutrition Society and mainstream BAPEN did not fulfil their needs. I am sure that BAPEN Medical will be a big success.

BAPEN remains dependent on its Founder Groups and the many individuals who give so generously of their time and efforts to ensure its success. It is always a problem when one tries to identify individuals since it is so easy to omit someone crucial, but I know that a few names will resonate with all of my colleagues on Council and I shall simply apologise to those who have been omitted (but not forgotten). Carolyn Wheatley and Geoff Simmonett continue to 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 I should like to thank the team at Sovereign who run the BAPEN office and the annual meeting. I should again like to thank my supporters and still more so 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.

Finally I must thank my fellow Officers of BAPEN. Niall Bowen as Hon Treasurer has realised a firm strategy to secure the more stable and secure financial base that BAPEN needs. This has been very much a challenge that Niall has run with and although it has not been easy I think we are now beginning to see its fruits. Then, Pat Howard our Honorary Secretary. Pat stands down at the Telford meeting. It is genuinely and literally true that we do not know how to replace her. She already has the highest honour of the Association but in military circles I believe it is possible for someone to be re-awarded a medal. Perhaps Pat should be Lennard-Jones medallist "and bar".

Dr Alastair Forbes
Chairman BAPEN

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Honorary Secretary's Report

Perhaps this should, more correctly, read tri-annual report. My term as your 'Hon Sec' comes to an end at the forthcoming Annual General Meeting and I thought that this would be a good opportunity to give you a brief overview of some of the 'unseen' activities and developments that have taken place during the last 3 years.

The BAPEN Office is the hub of all the routine management related to our Association. Jennie, Correen, Jolene and, more recently, Louise slave away behind the scenes to ensure that all of us receive our regular mailings, that we can find out what we need to know, that our meeting venues are organised and that we can get various BAPEN publications from them. This sounds easy but, in fact, takes a great deal of organisation. Some other developments have included:

The BAPEN database: This has been set up to ensure that we hold accurate and current information about all our members. Each Founder Organisation is able to access / update its own data which means that everyone receives, for example, their copies of In Touch. Additionally, the Officers receive regular updates about all the different categories of membership status.

Credit facility: It is now possible to pay by credit card, not only for BAPEN publications, but also to register for meetings and to renew annual subscriptions.

Copyright clearance: Many people want to use BAPEN material within their local publications and we now have a robust system in place to ensure that all the necessary legalities are properly observed.

The role of Hon Secretary is complex and challenging.

There is a lot of routine management / administration – the BAPEN Officers are involved in a variety of meetings all of which have to be accurately recorded. There is a great deal of liaison activity to make sure that everyone is kept informed about new initiatives. There is also necessary planning for the future – to ensure that BAPEN has the right infrastructure in place to cope with the demands of the next decade. You will have seen that we have revised the Constitution and developed a Strategy for the future – both of these went through

several draft stages before they were considered suitable for wider consultation with the membership.

What about all those meetings?

You may not know that there are five BAPEN Council meetings each year. These are used to update on the current activities of the Founder Organisations and the Standing Committees (and you will find out the identity of these by reading the following reports!) as well as to discuss matters of current importance. In addition, the Officers hold routine meetings (usually 9-10 each year) to discuss and progress BAPEN business. There are also regular meetings with our colleagues in industry and with our Media Co-ordinator!

We now have a BAPEN Handbook – the guide to everything any BAPEN Committee Chairman or Council Member needs to know. This, initially, was very challenging to produce but we are hoping that the updating process will get easier as the years pass. Hopefully, too, it is reducing the number of enquiries received at the BAPEN Office – which brings me back to the beginning ...

Being 'Hon Sec' is, undoubtedly, hard work and it can be incredibly frustrating. However it is also challenging (you never know what the next phone call or e-mail will bring!) and very rewarding. It has been a privilege to work alongside some very dedicated people and to know that, however slowly it seems to be happening, we are making a difference. There are too many people for me to thank individually but special mention must go to Jennie Mort, Correen Finney, and Jolene Lucas-Garner at the BAPEN Office as well as Vera Todorovic (Chairman of Communications), and my fellow Officers, Alastair Forbes and Niall Bowen. I am very grateful to all of you for your support. Finally, thank you too, to my secretary Kay Tume – without whose help, support and total 'unflappability' I would never have managed.

Pat Howard, Hon Secretary



Honorary Treasurer's Report

The generally higher level of activity within BAPEN this year is very much reflected in the accounts. In the 8 months to the end of August 2004, our expenditure had increased by 27% over the same period last year and, with an income up by only 7%, we have an operating deficit of £41,500. However, the current account shows a healthy balance which is double that figure and our reserve account stands at over £176,000. There is therefore no cause for concern but we should continue to exercise careful control of costs.

Although there has been a quite general increase in activity, the two principal influences on the accounts in terms of variance analysis have this year been the award of research grants, at over £33,000 compared to no expenditure of this type last year, and also various costs associated with media communications, which show an increase of over £16,000 compared to last year. Looking forward, the sourcing of external funds to finance future research grants will be important for BAPEN.

In 2003 a new model for the general funding of BAPEN by the Main Industry Group was agreed and the implementation of this continues. The main difference in 2004 has been a reduction of £5,000 in the corporate subscription which each company pays and this has begun to move us towards our objective of being less than 50% funded by industry by the end of 2008.

We continue to work on a claim which we believe we have for the repayment of value added tax. Our claim for around £35,000 has finally been rejected by Customs and Excise and specialist VAT accountants, Mazars Neville Russell are presently examining grounds for appeal.

In overall terms, BAPEN is in good financial shape but establishing alternative income streams to Industry must be the first priority.

Niall Bowen, Honorary Treasurer





The LITRE Year

We have had a busy year and a few changes in the Committee. Fiona Smedley our dietitian, after supporting us for 7 years has stepped down and I thank her on behalf of the committee for all her hard work in that time. Fiona has handed over to Kavita Biggin who is a community dietitian in Oxford who we welcomed at our last meeting.

So what have we been up to?

One major project to increase awareness of Looking into Requirements for Enteral and Parenteral Nutrition (LITRE) and what we are about was development of the LITRE section on the BAPEN website which was launched with help from Vera. It covers our committee members and all the projects we have completed and some of the questions and answers we receive from patients. We will update the information as we complete new projects.

Projects that have been completed this year include our Leaking Gastrostomy Survey, the joint Parenteral Nutrition (PN) Pump Survey with the (Medicines & Healthcare Regulatory Agency) MHRA and the PN Line Blockage Survey.

The full results of the joint MHRA survey are still being analysed by the MHRA and will be included in their bi-annual report on pumps next year for the government. The interim results showed that 23 types of pump were in use, nine pumps were rated as excellent and one was rated as unacceptable. There were two principle devices in use, the BAXTER 6060 and the IVAC 598.

The PN Line Blockage Survey was well supported with a 30% return of completed questionnaires. Questions asked included: Types of catheter and time in situ; pre and post flushing; whether lipid was infused separately; did the feed bags have heparin in; and, if an occlusion had occurred, what (if anything) had cleared it. The results of the pre and post flushing show a variety of flushing solutions, with a combination. NaCl and heparin/hepsal giving the best results.

Results showed that 41% did have an occlusion and 59% did not. Regular flush and lock showed 1% flushed before only; 41% after; 55%

both; and 3% never. Results show lipid in the bag made no significant difference to the 60% who had it, 27% reported a blockage and 33% none. Those that infused lipid separately had an equal number of occlusions to those that had not. Those that infused no lipid at all showed a marked difference 6% with a blockage and 19% with no blockage. There were also patient questions about lines pumps and medical issues we have been reviewing.

After our meeting with Baxter regarding the 6060 pump giving sets I am pleased to say that a new design that is more patient friendly is in development. Also following a patient workshop the rucksack for the 6060 is also being updated to take in the comments from the users to fit in with their needs. I'd like to thank Baxter for their support and consideration.

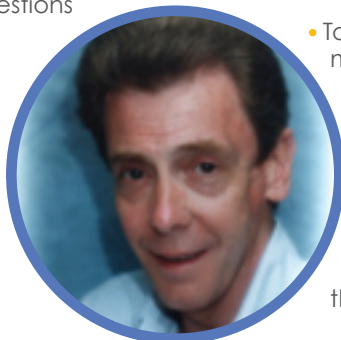
We were also asked to complete a questionnaire by the MHRA to establish how well they communicate what they are doing and how accessible we felt they were. They have published the results from all those who contributed in their new letter.

What's new for this year?

- We have been asked by patients to see if we can advise on the easiest way to fill in the application form to claim Disabled Living Allowances as the form is very confusing.
- We would like a page on our website for people to respond to or contact us.
- To look at developing a joint LITRE/PINNT treatment folder with updated information.
- We would also like industry to feel they can call upon us when a new product is being developed or a new one due to be launched.

That's just to get us started as new thoughts and feelings from patients keep coming in all the time!

Geoff Simmonett, LITRE Chairman



BAPEN and NICE

BAPEN is a registered stakeholder for many of the National Institute of Clinical Excellence (NICE) Guidelines currently under development and over the last year, we have been actively involved in 12 different activities. Our aim is to ensure that issues related to nutritional care are included in all guidelines where appropriate but I can only report limited success. For example, although our suggestions on screening, multidisciplinary team (MDT), dietetic input, care pathways and NG tubes/PEGs were adopted by the multiple sclerosis guideline development group (GDG), our considerable efforts to get any reference to nutrition into the (now published) colorectal cancer guidelines or a mention that nutritional status might influence healing put into the scope for the guidelines on surgical wounds were utterly fruitless. In the case of the currently developing guidelines on nutrition support, however, we are at least bound to have considerable influence. Several members of the Nutrition Support GDG are from BAPEN, including me as the chairman.

The aim of the nutrition support guidelines is to provide authoritative answers to the 'Who? When? What? and How?' questions of nutrition support. This sounds simple, but NICE insists on evidence-based approaches wherever possible and the evidence for the benefits of nutritional support from strict randomized controlled trials (RCTs) is actually quite limited and is fraught with difficulties. Some of the problems identified by the GDG include:



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BANS Activities: past, present and future

After 8 years of distinguished leadership, Professor Marinos Elia has relinquished the chair of The British Artificial Nutrition Survey (BANS). Having presided over the development of probably the largest ongoing clinical nutrition audit world wide, he continues to be active on BANS committee. The annual reports are now taken for granted as a normal part of the BAPEN calendar but the effort which has gone into each report by Marinos and the many committee members requires tribute, but perhaps greater tribute should go to the reporters of whom there are about 350 who are active. The complexity of BANS reports reflects their willingness to complete the returns but more of this later!

This year, we have been joined by 3 new members, Mark Dalzell for Paediatrics, Janet Baxter for Scotland and HPN and Jaqueline Eastwood for BPNG.

The value of BANS data has become appreciated by BAPEN members and other interested parties, particularly managers and commissioners of health care. A number of clinical papers and numerous presentations have been spawned by the data. BAPEN has been able to utilise the information in its strategic quest for Department of Health recognition of specialised services such as Home Parenteral Nutrition and community enteral tube feeding.

Over the last 8 years, BANS has set the standard for clinical nutrition audit in the UK which has not yet been matched in Europe or North America. However, there is no room for complacency and we must now move into a new era of data collection to reflect the needs of our evolving health care system. The challenges of "Shifting the balance of power" in 2002 leave us with no choice but to redefine our data in such a way as to be relevant to the new purchasers – the PCTs and the new commissioning groups reflecting the priorities of the Strategic Health Authorities and Health Boards. This year we will be providing data from each home country for the first time.

As incoming chairman, it seemed to me that we needed to have a good look at what we have achieved to date and where we need to be going in the next few years.

This year's questionnaire and Annual Report concentrate on HETF and HPN. Next year, we will be focusing more on in-patient parenteral and enteral nutrition with an emphasis on quality issues. The present lamentable level of line sepsis audit in the UK will be highlighted for Clinical Governance purposes and will reinforce BAPEN's strategic goal to drive up quality. The patients will also be contributing their own

data on quality issues as perceived by PINNT members.

We were aware that the current paper based method of reporting is time-consuming and that there are concerns regarding the integrity of the data and the support given to reporters. This summer we conducted a survey of our reporters to assess the level of interest in moving to electronic reporting. Whilst there was a disappointing response to the questionnaire, about 90% of respondents said that they would prefer electronic reporting. Most felt that it would be quicker, simpler and more accurate. Many reporters expressed concerns regarding the process and accuracy of updating data and welcomed the idea of 'real time reporting'! We also took the opportunity to ask reporters how useful they found the BANS Annual Reports and were delighted to find that over 80% found them to be informative/very informative. The BANS Committee has therefore identified several key objectives:

- To enhance the perceived validity of BANS data
- To enhance the overall reporting coverage upon which BANS depends
- To complement the present emphasis on community nutrition in adults and children by focusing more on in-patient enteral and parenteral nutritional issues
- To make it easier for reporters to report by introducing electronic "real time" returns
- To strengthen founder group input including pharmacists
- To put our project out to tender to ensure we receive optimal IT support

Achieving these objectives will not be easy and we will need the continuing support of our long suffering reporters.

Any who may have lapsed we would hope to encourage to return to active reporting. We will be looking for centres not participating at present so that we can obtain the best possible spread of information across the whole of the UK. BAPEN still has many goals to achieve. By supporting BANS, we can all contribute to those aims. The better the data the greater its power!

Dr Barry Jones,
Chair BANS committee



BAPEN and NICE cont. from Pg4

- Researchers have clearly had difficulties in identifying suitable controls for comparison when examining nutritional interventions
- In most trials, it is impossible on ethical grounds to randomize patients with undoubted need for nutrition support to control groups receiving no support. The results therefore do not apply to the patients that we are usually asked to help i.e. those who really need nutrition support
- Many trials have used nutritional interventions providing such high levels of supplementary energy and nitrogen provision, that many authorities would argue that they would be expected to do more harm than good

The type of problem listed above means that potential benefits of nutrition support actually need to be addressed by none randomized techniques, yet NICE lacks the resources to examine such studies. Despite these difficulties, however, all is not lost. Although the nutrition support GDG still struggles with a NICE approach that obliges us to rate the obvious (e.g. deaths may occur if patients are not fed for long periods) as category D, the NICE methodologists who are our colleagues in the GDG do recognize the reality of the problems and will allow us to produce guidance related to first principles. We therefore believe that we will produce good nutrition support guidelines, although it is disappointing that the evidence for much of BAPEN's work will remain fairly soft.

Dr Mike Stroud, NICE Liaison Officer


Wednesday 17th November 2004

08:30	Registration
Symposium 1 Chairman	"News at Ten" Dr. Simon Gabe
10:00 - 10:10	Welcome and Introduction from the Chairman
10:10 - 10:30	"Payment by Results" Speaker to be confirmed
10:30 - 10:50	"Pharmacists Prescribing of TPN" Rebecca White
10:50 - 11:00	"Are they NICE guidelines?" Dr. Mike Stroud
11:00 - 11:10	"MUST Highlights 2003 - 2004" Professor Marinos Elia
11:10 - 11:30	"The Resolution on Food and Nutritional Care in Hospitals" Speaker to be confirmed
11:30 - 11:40	Questions & Answers
11:40 - 12:00	2003 BAPEN Research Award Winners
12:00 - 13:30	Lunch and Exhibition Electronic Poster Sessions NNNG Annual General Meeting
Nutrition Society Symposium	"End-Points in Clinical Nutrition Trials"
13:30 - 14:00	"Death, morbidity and economics are the only end-points for trials" Professor Ron Koretz
14:00 - 14:30	"Physiological function is an important end-point in clinical nutritional trials" Professor Peter Soeters
14:30 - 15:00	"Biochemical homeostasis and body growth are reliable end-points in clinical nutrition trials" Professor William Heird
15:00 - 15:15	Questions & Answers
15:15 - 15:45	Tea and Exhibition
15:45 - 16:15	Nutrition Society Cuthbertson Medal Lecture
16:15 - 16:30	BANS Update, 2004 Dr. Barry Jones
16:30 - 17:15	BAPEN Annual General Meeting
19:30 - 20:00	Drinks Reception for BAPEN Individual Affiliates
20:00 - 01:00	BAPEN Annual Dinner Sponsored by the Main Industry Group of BAPEN: Abbott Laboratories, B Braun Medical, Baxter Healthcare, Fresenius-Kabi, Nestle Clinical Nutrition, Novartis Consumer Health, Nutricia Clinical Care

Thursday 18th November 2004

08:30	Registration
09:15 - 10:30	BAPEN Nutritional Assessment Workshop
Symposium 3 Chairman	"From Beginners to Zimmers" Bruce McElroy
09:30 - 09:50	"Nutritional Support in the Newborn" Dr. John Puntis
09:50 - 10:10	"Current Practices in feeding Neonates" Jamil Khair
10:10 - 10:50	"Undernutrition in Older People: Reflecting on practice" Leeds BMI Group
10:50 - 11:00	Questions & Answers
11:00 - 11:30	Coffee
11:30 - 12:30	Oral Communications
12:30 - 14:00	Lunch and Exhibition Electronic Poster Sessions PEN Group AGM and Award
14:00 - 14:45	The Pennington Lecture "Integrated Nutrition" Dr. Simon Allison
Symposium 4 Chairman	"Challenges of Enteral Feeding from the Acute to the Community Setting" Dr. I W Fellows
14:45 - 15:05	"Food trials and supplements in the community" Dr. Rebecca J Stratton
15:05 - 15:20	"Practice and Problems with Gastrostomies" Gill McHattie
15:20 - 15:40	"The Parent's Perspective" Teresa Culverwell
15:40 - 16:00	"Patient follow-up and monitoring in the community" Kavita Biggin
16:00 - 16:15	Discussion
16:15	Close of Conference

**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
Email: association@sovereignconference.co.uk**

Programmes Committee Report

I'm just coming up to the end of my first year as the Chair of the Programmes Committee and I have to say it's been a steep learning curve! Probably like many of you I've often gone to the Annual Meeting and thought 'why don't they do this' or 'why can't we have that?' Well I now know some of the answers! Believe me, organizing this size meeting with so many different professional groups involved and a budget to keep to is far from easy!

This year's programme follows the traditional format of symposia, keynote lectures, plus original communications. The Education Committee are again running their nutritional assessment workshop which was oversubscribed last year.

For 2005 we have decided to change the format somewhat to try to get more involvement from the founder groups. This won't be a return to the days of 'the pharmacists session' or 'the dietitians session', but we will be asking founder groups to submit ideas to the committee for consideration for inclusion at the meeting. If we can also change the way information is given to include a variety of teaching/learning styles such as debates, case study presentations, this should keep the meeting lively and will also encourage audience participation. We will of course be keeping the keynote lectures, the Nutrition Society Symposium, and original communications.

Telford will again be the venue for 2005, but for the following year we will be looking for a change. If anyone knows of a suitable venue at a reasonable price then please get in touch.

I'd like to thank my fellow Committee members for all of their hard work over the last year, particularly during the abstract selection process! One of our team, Elaine Riordan, who represents industry is leaving us after this year's meeting. I'd like to say many thanks to Elaine for all she's done during the last year and especially for being foolhardy enough to volunteer to do the minutes at all of our meetings! Elaine, I don't know what we'll do without you!



Without the support and help of one particular person my job would be ten times harder and we'd probably not have an Annual Meeting at all this year! I'm talking about Jennie Mort from Sovereign Conference, who's pointed me in the right direction, answered my interminable (probably stupid) questions about print runs, deadlines, costs, and many other things with remarkable patience and without losing her temper once. Thanks Jennie!

I hope that you will all approve of the 'new look' meeting for 2005 and that you will continue to support the Programmes Committee and BAPEN by turning up in Telford again next year. If you've got any ideas for the meeting please do put these on this year's evaluation forms or contact myself or any of the Committee members.

Lynne Colagiovanni,
Chairperson BAPEN Programmes Committee

Communications & Liaison Committee Report

There have been regular Committee meetings during the year and during that time we have said goodbye to one of our longstanding members Professor Marinos Elia and welcomed Sally Robinson who is sharing the media workload with Rhonda Smith.

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 the Education and Training and the NNNG (National Nutrition Nurses Group) sections will have been updated and the Regional Representatives will each have their own sections on the website.

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

- The ESPEN block membership application form is available to download
- The 'MUST' and the 'MUST' Explanatory booklet are available for download. A section on 'MUST' frequently asked questions has also been included
- The BANS executive summary 2003 is on the website and 2004 will be available soon
- Discussion documents relating to the Constitution of the Organisation, Clinical Nutrition Support Teams and the 10 year Strategy for BAPEN are available on the website.
- The drugs and enteral feeding resource pack (leaflets and posters) continue to be 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

6 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 more case studies of patients who have been happy to talk about their experiences of living with artificial nutritional support and 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. Sales at ESPEN have been encouraging including uptake of 'MUST'.

Publicity

Rhonda Smith and Sally Robinson have made sure that the press and media have been kept up to date on BAPEN activities throughout the year and there has been a constant stream of articles relating to 'MUST' and the importance of nutrition in patient care have been commissioned by various journals.

Vera Todorovic,
Chair Communications & Liaison Committee



ESPEN Report



Several meetings were held alongside the main ESPEN Congress in Lisbon in September 2004. These reflected the work that is being undertaken by ESPEN and the progress that it is achieving.

Those of you who attended the sessions at the Lisbon meeting will know that this was a successful conference which appealed to a wide range of delegates. There were a number of satellite symposia on specific topics as well as sessions describing scientific developments and clinical / educational progress. There was valued support both from local and European industrial groups representing all aspects of nutrition. The social programme, too, was packed and several delegates returned to the UK for a rest! Our thanks are due to Professor Camilo and her team for organising and hosting a conference in the best traditions of ESPEN.

Next year's meeting will be held in Brussels and preliminary information is already available on the ESPEN website www.espen.org. Brussels is easy to get to, a city with a lot to offer and a congress programme which promises to be exciting and challenging. Why not book the time out now (it will run from 27-30 August 2005) and start making plans to attend?

Future congresses are planned for Istanbul (2006) and Prague (2007) with Vienna acting as the host in 2008.

Clinical Nutrition:

This is ESPEN's official journal and is a must for anyone active in this field. It has increased significantly in size which may partly account for a recent decline in the impact factor. Did you know that an 'online' version is now available (which can be cited) and this is proving to be an extremely successful development. Currently there is a 40% acceptance rate with the UK, France and Spain submitting the highest number of papers.

ESPEN website:

This is being constantly developed and is well worth a visit again, www.espen.org. Current efforts are being concentrated on the introduction of an integrated membership database. Several of you have experienced difficulties with your ESPEN membership during the last year or two – and you are not alone! Hopefully all is now resolved and, as a member, you will be able to access a wide range of information, using improved facilities, to find out what has happened (eg Education and Clinical Practice ses-

sion lectures from the 2002 meeting in Glasgow onwards), what is happening ('Hot News') and what is planned for the future.

Projects:

There are several initiatives in preparation including a possible nutritional screening prevalence study to be undertaken throughout Europe. There are plans to develop "real-time" as well as web-based courses and to introduce an accreditation scheme. ESPEN is also anxious to encourage more networking and membership participation. Many of these developments have arisen from ideas generated by the ESPEN Council at its January meeting.

ESPEN is initiating multi-centre trials into various aspects of nutrition. As a starter, we need to know if any of you might be interested in knowing more about this, in which case BAPEN might be able to act as a 'clearing' house. Background information is available on the ESPEN website. Please contact me if you would like to know more.

Membership:

Like all organisations, ESPEN is dependent on its membership to maintain a vibrant presence in the fields of clinical nutrition and metabolism. It is important to ensure that everyone knows what activities are planned and how they can contribute to the success of these. The Executive Officers are eager to hear from you and want to know what you think in terms of future activities and areas of developing clinical interest. Their addresses are on the website – please get in touch with them directly or with me if you have any views or comments. In the meantime, you will find a membership form in this mailing – please complete it and return it to the BAPEN Office.

ESPEN Council meeting:

The next meeting will take place in January 2005. Please let me know if you would like me to raise anything on your behalf.

Pat Howard
ESPEN Council Representative for the UK



Education and Training Report

The BAPEN Education and Training Committee organised a new course for nutrition support teams and this ran very successfully last February. Five multi-disciplinary teams attended the two and a half day programme at Wychwood Park, Crewe. A wide range of pertinent topics were covered and the teams made videos promoting their services.

Feedback from the delegates was very positive and a further course is taking place between **January 25-27th, 2005** at the same venue. The course is advertised on the BAPEN website.

We are fostering collaboration with other societies in supporting educational meetings and this approach bore fruit at the meeting of the Association of Surgeons in Harrogate last April, where a joint symposium was held as part of

the meeting. The Committee is pleased to receive details of short educational sessions to award BAPEN recognition and more detailed and extensive programmes to award BAPEN endorsement. Details are held on the BAPEN website.

The Education and Training Committee is organising the final symposium at the annual BAPEN meeting in Telford in November, entitled "Challenges of enteral feeding: from the acute to the community setting", with a multi-disciplinary panel of speakers. A breakfast workshop will also be held at that meeting to promote nutritional screening and assessment in an informal session.

We look forward to seeing delegates at this event which is being held a little later this year to allow greater recovery time from the effects of the Annual Dinner! Places are limited - SO SIGN UP NOW!

Dr Ian Fellows
Chairman Education and Training Committee

Annual Report of PINNT

An excellent attendance at our PINNT (Patients on Intravenous and Nasogastric Nutrition Therapy) AGM in July 2004 reminded us why we exist - to respond to the needs of our members. Following a morning symposium we held a number of workshops which focused on aspects which affected our patient members and to which they felt some answers or explanations would be useful. Lively banter amongst the attendees enabled us to draw up a list of questions which have been referred to LITRE for full analysis by the committee. 'To clamp or not to clamp a central line?' - 'Routine central line changes?' - 'Minimum standards' - 'Enteral standards and policies' ~ were just some of the issues causing concern to patients and carers. Due to the variation in centres and their practices everyone accepted that there are differences but it was the degree to which they change that continues to baffle our members. Hopefully you will be able to read updates and progress reports on these and other topics via IN Touch under the LITRE reports.

Due to the nature of our membership, many are unable to attend meetings thus a new look website was launched which has been designed to make our literature more readily available. www.pinnt.co.uk or www.pinnt.com

PINNT retains close links with other patients groups, but none stronger than the Oley Foundation in the USA. With their kind permission we 'borrowed' an excellent initiative from them ~ A Restaurant Card. Lengthy and embarrassing explanations as to why someone is unable to eat a full meal, or even snack on something can draw

attention when out socialising. To this end a special card has been developed to allow concessions in relation to meals. The card is available free to PINNT members upon request and it is our intention to survey the members at the end of a six month period to see how effective it has been. To date those who have used it have found nothing but favourable responses. We hope to have our West Midlands group up and running soon to provide a much needed local resource for members. This is in addition to other successful groups operating around the country. Generally they meet at least twice a year and it is through these meetings that we map out our future projects as we continue to respond to the needs of our members.

Within BAPEN we continue to be represented on various committees. Earlier in the year a patient attended the BAPEN Course in Crewe and found it extremely valuable, as the attending teams were keen to start thinking patients from the beginning. They listened attentively to a number of patient related issues and did not shy away from asking questions which provided a fantastic forum for all to benefit from.

PINNT can be contacted on Tel: 01202 481625 or pinnt@dial.pipex.com

Carolyn Wheatley, Chairman PINNT



Media report Widening BAPEN's remit – community and nursing links

Communications for this year have focused on activities and campaigns to widen awareness of BAPEN and its role in the nursing and community sectors.

The launch of 'MUST' – 'Malnutrition Universal Screening Tool' – provided a highly effective product and high impact issue that achieved outstanding coverage in both consumer and professional media.

Success was guaranteed as the BBC developed and produced a 'documentary' video report that was transmitted across national and local television and radio outlets. Other television and radio stations followed suit, creating blanket coverage on the day of the launch (11 November 2003). National newspaper coverage followed.

The issue of malnutrition in our land of plenty became a talking point overnight among consumers and healthcare professionals!

Momentum was maintained with the 'MUST' taking centre stage at the BAPEN Conference 2003, with delegates being provided with workshop opportunities and take-home 'MUST' packs.

Over the next six months, with support of the British Dietetic Association (BDA), Royal College of Nursing (RCN) and the Registered Nursing Home Association (RNHA), 50,000 'MUST' documents were distributed to hospital and community nurses, dietitians and key care staff. Numbers of visitors to the BAPEN website accessing 'MUST' information and viewing the webcast of the launch remained buoyant.

Media interest continued throughout the first half of the year with commissioned articles in the specialist press and follow up features in the consumer media.

The launch of the BANS Report: Trends in Artificial Nutrition followed in January 2004 with articles in specialist nutrition, nursing and dietetic journals later in the year.

In order to increase awareness of BAPEN, its objectives and relevance to community practitioners, the Charity attended the Nursing in Practice Conference in London (September 2004). 945 delegates attended the event with approximately 400 visiting the BAPEN stand and acquiring information.

To the majority of delegates, BAPEN was completely unknown, deterring them from becoming an affiliate BAPEN member while at the event. However, all were keen to be given membership forms and information to take away about BAPEN. To date more than 40 delegates have contacted the BAPEN Office for further information and 'MUST' materials.

The stand, in a prime location, offered membership forms, resource packs, annual conference information, stickers and a 'MUST' branded tape measure which was a highly 'collectable' give-away!

The countdown to the BAPEN Conference has begun with a media alert attracting the attention of key specialist and consumer healthcare journalists. Key hot topics and issues in nutritional care and treatment will be selected for media sell-in.

The Communications Team looks forward to another autumn of high level media interest, attention and coverage!

Rhonda Smith, Media Co-ordinator



NNNG report

The last year has been a good one for the National Nutrition Nurses Group (NNNG). The year's achievements include;

- A change in our logo and the introduction of our slogan 'Good Nutrition Needs Nurses'
- The highest attendance at our annual meeting for some years
- The issue of our guidelines on confirming correct NG tube position. These have been supported by the Medicines Healthcare Regulatory Association (MHRA) and the Patients Safety Agency (PSA)
- An increase in membership of 30%
- Our partnership with the Nursing Times in the publication of the Nutrition Supplement
- The launch of our new style newsletter

We had almost 100 delegates at our annual meeting in May this year. This was our first attempt at a 2 day meeting and was seen by most as a resounding success! We tried to present a programme that would have something to interest and inform all nurses no matter what their area of practice. Many different styles of getting the information across were used by our speakers and certain of these must have been a success as they have been appropriated by another founder group for one of their meetings. Well they do say imitation is the sincerest form of flattery! We hope to build on our success in 2005 when we will again hold a 2 day meeting at the same venue.

Communication with the members is critical for any group and we are trying to improve this with the launch of our new newsletter, the first edition of which came out in September. If any of our colleagues within BAPEN have anything they would like to let our members know about

then please contact kate.pickering@uhl-tr.nhs.uk and we'll mention it in the newsletter.

As many of you will know the MHRA sent out a safety alert in June of this year warning against the use of blue litmus paper for confirming position of nasogastric feeding tubes. The NNNG were involved with this from the start and had already prepared guidelines for practice before the issue of the alert. This meant we were able to give people practical information to help them implement the changes straight away. We are currently working with the MHRA and the PSA to further develop the guidelines and ultimately issue these via the NHS Gateway. This collaboration, although it has meant an enormous amount of work, has certainly raised the profile of the NNNG at national level.

In addition to the above, members of the Group have continued to represent us on various BAPEN standing committees and of particular importance, the NICE Guidelines Group. Our collaboration with the Nursing Times (NT) continues, both via the Nutrition Supplement and the nutrition category of the NT Awards. The latter is supported by and judged by the NNNG in conjunction with the Nursing Times.

This year we have two of our Committee members standing down and I would like to thank Dawn Bromley and Lynne Williams for all of their hard work over the last three years. We are currently seeking their replacements to help us take the NNNG forward over the next few years.

Lynne Colagiovanni, Chairperson NNNG

Individual Affiliate Membership of Bapen

Most BAPEN members hold their membership because they are members of one of the BAPEN 'Founder' organisations. These are;

British Pharmaceutical Nutrition Group (BPNG)
Parenteral and Enteral Nutrition Group of the British Dietetic Association (PEN Group)
National Nurses' Nutrition Group (NNNG)
The 'ex' Clinical Nutrition and Metabolism Group of the Nutrition Society (now the Clinical Nutrition Theme of the Nutrition Society)
Patients on Intravenous Nasogastric Nutrition Therapy (PINNT)

However, there are many professionals who may want to join BAPEN without being members of any of these groups. The category of Individual Affiliate (IA) membership has always existed for this purpose.

BAPEN needs new members to bring in new ideas and viewpoints and we are delighted to encourage this regardless of how they become members. At present we particularly want to support individual professionals in joining us and we have underpinned this by making the category rather more attractive than it has been up until now. There is, of course, nothing to stop members of Founder Organisations becoming Individual Affiliates of BAPEN as well – as indeed several people already are!

The benefits of becoming an IA are outlined below for your information. Please do not hesitate to get in touch with the BAPEN Office if you have any queries.

Individual Affiliate Membership Benefits

As an Individual Affiliate you can expect to receive the following benefits. Those annotated with an asterisk are available only for Individual Affiliates.

- Free copies of BAPEN publications - Current edition of 'In Touch', Current edition of the Nutrition Supplement of the Nursing Times. Any reports published during the year in which you join.*
- Information about BAPEN - BAPEN Resource Pack (if not already received), Background information about BAPEN, the Council and the Standing Committees*
- Membership card*
- Priority mailings*
- 15% reduction in attendance rates for any BAPEN meeting excluding the Annual Conference*
- Annual Conference - Information about the forthcoming meeting. 10% reduction in registration fee.* Free invitation to a Drinks Reception for Individual Affiliates only.* Individualised name badges.* Information about reduced membership of ESPEN

If you are interested in becoming an affiliated member please contact the BAPEN office.

BPNG report

2004 has been an eventful year for the British Pharmaceutical Nutrition Group (BPNG), with our first 'virtual' AGM and election of new officers in July and the implementation of the strategic plan, which had been developing under the stewardship of retiring Chair, Vicky Bradnam. Our Vision is for BPNG to be the principal Educational Group for pharmacists, scientists and technicians, focusing on clinical, technical and research aspects of Pharmaceutical Nutrition, in order to optimise patient care.

Our Aim to stem the recent decline of the group by targeting a year on year membership growth, utilising all available methods of communication. This is on track with a 10% increase recorded in the last quarter. Most notable publicity achievement this year was the re-launch by Dr Allan Cosslett, of the new website: www.bpng.co.uk and an interactive discussion forum for PN questions and answers exclusively for members, which has proven extremely useful and popular. The revamped "Feeding Times" is now back as a topical quarterly newsletter combining conference reports with serious articles on PN and light-hearted news snippets. BPNG members continue to present and publish their research and pharmaceutical experiences at national and international level and we have recently concluded an agreement to publish a series of educational articles on PN for the UK magazine 'Complete Nutrition'.

The Drugs in Enteral Nutrition project, initiated by a past chairman Bruce McElroy, has been driven forward during 2003-4 by Rebecca White. This will result in a definitive handbook for practitioners, to be published for BPNG by the Pharmaceutical Press later this year. A patient information leaflet (PIL) for PN patients was completed by Lucy Thompson in September and is available free of charge to BPNG members and their Hospital Trusts.

We have established Specialist Working Parties within

the Group that we encourage members to join. Additionally, we are actively seeking to support a 5-year programme of PN related research projects designed to improve the methodology and efficacy of nutrient administration via the intravenous route. Position papers on Safe use of Standard TPN bags, calcium/phosphate compatibility, and catheter occlusions (in collaboration with PINNT) are currently in hand.

Ruth Newton has developed a 2-year programme of BPNG Educational Courses, Workshops and Study Days that seek to revitalise Parenteral Nutrition as a safe and life-saving therapy benefiting from the active involvement of pharmacists. Following on from the 'Back to Basics' July meeting at the Royal Pharmaceutical Society in London, we held a second Study Day entitled "Parenteral Nutrition: Putting Theory into Practice" at the Nutrition Now Exhibition on 22nd September at Haydock Park Racecourse. The successful format of invited lectures and round table discussions from PN experts attracted sizeable multidisciplinary audiences and will be repeated in April and September next year. Our popular weekend summer school will also return in [Leicester on 18-19 June 2005](#).

Our members work closely with clinicians, nurses and dietitians, not only in the field of parenteral nutrition, but also where pharmaceutical awareness of drug-nutrient interactions influences safe administration of enteral nutrition. The resurgence of interest in the clinical benefits of PN, when used appropriately, requires the active involvement of pharmaceutical expertise and BPNG is determined to ensure that it remains at the heart of clinical nutrition, through BAPEN, in order to achieve this.

Professor Gil Hardy
Chairman BPNG



PEN Group report

Membership of the Parenteral and Enteral Nutrition Group (PEN Group) continues to be approx 400 members, all automatically qualifying for BAPEN membership.

The PEN Group will hold their AGM at the annual BAPEN conference at Telford in November. This will include presentation of the PEN Group award which is sponsored by Fresenius Kabi and Abbott Nutrition. The topic for the 2004 award was original contributions, applicants had to submit an abstract and winners will be asked to present their abstract at BAPEN.

The PEN Group's summer meeting was a 2 day event held at Hulme Hall in Manchester and attracted about 50 delegates. The aim of the meeting was to provide a forum for discussing and planning both under and post graduate education for dietitians with regard to artificial nutrition support. The speakers were from a range of backgrounds including the British Dietetic Association, clinical practitioners and academics involved in training. Abstracts of the presentations can be found on the PEN group website www.peng.org.uk.

The PEN Group clinical handbook has been extensively revised in 2004 to include sections on the updated methods of calculating nutritional requirements and disease specific guidelines for artificial nutritional support. The new edition will be available for purchase later this year. For details of this and all other PEN group publications please see www.peng.org.uk. PENlines the PEN Group's newsletter continues to be sponsored by Nutricia Clinical Care. There were 2 editions in 2004. These

are posted to all PEN Group members and back copies can be found on the website www.peng.org.uk which also contains details of membership and contact details for PEN Group committee members.

The PEN Group (clinical) update, a post graduate BDA validated course for dietitians working in nutrition support, successfully took place in Edinburgh during June 2004 with an increase in the number of delegates participating to 93. Clare Soulsby is the current course leader and can be contacted at c.f.soulsby@qmul.ac.uk for details on the 2005 course which will be held at Queen Margaret University College, Edinburgh in June 2005. Details are also on the PEN Group website.

Future activities for 2005 are to organise a 'coming of age' party as it will be 21 years since the PEN Group first became a recognised specialist interest group of the British Dietetic Association. This marks clinical nutrition becoming a speciality. We plan to have a 2 day conference in North West England looking at where we are, where we have come from and intend to go in the field of artificial nutrition support.

The PEN Group also plan to continue to develop the material within the clinical handbook to ensure that it remains an up to date, evidence based reference document.

Carole Anne McAtear, Chair of PEN Group





Regional Representatives Report

This has been the first year that there have been official regional BAPEN meetings organised by some of the reps. The first one was the Welsh meeting in February organised by Dr Campbell Edmondson, which got us off to a cracking start. The next regional meeting was held in Trent, organised by Dr Jeremy Nightingale which also covered the 'MUST' tool. In June the South West regional meeting was held in Torbay. All of these meetings have been well attended and received good feedback.

June was also a busy month for meetings. As well as the South West regional meeting, the Northern Nutrition Network (Dr Nick Thompson) held their BAPEN recognised nutrition study day and the two National Intestinal Failure Units held their second combined meeting at the Royal College of Surgeons in London, focusing on the management of enterocutaneous fistulae. Other BAPEN recognised meetings that have been held include the Scottish HPN managed clinical network meeting in March and the Intestinal Failure study day held at St Mark's in October.

More BAPEN regional meetings are being organised for the London region as well as Ireland (14 April 2005) and all the meetings mentioned above will be held again next year. Additional meetings will also develop and some reps may hold more low-key internal meetings which can be altogether much more practical and informal. What is apparent is that BAPEN is trying to make it easier for healthcare professionals to obtain up-to-date information and meet other interested professionals.

The contacts that you can make at these regional meetings are just as important as the meeting itself. The more discussion and debate that occurs the better and more interesting the meeting becomes. I would encourage everyone to attend and participate.



Dr Simon Gabe, Chairman Regional Representatives



A date for your diary

Annual Meeting of The British Association for Parenteral and Enteral Nutrition

To be held at
The International Centre Telford
on 16th - 17th November 2005

Closing date for ABSTRACTS is Friday 24th June 05
For further information contact the BAPEN office

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