

in.touch

Issue No. 54 August 2009



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13th & 14th October
Cardiff International Arena

BAPEN Conference 2009...
Register now

PLUS: Diary Dates, What's New and Core Group Updates...

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British Association for Parenteral and Enteral Nutrition

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 nutrition 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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www.bapen.org.uk

BAPEN and the Quality Agenda

DR MIKE STROUD
HONORARY CHAIRMAN



In my first chairman's column for In Touch, I discussed where BAPEN might go next, concluding that we needed to raise 'malnutrition matters' with all healthcare workers and the public; to engage more with primary care; and to promote better research into the causes, consequences and costs of malnutrition. I also pointed out that this was a particularly good time to pursue these goals, since the well-publicised focus on quality within the NHS, must surely offer us some opportunities. Since then, I have had some time to think more about how good nutritional care ticks all the NHS quality boxes and so for this my second column, I want to concentrate on this topic.

The NHS view of quality revolves around safety, clinical effectiveness, equal standards of healthcare and the patient experience. When it comes to safety and effectiveness, BAPEN and others have shown time and time again that not only is malnutrition found quite commonly amongst patients in all NHS care settings but that it results in excess vulnerability to illnesses, clinical complications and even death. We and others have then also shown that these excess risks are significantly reduced by targeted nutritional support – a conclusion shared by NICE in their analyses of the relevant scientific literature. There can, therefore, be no doubt that a health service that seeks to increase safety and clinical effectiveness, must take nutritional care seriously.

Moving on to equality in healthcare, we know that nutritional standards vary enormously. Although recent years have seen an improvement in the number of hospitals with nutrition support teams to perhaps 60%, this still means that around 40% of hospitals have no such teams. And out in the community, there is even more inequality. Widely differing nutritional care practices are followed in different nursing and residential homes, and there is a huge variation in the importance ascribed to malnutrition issues within GP practices.

Finally, we come on to the patient experience, where once again it would be hard to find a topic of greater importance. Numerous surveys have shown that the provision of adequate nutrition through catering, or through artificial support if necessary, is viewed by both patients and their carers as being critical to their perception of good care standards. Making sure that every patient receives the food that they need by whatever means is necessary, typifies all that is best in a personalised, flexible health service. Once more, it is clear that good nutrition underpins top quality.

So how does BAPEN engage with the various NHS quality initiatives to try and raise standards of nutritional care? – a question I put to your Council at our annual 'Think-Tank' strategy meeting in early June. Suggestions were numerous and led to the formation of a small working party to explore all options at local, regional and national levels. That small group has already met again and is planning to move forward on several fronts. Firstly, we will try to go straight to the top by contacting the NHS Quality Board directly, making the same points as summarised here. Secondly, we will try to ensure that nutritional quality is in all Trust contracts by developing a toolkit to help nutritional commissioning. Thirdly, we will pursue, with organisations such as the NPSA, the King's Fund and NCEPOD, possibilities to collect even more robust data to spell out the real cost in both clinical and financial terms of not providing best nutritional care. And finally, we shall go on engaging with the politicians, the NHS managers, the healthcare workers, the patients and the public to ensure that our message is heard and widely understood.

BAPEN NEEDS YOU AND YOUR DATA...

...to continue to fight malnutrition!

Save the dates **12th-14th January 2010** and sign up for BAPEN's Nutrition Screening Week 2010

With Summer & Autumn under its belt, BAPEN's Winter NSW10 will collect seasonal data on prevalence of malnutrition on admission to care and information on nutritional care practice. BAPEN's NSW11 (planned for April 2011) will collect the data for Spring and combine these data with the other seasons to provide a more complete picture of malnutrition across the UK.

Why sign up? You will contribute to the national data set, strengthening the valuable evidence base to combat malnutrition, and receive local data back allowing you to benchmark your own data and service against the national picture.

Register by emailing the BAPEN Office bapen@sovereignconference.co.uk with 'Sign up for NSW10' in the subject line and providing your full contact details.

Check out previous BAPEN NSW Reports at www.bapen.org.uk

BAPEN's Nutrition Screening Weeks are supported by the BDA, RCN, NPSA and all 4 UK nations.



BAPEN's Nutrition Screening Week 2010

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Keeping you up-to-date with the latest news, views, reviews & developments

Keeping up with the Ministers

Just in case you have not been able to keep up with the various re-shuffles and the new Government Ministers that have come into post during this last month, here is a quick guide.

For more detailed information log on to: http://www.dh.gov.uk/en/Aboutus/MinistersandDepartmentLeaders/Ministers/DH_076914

Secretary of State for Health – Rt Hon Andy Burnham MP

Overall responsibility for the NHS and social care delivery and system reform, finance and resources & strategic communications

Minister of State for Health Services – Mike O'Brien MP

Responsible for finance including the spending review and efficiency, policy and strategy, 18 week patient pathway, commissioning capabilities and programmes, Connecting for Health & NHS IT, primary care, choice, MHRA.

Minister of State for Public Health – Gillian Merron MP

Responsible for public health, health improvement national programmes including diet and nutrition, health inequalities, fertility, including IVF and Human Fertilisation and Embryology Authority (HFEA), Food Standards Agency, health protection, research and development (R&D), complementary therapy.

Minister of State for Care Services – Phil Hope MP
Responsible for social care, local government and care partnerships, including older people, mental health, carers, dignity & respect, end of life care, devices and diagnostic industry

Parliamentary Under Secretary of State for Health Services – Ann Keen MP

Responsible for healthcare quality, patient safety including cleaner hospitals and healthcare associated infections (HCAI), national clinical directors and programmes, chronic diseases and long term conditions (including neurological), workforce, children's health services and maternity, NHS constitution.

Professor the Lord Darzi of Denham KBE was until recently Parliamentary Under Secretary of State responsible for NHS next stage review, quality, innovation and National Institute for Health and Clinical Excellence (NICE). He has now resigned from Government to spend more time on his surgical work.

If you want to write direct to any Ministers or MPs, use the email form surnameinitial@parliament.uk e.g. keena@parliament.uk

Healthcare Events are pleased to offer BAPEN members a 15% discount

FIFTH ANNUAL CONFERENCE – A Practical Guide to Improving Nutrition on the Wards – Implementing the 10 Key Recommendations for Good Nutritional Care in Hospitals and Moving Forward

Date: Tuesday 22nd September 2009

Venue: 20 Cavendish Square, London

Chaired by Andrea Cartwright, Chairperson National Nurses' Nutrition Group and Senior Nutrition Nurse Specialist, Basildon and Thurrock University Hospital NHS Trust & Executive Committee Member, BAPEN, the fifth annual Improving Nutrition on the Wards conference provides a practical guide to implementing the 10 Key Recommendations for Good Nutritional Care in Hospitals with a focus on moving forward.

Topics include:

- KEYNOTE ADDRESS FROM THE NPSA: Nutrition and Patient Safety Implementing the 10 key recommendations for Good Nutritional Care in Hospitals and moving forward. Nutrition as a nursing quality and patient safety indicator
- Developing and implementing nutritional assessment and screening for all people using health and social care
- Developing personal nutrition care plans and pathways to identify nutritional needs and ensure they are met
- Developing nursing skills and competence to ensure patients nutritional needs are met
- Improving nutritional care in practice and supporting patients, family and carers
- Hungry to be heard, improving hospital mealtimes for older people
- Improving hospital food and service delivery
- Reviewing and revitalising the approach to nutritional care on the wards

Speakers Include:

Andrea Cartwright Chairperson National Nurses' Nutrition Group and Senior Nutrition Nurse Specialist Basildon and Thurrock University Hospital NHS Trust and Executive Committee Member, BAPEN
Caroline Lecko Nutrition Lead The National Patient Safety Agency

This conference has been Accredited by the RCN Accreditation unit.

To download a copy of the conference programme, please visit:

www.healthcare-events.co.uk

(quote reference BAPEN/NUTR/15% in the 'for office use only' box on the booking form)

For more information contact Hanisha on 020 8541 1399 or email: hanisha@healthcare-events.co.uk

BAPEN needs you!

Sign up today to take part in BAPEN's Nutrition Screening Week 2010

Taking place 12th – 14th January 2010, BAPEN's Screening Week will collect data on the prevalence of malnutrition on admission to care during the winter months, and provide a picture of nutritional care across the UK. Hospitals, Mental Health Units and Care Homes in all four UK nations are invited to take part, with new locations particularly welcome as well as those that have participated before.

"In order to maintain the credibility of our data, it is essential that we maintain and ideally increase the number of reporting centres across all three sectors," says BAPEN's NSW Project lead Christine Russell. "BAPEN is relying on dietitians, nurses, care managers and physicians, committed to improving nutritional care and addressing malnutrition, to volunteer their help and resources to help us build this UK wide picture. We look forward to receiving many emails signing up to this important initiative."

In April 2011, NSW11 will take place to collect data for Spring and combine these data

with the other seasons to provide a more complete picture of malnutrition across the UK. Summer data is included in BAPEN's NSW08 and Autumn data in NSW07 Reports, both accessible at: www.bapen.org.uk

To register for BAPEN's NSW10, email bapen@sovereignconference.co.uk with 'Sign up for NSW10' in the subject line and provide your full contact details.

Further details of NSW10 will be available at the BAPEN Stand at BAPEN's 2009 Conference 13th – 14th October in Cardiff – full conference details at: http://www.bapen.org.uk/ce_annual_conf.html



BAPEN's Nutrition Screening Week 2010

What's on the Web...

Are you taking advantage of ESPEN's FREE learning modules?

ESPEN's Life Long Learning (LLL) programme in Clinical Nutrition and Metabolism is a great way to effectively increase your knowledge.

Peer reviewed and recognised by European Experts, the LLL programme in Clinical Nutrition and Metabolism is based on an educational curriculum offering 120 training modules, 90 of which are available online and FREE to access.

Visit: www.espen.org/lllprogramme.html

Improving Nutritional Care Core Pathway

Visited the Quality Improvement Scotland website recently?

Make sure you do and get to grips with their core pathway on Improving Nutrition Care. Incorporating the 'MUST', the aim of this integrated programme is to improve and enhance the nutritional care of people in hospitals by supporting NHS boards to meet the requirements of the NHS QIS standards.

Visit: <http://www.nhshealthquality.org> go to 'Our Findings and Advice' and then access this key document via the 'Nutritional Care' section.



10 Key Characteristics for Good Nutritional Care in Hospitals

The final three in the series of 10 factsheets, to support the 10 Key Characteristics of Good Nutritional Care, are now available from the National Patient Safety Agency's website. They are as follows:

Nutrition fact sheet 8

All staff/volunteers have the appropriate skills and competencies needed to ensure that the nutritional and fluid needs of people using care services are met. All staff/volunteers receive regular training on nutritional care and management

Nutrition fact sheet 9

People using care services are involved in the planning and monitoring arrangements for food services and beverage/drinks provision

Nutrition fact sheet 10

The care provider has a policy for food service and nutritional care, which is centred on the needs of users, and is performance managed in line with home country governance and/or regulatory framework

Visit:

<http://www.npsa.nhs.uk/nrls/improvingpatientsafety/cleaning-andnutrition/nutrition/good-nutritional-care-in-hospitals/>



NICE/BAPEN Shared Learning Initiative

Have you experience of implementing guidelines for nutrition such as NICE?

Are you able to share that experience – whether successful or challenging?

Have you a few moments to submit a short summary for consideration for BAPEN 2009 and the BAPEN website?

Your professional colleagues will love to learn from your experience and BAPEN will provide the platform to disseminate that experience.

As well as being uploaded on the BAPEN website and discussed at BAPEN Conference, successful summaries will also be forwarded to NICE for consideration for their website.

Full details are available on the BAPEN website: www.bapen.org.uk

The deadlines for the applications are:
– 28th February 2010
– 30th June 2010

Disease-related Malnutrition and Diseases due to Malnutrition

To address this important issue the Czech Presidency of the EU invited leading healthcare and health policy experts from across Europe to meet in Prague on 11th – 12th June. All agreed malnutrition, including disease-related malnutrition, is an urgent public health and healthcare problem in Europe.

To prevent malnutrition from continuing to compromise the quality of life of patients, to cause unnecessary morbidity and mortality and to undermine the effectiveness of our healthcare systems across Europe, appropriate action needs to be taken.

The action points include:

- Public awareness and education

- Guideline development and implementation
- Mandatory screening
- Research on malnutrition
- Training in nutritional care
- National nutritional care plans

For further information: <http://www.european-nutrition.org/record.jsp?type=publication&ID=29>

Care Quality Commission (CQC)

Consultation on new Registration Standards - [Deadline for responses 24th August 2009](#)

Nutrition is one of the new Registration Standards for all health and social care organisations being introduced in April 2010 by the CQC which is now requesting feedback on how the standards will be implemented. The parts relating most specifically to nutrition are section 2.5 (page 39), section 5 on quality and management and part C section 1 (page 132).

BAPEN will be responding as an organisation to this document, both via the consultation and directly to CQC, but encourages all associated with BAPEN to contribute their own feedback, referring where appropriate to the charity and its work. The questions posed are mainly generic so do feel free to focus your responses on nutrition.

Third Southern BAPEN Meeting Report

PETER AUSTIN, SOUTH BAPEN REPRESENTATIVE, SENIOR PHARMACIST, SOUTHAMPTON UNIVERSITY HOSPITALS NHS TRUST

The BAPEN regional representatives organise meetings in support of the main annual BAPEN conference. The third Southern meeting was held on 6th July at Paultons Park, a theme park, in Hampshire. This venue offers easy access and is no doubt popular as delegates have the opportunity to try out a rollercoaster after the meeting!

There was a strong attendance of 78 delegates on the day, with this meeting showing continued growth in numbers over the last three years. The delegates were a mixture of professions that included 19 clinicians, 15 pharmacists, 17 nurses, 14 dietitians and 12 others. We were pleased that the chair of PINNT, Carolyn Wheatley, was also able to attend. The theme of the day was 'Practical Nutrition Support' and the introductory session by Jeremy Nightingale offered useful points to make when setting up a Nutrition Team to help secure both support and funding. Several sessions followed with practical advice and discussion. Amongst these were the results of a documentation audit carried out by Randa Ridgway (nee Sabbagh) and Catherine

Feddema on central line insertion that was able to highlight current issues and make recommendations.

In addition, updates were provided by Mike Stroud on the Southern Home Intestinal Failure Network (SHIFNET) and by Trevor Smith on the British Artificial Nutrition Survey (BANS). Anyone with comments or queries regarding BANS please email Trevor to discuss them.

The delegates were quizzed during the interactive session, chaired by Trevor Smith and Steve Wootton, requiring responses from each table with 'who wants to be a millionaire' style keypads – a new feature this year! This helped to encourage discussion between the professional groups on each table.

Feedback on the speakers was good with the

venue remaining popular with the delegates. As usual the catering was superb with a hot and cold buffet lunch for which the rain just held off. This was later followed by an afternoon cream tea complete with strawberries!

Many thanks to Abbott Nutrition, Hospira, Shire, Vitaflo and Willow, who were the main sponsors of this event. Thanks also to those sponsoring the delegate packs, BUPA and Nutricia. We are very grateful for all of this support and in particular to Abbott and Willow who have been kind in sponsoring this event for each of the three times that it has been put on. This sponsorship keeps the delegate costs as low as possible, making it more practical for people to attend.



South BAPEN is a popular meeting. Steve Wootton, Trevor Smith and Katie Smith are 'at the front' (left to right). This year had the meeting's first poster, from Dr Royce Vincent



Professor Marinos Elia chairing the second session of the day



Trevor Smith updates on the British Artificial Nutrition Survey



Susan Harding, Clinical Nurse Specialist from Southampton, presented with Dr Mike Stroud on the practical management of enteral feeding tubes



Two International pharmacist speakers, Marko Puzovic from Croatia (front left) and Professor Gil Hardy from New Zealand (front right) during their well-earned buffet lunch break!

BAPEN Medical Summer Meeting 2009

DR NASH INAYET, LUTON AND DUNSTABLE HOSPITAL

BAPEN Medical Summer Meeting 2009, sponsored by Abbott Nutrition and Bupa Home Healthcare, was held at Wingate Institute, Royal London Hospital on 18th June 2009. It was very well attended and included attendees from dietetics, medical (both gastroenterology and nephrology) and surgical backgrounds.

The extent of the obesity problem was outlined. The theme for this meeting was 'Nutrition and Renal Disease'. The first session which was chaired by Dr Emma Greig (Consultant Gastroenterologist, Taunton & Somerset Hospitals) started off with a talk by Katie Durman (Deputy Head of Dietetics, Barts and the London NHS Trust) on nutritional requirements in renal disease. This was followed by two stimulating talks on the effects of nutrition and diet on the aetiology and progression of renal disease (Dr Graham Woodrow, Consultant Nephrologist, St James's University Hospital, Leeds) as well as highlighting the importance of nutrition in critically ill patients with acute kidney injury (Dr Andrew Lewington, Consultant Nephrologist, St James's University Hospital, Leeds). All three talks were followed by interesting discussions between the speakers and a keen audience.

Lunch was at 'East is East' and provided a good forum for further discussion and interaction with colleagues from other disciplines.

The afternoon session, chaired by Ms Ruth McKee (Consultant Surgeon, Glasgow Royal Infirmary) was dedicated to the various aspects of the increasingly recognised condition of 'Sclerosing Peritonitis'. This started off with an interesting case presentation (Dr Nash Inayet, ST3 Gastroenterology, Luton and Dunstable Hospital) and was followed by talks on: Diagnosis and Aetiology of SP (Dr Neill Duncan, Consultant Nephrologist, Hammersmith Hospital); Nutritional Management of SP (Dr Simon Gabe, Senior lecturer, St. Mark's Hospital); and Surgical Options in SP (Mr Titus Augustine, Consultant Surgeon, Central Manchester University Hospitals). All of these talks were very informative and interactive and delegates shared their experiences of dealing with the challenges in managing patients with this condition.

The late afternoon session included two talks on Nutrition and Renal Transplantation (Dr Menna Clatworthy, Consultant Nephrologist, Addenbrookes Hospital) and Nutrition and Intestinal / Renal Transplantation (Dr Stephen Middleton, Consultant Gastroenterologist, Addenbrookes Hospital) bringing an end to a very well organised and informative meeting.

I am looking forward to attending the next meeting and would recommend everyone with an interest in nutrition to do so as well.

Inaugural North East Regional BAPEN Meeting

BARBARA DAVIDSON, BAPEN REP NORTH EAST

A very successful regional BAPEN meeting was held on 30th April in the excellent new Clinical Skills centre at Hexham hospital, Northumberland. Taking as its theme '*Obesity, its causes, consequences and potential treatments*', the multidisciplinary audience of around 50 delegates were treated to a wide ranging programme of presentations and workshops.

The extent of the obesity problem was outlined by Mr Sean Woodcock before Professor Chris Day explained the metabolic consequences notably NAFLD /NASH. A very informative overview of drug treatments and other community initiatives was followed by a thorough review of the surgical options available with their attendant risks and benefits by Mr Keith Seymour.

The afternoon session began with a presentation and discussion on the thorny issue of detecting malnutrition in obese patients, before getting delegates moving with workshop sessions on CBT, bariatric surgery and post surgical management. To round off the day, and the highlight for many, was the debate 'Metabolic surgery for Type 2 diabetes in the non-morbidly obese – on Trial!' The case for surgery was eloquently put by Mr Keith Seymour, and the opposing view was excellently put forward by Professor Phillip Home. It required all the judicial gravitas of our 'QC' Professor Derek Manas in the chair to sum up and declare the case carried for Professor Home!

Overall, the day was very well received, and we look forward to the next BAPEN day which we will be holding in 2010, probably in the south of the region.



Professor Derek Manas sitting in judgement!

31st
ESPEN
Congress

THE EUROPEAN
SOCIETY FOR
CLINICAL
NUTRITION AND
METABOLISM

Vienna, Austria
29 August
1 September 2009

From the Cell to Europe
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SAVE THE DATE

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BAPEN Conference

MALNUTRITION MATTERS



2009 Annual Conference of The British Association for Parenteral and Enteral Nutrition

Venue: Cardiff International Arena

Dates: Tuesday 13th October 2009 & Wednesday 14th October 2009



The Networking & Learning Event for all professionals involved in and committed to improving nutritional policy, care & treatment in community, care & hospital settings.

The Great Nutrition & Care Debate

There is no better time to join BAPEN for its Great Nutrition & Care Debate in Cardiff, being held in parallel with the consultation on the Government's recently issued Green Paper on Social Care and the Prime Minister's Commission on Nursing Care in the 21st century.

At BAPEN 2009 you will learn about UK-wide and national initiatives to address malnutrition to help foster the delivery of better nutritional policy care and treatment in community, care and hospital settings. Leading scientists will provide updates on the latest research on for example fluids and saline, omega 3 and parenteral nutrition, whilst clinical practitioners will share their experience and expertise to support safe and effective practice.

Issues around training, competency and assessment of risk will all be debated, together with commissioning, malnutrition in the community and the use of oral nutritional supplements.

Join hundreds of medical, surgical, nursing and dietetic colleagues at BAPEN and be informed about how your contribution to patient, resident and tenant nutritional care fits into the wider care agenda and makes a real difference to quality of life and patient experience.

What's included this year...

Expert speakers, covering hot topics have been secured to provide delegates with the latest information in this ever involving arena. **Gwenda Thomas**, Deputy Minister for Health and Social Service in Wales, will formally open the conference and welcome delegates to Cardiff. Here's a preview of the line-up.

Tuesday 13th October 2009

The Six Nations Replay – Tackling Malnutrition at home and abroad

The home nations and the rest of the world will reveal their game plans as they prepare to scrum down in the big push against under-nutrition.

Representing: England – **Dr Mike Stroud**, Chairman of BAPEN; Wales – **Gwenda Thomas**, Deputy Minister for Health and Social Services in Wales; Scotland – **Rosemary Richardson**; N. Ireland – **Sharon Madigan**; and Abroad – **Jon Shaffer**.

Symposium 1 – A Question of Access: The Long and the Short of PN Delivery

This case study based symposium will explore the

practical issues of access in long and short-term PN delivery. Speakers include: **Alison Young**, Nurse Consultant in Nutrition, RLBUHT, covering Intravenous access device for parenteral nutrition; **Andrew Jackson**, IV Nurse Consultant, The Rotherham NHS Foundation Trust, covering central line care; and **Angie Davidson**, Clinical Nurse Specialist – Nutrition, Bristol Royal Infirmary, covering home parenteral nutrition.

Symposium 2 – The Skeleton in the Closet – Malnutrition in the Community

Malnutrition is now a well recognised problem in UK hospitals but to what extent does the problem exist in the community? How can we screen for under-nutrition in primary care settings and what are the incentives to do so? This symposium will

set out to answer these questions before focusing on specific topics such as BAPEN's initiatives to combat malnutrition in specific areas such as sheltered housing and the appropriate use of oral nutritional supplements in older people. Speakers include: **Christine Russell**, Chair of Nutrition Screening Week, BAPEN, covering Malnutrition in the UK: Where does it begin?; **Marinos Elia**, Professor of Clinical Nutrition & Metabolism, University of Southampton and Chair of MAG (Malnutrition Action Group), BAPEN, covering Malnutrition in the UK: Policies to Address the Problem; and **Dr Rebecca Stratton**, Head of Medical Affairs at Nutricia, and Visiting Research Fellow, University of Southampton, covering Encouraging Appropriate, Evidence-based Oral Nutrition Supplements.

Symposium 3 – Death by Drowning

This symposium is based around the recently published British Consensus Guidelines on Intravenous Fluid Therapy for Adult Surgical Patients (GIFTASUP). The session will include talks on the scientific background to the guidelines and how these relate to the everyday management of patients on the wards. Delegates will take home practical advice on the fluid and electrolyte management of their patients and be able to explain the rationale behind this management to colleagues. As salt and water requirements for patients are poorly understood by most hospital doctors and have led to appearances in Court, this symposium is essential viewing for anyone involved in the prescription of electrolytes or fluid for nutrition or hydration. Speakers include: **Dr Peter Gosling**, Consultant Clinical Scientist & Hon. Senior Clinical Lecturer, University Hospital Birmingham; **Dileep Lobo**, Associate Professor and Reader in Gastrointestinal Surgery, Nottingham Digestive Disease Centre; and **Dr Aminda De Silva**, Consultant Gastroenterologist, Royal Berkshire NHS Foundation Trust, Reading.

Symposium 4 – Whose Fault was it Anyway? – Competencies in Training

Picture the scene – you are charged with fitness to practice. One of your patients dies abruptly. He was transferred to your care in the NHS after complications post surgery at the local private hospital. In the eyes of the family the fault is yours, but what has gone wrong? Who is to blame? In the bright, clean private hospital the patient was recovering post operatively feeding nasogastrically. Then they were told there were complications and he must be transferred into the NHS. After a few days in a noisy six bedded ward with tubes coming out of everywhere he dies. The family are not happy and want someone to blame. Will it be the private surgeon on the golf course, the externally contracted cleaner or the NST? Anyone and everyone could be to blame. The coroner must decide.

PLUS: The Pennington Lecture; BAPEN Nutricia Research Fellowship Award 2009; and the BAPEN AGM

Wednesday 14th October 2009

Symposium 5 – Joint Symposium with The Nutrition Society – Too Many Pies – Metabolic Competencies in Obesity

As the prevalence of obesity rises, challenges of managing the overweight patient with their problems of metabolic competence increases in hospitals, care homes and the community. Here we explore the difficulties that this brings to nutritional management.

Symposium 6 – Who Pays for it Anyway? Commissioning Nutritional Care

This symposium will provide an overview of World Class Commissioning and explore the

ways in which clinicians can influence their local commissioning agendas to secure funding for nutrition teams, both in the hospital and in the community. It will outline the commissioning process and provide practical guidance on the steps required for successful expansion of your nutrition services. Speakers include: **Joe Rafferty**, Chief Executive, NHS Central Lancashire PCT and former Director of Strategy and Commissioning, NHS North West, covering Guidance on working alongside Commissioners and Chief Executive to support the development of nutrition teams; **Andrew Bibby**, Associate Director of Commissioning, South East Coast Specialised Commissioning Group, covering a strategic framework for intestinal failure and home parenteral nutrition services for adults in England – overview on the progress made by HIFNET; and **Dr Trevor Smith**, Consultant Gastroenterologist, Royal Bournemouth Hospital covering the use of BANS data in your own clinical practice.

Symposium 7 – Downsize Me

This symposium will concentrate on the management and consequences of obesity and its treatment. It will address the tricky problem of assessing nutrition needs of the obese patient. The issues around the medical management of obesity and its metabolic consequences will be discussed before moving onto the surgical treatment of obesity. We will look at the indications and results of different surgical techniques and consider the short- and long-term nutritional sequelae of bariatric surgery. This is an important symposium for the increasing numbers staff working in hospitals dealing with bariatric surgery, but is equally important for all in light of our growing population of morbidly obese patients. Speakers include: **Professor Nick Finer**, Consultant Endocrinologist, UCLH and Hon. Professor (Dept. Medicine), University College London; **Richard Welbourn**, Consultant Surgeon, South West Regional Bariatric Surgery Centre; and **Ella Segaran**, Critical Care Dietitian St. Mary's Hospital, Imperial College Healthcare, London.

Symposium 8 – Drugs and Nutrition – supported by an Unrestricted Educational Grant from Baxter

Have you ever wondered how drugs might affect nutritional intake, or how nutritional status can influence the way drugs work? These are some of the topics to be explored in this exciting symposium on drugs and nutrition. Speakers include: **Professor Joseph Boullata**, Associate Professor – Pharmacology & Therapeutics, University of Pennsylvania, covering the effects of malnutrition and obesity on the metabolism and distribution of drugs; **Dr Pamela Mason**, Pharmaceutical Nutrition Writer and Consultant, covering important drug – food interactions; and **Rebecca White**, Pharmacy Surgical Team Manager, John Radcliffe Hospital, Oxford, covering low drug side effects can influence nutritional intake.

Symposium 9 – BAPEN's Got Talent: The Nutritional X-Factor

What is the most exciting development in clinical nutrition? Five hopefuls will have just five minutes to convince a panel of BAPEN judges and the audience that an aspect of clinical nutrition they are involved in is the most important and exciting today. The panel of judges will include BAPEN Council's answers to characters like Simon Cowell, Piers Morgan and Sharon Osborne – so convincing them will not be easy! The audience will have the final vote though – so make sure you're one of them!

Satellite Symposium – Throw another Fish on the Fire – The Role of Omega 3 in Inflammation – Sponsored by Nestlé

This exciting and informative symposium is dedicated to the use of fish oils in the acute setting. You will learn about the immunomodulating effects of fish oils in the immediate inflammatory phase as well as current trends and practices. Speakers include: **Professor Philip C. Calder**, Professor of Nutritional Immunology, Institute of Human Nutrition, School of Medicine, University of Southampton, covering the rationale and use of omega-3 fatty acids in artificial nutrition; and **Pete Turner**, Senior Dietitian, Royal Liverpool University Hospital, covering providing optimal nutrition support on the ICU – key challenges and practical solutions.

PLUS: BAPEN Medical AGM

For full programme information visit:
www.bapen.org.uk, email:
bapen@sovereignconference.co.uk
or call: **01527 518777**

Exhibition

Visit the Trade Exhibition at this year's BAPEN Annual Conference to find out about the latest product and service developments.

Exhibitors include:

BAPEN Industry Partners

Abbott Nutrition
B Braun Medical
BUPA Home Healthcare
Calea UK
Complan Foods
Fresenius Kabi
Nutricia
Baxter Healthcare
Merck Serono
Nestlé Healthcare Nutrition
Vitaflo International

Supporting Organisations

Bodystat Ltd.
CME McKinley UK
Eden Medical
GBUK Healthcare
Hospira UK
ITH Pharma Ltd.
Vygon (UK)
Willow Healthcare Services

Plus DON'T MISS....

BAPEN Medical Teaching Day – The Dysfunctional Gut – Monday 12th October 2009

The Teaching Day will address the common yet very challenging patients that healthcare professionals with an interest in nutrition face in their clinics and wards on a daily basis – patients with intestinal dysmotility, opiate dependency, persistent vomiting, food intolerances and/or psychological issues.

As most know, individual patients usually present with more than one (and sometimes all) of these problems at any one time. The aim of the day will be to provide a state-of-the-art approach to assessing, investigating and managing these complex patients, as well as addressing their nutritional needs, through a series of lectures by national experts. The day will also be facilitated by illustrative case presentations. The delegate will be provided with a strategy to disentangle the complex problems of patients with a 'dysfunctional gut'.

The BAPEN Medical Teaching Day can be booked and paid for along with the BAPEN Annual Conference registration fees:

	Before 11th Sept 2009	After 11th Sept 2009
BAPEN Med/ BAPEN members	£40.00 + VAT = £46.00	£60.00 + VAT = £69.00
Non-members	£60.00 + VAT = £69.00	£80.00 + VAT = £92.00

Please book your place via the BAPEN website.

New for 2009

BAPEN Basics Course – 'Getting to grips with Nutrition' – Tuesday 13th October 2009

If you have a particular interest or are looking to specialise in the field of nutrition support then this is the course for you! This course serves as a foundation for a wide range of professionals and is provided by experts from across all nutrition related professions.

The Course will cover:

- Why do we need nutritional support?
- Types of nutritional support
- Screening and assessment¹
- Monitoring your patient
- Nutritional requirements
- Ethics and nutritional support

All professions are welcome from both primary and secondary care. Your journey will cover all aspects which will enable you to prevent and treat the consequences of patients who have nutritional problems. At the end of the course you will be able to identify patients at risk and safely treat those who require more invasive treatments.

The BAPEN Basics Course costs £50.00 + VAT = £57.50 to include refreshment, lunch, access to BAPEN Annual Conference Exhibition and Poster Reception. A course handbook will be provided so that you can further your studies back at base.

The BAPEN Basics Course can be booked and paid for along with the BAPEN Annual Conference registration fees.

Original Communications

Posters showcasing new research will be displayed throughout the conference. Abstracts will be presented as Original Communications during the lunchtime period and within the main Symposia, where appropriate as well as during the designated Original Communication symposia on Tuesday and Wednesday – details will be provided in the final programme.

A Poster Reception will be held at 5:30pm on Tuesday 13th October where you will have an opportunity to view the posters at your leisure and discuss any issues with the author.



BAPEN Annual Dinner – Tuesday 13th October 2009

Saddle up partners and dust off those spurs as we head for a whip-cracking, high-stepping Wild West hoedown. Dig out those jeans and checked shirts and don't forget your cowboy hat!

Saloon opens at 7:30pm at the Mercure Holland House Hotel, Cardiff.

Tickets are available at £37.50* per person inclusive of 'Western Style' buffet with pre-dinner drink, wine and entertainment.

* Inclusive of VAT.

If Nutritional Care matters to you then BAPEN's MALNUTRITION MATTERS Conference is for you!

Register on-line via the BAPEN website: www.bapen.org.uk

This meeting is approved for credits under the Continuing Medical Education (CME) Scheme by all Medical Royal Colleges

The BAPEN Annual Conference is organised by: Sovereign Conference, Secure Hold Business Centre, Studley Road, Redditch, Worcestershire, B98 7LG
Tel: +44(0) 1527 518777 • Fax: +44(0) 1527 518718 • Email: association@sovereignconference.co.uk

BAPEN AWARDS

Roll of Honour 2009

**Have you given a lot to
BAPEN in 2008/9,
or do you know
a colleague
who has?**



Any BAPEN member can be nominated for the Roll of Honour. We are very keen to reward the "unsung heroes" who work hard behind the scenes, but do not necessarily get any glory, e.g. Regional Reps

If you would like to nominate either yourself or a colleague, please email the BAPEN Office (bapen@sovereignconference.co.uk), who will send you a nomination form to return either electronically or by fax

Deadline: August 31st 2009

**The Rolls of Honour will be awarded
at the Annual Conference
in Cardiff in October 2009**





BAPEN Medical

EMMA GREIG, CHAIR – BAPEN MEDICAL

Once again, 2008-9 has been busy. Our second annual teaching day, held in conjunction with ESPEN Life Long Learning, took place on 3rd November. 143 delegates registered for 'Inflammatory bowel disease and Nutrition – everything you need to know', and according to feedback, we did achieve what was set out in the title! In the summer, we run a more scientific meeting which is designed to build links with other disciplines. Our smaller fourth summer meeting on 18th June was based around renal disease and nutrition, attracting an audience of 45 Gastroenterologists, Nephrologists and Dietitians. While these meetings are aimed towards clinicians, the content is relevant to anyone with an interest

in Nutritional Support. Feedback forms showed the importance of such a meeting with the hope that we would run another joint meeting in future.

Many individuals find it increasingly difficult to attend meetings with sparse study leave and dwindling education budgets. To address this problem and improve knowledge about Nutrition, Nicki Simmonds (Hon. Secretary for BAPEN Medical) has put together three excellent modules which are available via the BAPEN website using <http://www.bapen.org.uk/elearning/> The GIFTASUP guidelines have been published as a consensus between BAPEN Medical (led by Prof Jeremy Powell-Tuck), the Association of Clinical Biochemistry, the Association of Surgeons of

Great Britain and Ireland and the Society of Academic and Research Surgery, the Renal Association and the Intensive Care Society. This excellent example of multi-disciplinary working aims to optimise post-operative fluid and electrolyte management to prevent the problems associated with saline overload.

Our third annual teaching day is due on 12th October in Cardiff. This year we plan to cover the 'Dysfunctional Gut and Nutrition'. In addition, we are hosting two symposia at the main BAPEN conference with our AGM due on 14th October in Cardiff. We hope to see many of you there. For further information, please register via the BAPEN website.



NNNG

TRACY EARLEY – NNNG COMMUNICATIONS

2009 has proved to be another successful, and roller coaster year for the NNNG.

This year's NNNG Conference, which took place in June at Knebworth Barns, was a resounding success. Speakers included Mike Stroud and Jeremy Nightingale with a lively debate about re-feeding syndrome. A heavy emphasis on all things to do with nutrition in intensive care was the focus for day one. Day two consisted of leadership challenges in nutrition, member's presentations and a large element to do with intestinal failure and the management of high output stomas. As

always, a fantastic conference dinner took place this year with the theme of musicals.

Some news...

Our Communications Officer, and master of all things to do with IT, Kate Pickering has stepped down, leaving me to try and fill the void. I am far from being as adept as Kate, however, I am learning fast! New appointments were made as Angie Davidson – an old NNNG committee hand – stepped into the breach to complete Kate's term of office, and we welcome Anne Myers (from Salford NHS Trust) as an addition to the Committee.

Although, stepping down at the end of the year is the eminent Andrea Cartwright! Both Andrea and her predecessor Lynne Colgiovanni have the lifeblood of the NNNG in their veins, so it's the end of an era for us. Both Angie's and my terms of office will be completed at the end of this year, so more elections will take place later this year for a new 'generation' NNNG committee.

Finally, Membership is up to 210, and new members always very welcome. Please visit www.nnng.org.uk for instructions about how to apply on our newly re-designed website.



PEN Group

PETE TURNER, CHAIR – PENG

Big changes are happening in the PEN Group as we approach our 25th Birthday. Vera Todorovic is taking over as Chair this month with Ailsa Brotherton as Vice Chair. I am stepping down as Chair to concentrate on BAPEN programmes but will remain on the PENG committee.

The PENG Clinical Update Course for nutritional support dietitians was successfully run for the last time in its current format in July, in Glasgow, with approximately 80 delegates attending. Following a rigorous process we have affiliated with Queen Margaret's University in Edinburgh to deliver the course at master's level. Next year the course will be running with 2 exit point options. A CPD route with the case study as the form of assessment, successful delegates will be awarded a BDA validated certificate as with the present course format. The second exit option is a 15 credit Masters Module

awarded by Queen Margaret's University in Edinburgh on completion of the taught element of the course and successfully completing the master's module assessment rather than a case study. In line with the expansion and development of the course we are looking for tutors to teach on the course – anyone interested can email me or Ailsa Kennedy for further details. They should ideally have a Master's qualification or above and have successfully completed the Clinical Update in the past.

Information on the course development and process to apply as a tutor will be discussed in detail at the Summer Meeting, and also available on the PEN Group website and advertised in September edition of dietetics today.

The PENG Summer Meeting will be held in London on 3rd and 4th August. Over the two days we are going to launch our new education strategy

for the future, discuss the background to the development of this strategy and findings from the PEN Group education survey. In addition to 25th birthday celebrations, the exciting agenda includes:

- Prescribing
- NPSA – Enteral feeding tubes
- Working 'off script'
- Commissioning
- NCPOD
- ACBS
- Tier 1 and 2 PN and EN Courses
- Masters Course
- AGM

We would like to emphasise the opportunity for BANS reporters to discuss their concerns around issues such as consent at the Summer Meeting. Full details are on the PENG website: www.peng.org.uk

Malnutrition Action Group Report – A 'MUST' Update

PROFESSOR MARINOS ELIA AND CHRISTINE RUSSELL
MALNUTRITION ACTION GROUP

- **'MUST' in NHS Software**

In previous issues of In Touch and other BAPEN communications we have told you that 'MUST' is to be incorporated into the new NHS Software – code named Lorenzo. We are pleased to inform you that the development phase has now been completed and the software will shortly go out for testing.

- **E-learning module on 'MUST' – BAPEN version**

Nutritional Screening: a 'MUST' for Healthcare developed in partnership with NHS Glasgow and Clyde and designed for use by staff in hospital is now available to view.

The module is hosted on a secure server and can be accessed via the internet. It can be customised to include your own Trust logo, a welcome from one of your senior managers and if required your local care plans. Costs for customisation will depend on the work involved. As well as training staff on the use of 'MUST' the module includes an optional reporting system to enable managers to monitor and audit staff uptake and completion. Please contact the BAPEN Office for the web link and login details to view the module.

Work has already started on the development of a community version for Community Nurses and trained staff in care homes and we will let you know when this becomes available.

- **Requests for copyright**

We are continuing to receive an increasing number of requests for permission to use 'MUST' in publications, trusts documentation and training materials from a wide range of areas, both home and abroad. Whilst this is good for BAPEN, we and other BAPEN colleagues often find when reviewing the documents sent to BAPEN for approval that 'MUST' has not always been correctly interpreted – particularly in the use of mid upper-arm circumference (MUAC) and the subjective criteria. Please note that whilst MUAC can be used to estimate a BMI category – either <math><20\text{kg/m}^2</math> or

>30kg/m^2, it is not intended to generate a score or be used as an alternative to Step 1 of 'MUST'. Likewise, the subjective criteria are designed to be used collectively to help form an overall impression of the subject's risk category – not used separately as alternatives to Steps 1 and 2. There have been a growing number of requests for copyright from outside the UK, some of which involve modification of 'MUST' in an attempt to make it more suitable for different ethnic groups. Without validation it is difficult to approve such changes.

- **Audit and Research**

Apart from the Nutrition Screening Week audit, which involved feedback to the participating centres so that local results could be benchmarked against the national picture, there have been other audits in different parts of the UK. For example, an audit in Hampshire showed that 'MUST' was the most commonly used screening tool. A specific audit on malnutrition in Sheltered Housing has recently been undertaken and published in a BAPEN report (see BAPEN website for details). Residents and Scheme Managers seemed to prefer 'MUST' rather use of a questionnaire aimed at identifying individuals at risk of malnutrition. However, the lack of equipment (stadiometers and weighing scales) in sheltered housing is problematic.

Research into the use of 'MUST' in different care settings has allowed an estimate of the distribution of malnutrition in our society (details can be found in the BAPEN report – Combating Malnutrition: Recommendations for Action). Much effort is required to prevent and treat malnutrition at an early stage in the community setting, where over 90% of the malnutrition exists. There has also been a substantial amount of 'MUST' research undertaken by independent groups in various settings, including hospital inpatients and outpatients, and care homes. It is hoped that many of the abstracts of this work will be accepted for presentation at the BAPEN annual conference in Cardiff.



Education & Training Committee

RUTH NEWTON
CHAIR EDUCATION & TRAINING COMMITTEE

For those of you who haven't visited the BAPEN website (www.bapen.org.uk) lately, there is some very important information listed about a new study day taking place at this year's conference.

'Getting to Grips with Nutrition – BAPEN Basics' will be launched at this year's annual conference. For those of you new to nutrition who would like to further their knowledge, or wish to specialise in the field, then this course is for you.

At a special introductory rate this one day course covers all you need to know about nutrition support. It will be provided by a multi-disciplinary team of experts in the form of lectures and workshops. During the day you will have the opportunity to question healthcare professionals and industry representatives. Access will also be given to the poster presentations exhibited at the conference.

If you would like further information, please email me: ruthnewton@yahoo.com



Changes to the Labelling of Gluten Free Foods

Codex Alimentarius, an International organisation tasked with developing food standards and guidelines, have developed a new standard for labelling of gluten free products.

There are now two labelling categories of foods suitable for gluten intolerant individuals:

- Foods not exceeding 20ppm of gluten - 'gluten free'
- Foods containing between 21-100ppm of gluten - 'very low gluten'

A review of the amount of gluten tolerated by people with coeliac disease indicated that the previous Codex Standard threshold of 200ppm may not have been sufficiently protective for all individuals. The review also suggested that there was insufficient evidence to propose a single threshold level of gluten in gluten free foods. Additionally, testing methods for detecting gluten in foods have improved and new standards have been included in the Codex Standard

New European legislation

In January 2009, a European Commission Regulation on gluten free foods was adopted based on the Codex Standard. The legislation allows a three year transition period before the new terms become mandatory by January 2012.

Food products with levels of gluten less than 20ppm will be able to be labelled as gluten free. This will apply to mainstream products (such as crisps, soups, etc.), pure uncontaminated oat products and specialist substitute products, including those containing Codex wheat starch, which meet the relevant criteria. Other specialist substitute products, which have been processed to reduce the gluten content, with a gluten level between 21 and 100ppm will be able to use the term 'very low gluten'.

References: • Codex 'Codex Standard for Foods for Special Dietary Use for Persons Intolerant to Gluten' Standard 118-1979 (adopted in 1979, amended 1983, revised 2008) • Commission Regulation (EC) No 41/2009 concerning the composition and labelling of foodstuffs suitable for people intolerant to gluten. OJ L16, p3, 21/01/2009

This editorial was kindly provided by the Infant & Dietetic Foods Association (IDFA). For more information on IDFA and their work, please visit: www.idfa.org.uk



BAPEN Reports

BAPEN are continuously working as an Association, and with other likeminded Associations, to collate information and produce reports on current nutritional issues affecting hospital, community and social care. BAPEN has recently produced a number of new reports that are now available to purchase via the BAPEN office and website.

New Reports

- Improving Nutritional Care & Treatment: Perspectives & Recommendations from Population Groups, Patients & Carers
- Combating Malnutrition: Recommendations For Action
- Nutrition Screening Week 2008 Results
- Malnutrition in Sheltered Housing Report

For further information, or to order a BAPEN Report, simply visit the publications section of the BAPEN website: www.bapen.org.uk/res_pub.html – order online, or contact the BAPEN office on: **01527 457 850**



ESPEN Congress**Nutrition Networking – From the Cell to Europe**Date: **29th August – 1st September 2009**

Venue: Vienna, Austria

Website: www.espen.org**The Leeds Course in Clinical Nutrition**Date: **8th – 11th September 2009**

Venue: St. James University Hospital, Leeds

Email: clinicalnutrition@leeds.ac.ukWebsite: www.clinical-nutrition.co.uk**Midland BAPEN Regional Meeting****Nutrition and Surgery – Pre and Post Op Feeding / ERAS**Date: **17th September 2009** (evening)

Venue: Leicester Marriott Hotel

Applications / Programmes will be available shortly

Email: melanie.baker@uhl-tr.nhs.uk**The Failing Gut - Causes and consequences**Date: **17th September 2009**

Venue: Royal College of Physicians, London

Website: <http://www.rcplondon.ac.uk/event/details.aspx?e=1408>**The registration rate has been slashed for allied health professionals – now only £75 – register now!****Fifth Annual Conference****A Practical Guide to Improving Nutrition on the Wards
Implementing the 10 Key Recommendations for Good
Nutritional Care in Hospitals and Moving Forward**Date: **22nd September 2009**

Venue: 20 Cavendish Square, London

Website: www.healthcare-events.co.uk

(quote reference BAPEN/NUTR/15% in the 'for office use only' box on the booking form)

Tel: **020 8541 1399**Email: hanisha@healthcare-events.co.uk

See 'What's New' section for further details

South East BAPEN Regional Nutrition Study DayDate: **1st October 2009**

Venue: Maritime Hospital, Gillingham, Kent

Email: Paul.Kitchen@medway.nhs.ukTel: **01582 497 519****BAPEN Medical Teaching Day – Nutrition and the Dysfunctional Gut**Date: **12th October 2009**

Venue: Cardiff International Arena

CME applied for from the Royal College of Physicians (London)

For further information contact:

Dr Nicki Simmonds (Honorary Secretary BAPEN Medical)

Email: nicola.simmonds@ldh.nhs.ukTel: **01582 497 519** • Fax: **01582 565 439****ALL WELCOME**

See BAPEN Conference Preview – page 9 – for further information.

BAPEN Basics Course – Getting to Grips with NutritionDate: **13th October 2009**

Venue: Cardiff International Arena

See BAPEN Conference Preview – page 9 – for further information.

BAPEN Annual ConferenceDate: **13th – 14th October 2009**

Venue: Cardiff International Arena

Website: www.bapen.org.uk

See BAPEN Conference Preview – page 9 – for further information.

UKHPN Group MeetingDate: **10th November 2009**

Venue: The Kensington Close Hotel, London

Email: janetbaxter@nhs.net**GASTRO 2009: Combined World Congress/UEGW Global
Collaboration for Gastroenterology**Date: **20th – 25th November 2009**

Venue: Excel Centre, London

Website: www.gastro2009.org**Scottish BAPEN Region Meeting
Attaining & Maintaining Standards**Date: **17th December 2009**

Venue: Royal College of Physicians & Surgeons, Glasgow.

Website: janetbaxter@nhs.net**The BSPGHAN Winter Meeting**Date: **27th – 29th January 2010**

Venue: Liverpool

Email: administrator@bspghan.org.uk**Abstract submission deadline Sunday 4th October, abstract submission form available on www.bspghan.org.uk****Healthcare Events: Upcoming Conferences**

Dates: Please access web address

www.bapen.org.uk/pdfs/meetings/healthcare_events.pdf**NHS National Adult Small Intestinal Transplant Forum NHS**

A forum for clinicians wishing to discuss patients who may be suitable for intestinal transplantation

2009 Meetings: 8th June: Hope Hospital, Salford, Manchester (11-4pm)
14th Sept: St Mark's Hospital, Harrow (2-5pm)
7th Dec: St Mark's Hospital, Harrow (2-5pm)

Cost: free

For further information please contact
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