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BAPEN Annual Conference

Focus on Undernutrition • South Nutrition Day Review

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

A message from BAPEN's Chairman...

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DR MIKE STROUD
Honorary Chairman

A few months ago, I wrote a column entitled 'Nutrition in a Cold Climate' outlining why current times are both good and bad for nutritional care. My arguments were that whilst on one hand the 'profile' of malnutrition could not have become higher, on the other catering, dietetic departments and nutrition nurse specialists were easy targets for cuts in the context of the enormous financial challenges faced by the NHS. One of the key positive developments that I noted was the implementation of the Care Quality Commission (CQC) outcome 5. This essentially tells all health and social care organisations (well those in England anyway) that they must actively look for malnutrition and nutritional risk, and pursue properly defined pathways to deal with malnourishment whenever possible. Now the CQC have published their first findings on whether hospitals are meeting these nutritional standards. They make for interesting reading.

The most obvious take on the CQC reports so far is that there are major continuing concerns about nutritional care in many hospitals. Certainly, significant numbers have been shown to be failing on what can only be viewed as basic standards of nutritional care, despite the fact that all hospitals are bound by law to comply with the CQC demands. This is obviously disappointing, especially as BAPEN and other organisations have provided all the evidence, tools, guidance and training materials needed to argue for and promote proper nutritional care. Basic failures are therefore unacceptable, with patients being let down by managers and staff. There is, however, another take on the reports so far. A clear majority of hospitals (about 75% of those reported at the time that this column is being written) did not fail on the CQC's nutritional standards. I think this is something to celebrate.

Why the optimistic viewpoint? Well, it is my belief that had the CQC never imposed legally binding standards in the first place, any similar inspection of nutritional care would have seen a clear majority of hospitals failing to meet even the most basic of requirements, i.e. that all patients are screened and entered on appropriate care pathways. Prior to the new CQC regulations, BAPEN had spent more than a decade calling for some 'teeth' to be added to nutritional care recommendations – a call that had never been really heeded. Although hospitals liked to comply with NICE recommendations if they could, nothing really happened if they failed to comply and a similar attitude was taken towards PEAT standards. I was therefore delighted when the CQC took nutritional issues seriously for without them, I don't think issues of nutritional care would be anywhere near as well as covered as they are now, and the vulnerability of catering, dietetic and nutrition nurse services would be even greater.

The majority of hospitals actually passing the spot CQC inspections has also emphasised that achieving good basic nutritional care is actually feasible in busy modern hospital environments. This is a very important step and so, at a time when the CQC have recently been criticised for failures to detect problems in some care settings, I think their achievement for nutrition should be praised.

Finally, the fact that the majority of hospitals actually succeeded in getting basic nutritional care right, serves to emphasise that there really is no excuse for failure. By now, all hospitals should have made nutritional care a priority and should have redesigned their systems to ensure proper standards are applied. Thank you CQC for providing us with those teeth and thanks also for gently baring them.

This issue's highlights...

Don't miss this year's annual BAPEN Conference 'The Good, the Bad and the Costly in Clinical Nutrition' – find out more, along with how to register on page 5. Peter Austin reports on the recent BAPEN South Region Nutrition Day 'Feast and Famine' on page 4. The Focus on Undernutrition team provide more details on local and national service on page 9. Plus, don't forget to keep yourself updated with the latest goings-on by viewing our regular sections: What's New – page 2; Core and Committee Group Updates – starting page 11; and Diary Dates – page 14.



BAPEN is a Registered Charity No: 1023927

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

To all Parenteral Enteral Nutrition (PEN) Group Members ...

Would you like a chance to showcase your success? Would you like to win £200 prize money to help fund attendance at BAPEN/PENG or even purchase some equipment for clinical practice?

The PEN Group of the BDA are looking for five dietitians who are members of the *PEN Group and who can demonstrate exemplary use of the PEN Group Pocket Guide to Clinical Nutrition.

Applications for PEN Group Award 2011 are now open; deadline EXTENDED TO SEPTEMBER 30th 2011.

To celebrate the popularity of the Pocket Guide to Clinical Nutrition and to coincide with the forthcoming updated sections (which will be launched at the PEN Group meeting in November) this year's PEN Group Award funded by Fresenius Kabi and Abbott Nutrition, focuses on submissions demonstrating use of the PENG Handbook "A Pocket Guide to Clinical Nutrition" in practice. To be considered for an Award we invite you to tell us about your best practice; show us how you use the PEN Group Pocket Guide to make a difference to your patients in your clinical and/or non-clinical or educational practice - however you have used it.

Simply write a short summary or case study, in the form of an abstract with title, authors, introduction/background, results, discussion, conclusion and references on one page of A4. Submit along with your contact details to Kate Hall email: peng@bda.uk.com by SEPTEMBER 30th 2011. All applications will be judged according to set criteria and the lucky winners will be notified in advance of the PEN Group meeting. We will hold an Award ceremony at the PEN Group meeting where the winners will receive their prizes.

PEN Group recognise how difficult it can be to obtain funding to attend study days or purchase equipment so remember, this year the Award is split into 5 prizes of £200, allowing more dietitians to win and helping to support your attendance at a meeting of your choice or fund essential equipment in practice such as a hand-grip dynamometer!

*If not a member of the PEN Group but would like to enter please go to the PEN Group website: www.peng.org.uk

A 'MUST have' App!

'MUST' goes high tech and BAPEN uses internet, Facebook, Twitter and YouTube to launch the 'MUST' App for the iPhone.

A welcome addition to the 'MUST' Toolkit for those with iPhones, the App provides an easy, quick and accurate way to screen for malnutrition.

The App has been 5 star rated at the iTunes store with reviewers saying that the App is 'Fantastic, easy to use and quick - a 'MUST' have App'. Currently the App has been purchased and downloaded in Brazil, New Zealand and Italy as well as the UK.

Paper, Web or App – the choice is yours

With the growth of the use of mobile technology and Apps in particular, BAPEN decided to convert its popular and validated screening tool for identifying malnutrition into an electronic version that can be used by all across health and care settings.

"Making malnutrition easier and quicker to identify is a top priority for BAPEN," says Professor Marinos Elia, Chair of BAPEN's Malnutrition Action Group and who led the development of the BAPEN 'MUST': *"Our strategy is to develop a wide range of 'MUST' tools to enable every single health and care professional and organisation to implement screening for all. The 'MUST' App is the latest addition to our toolbox and will undoubtedly appeal to those amongst us who are technically minded – or dare I say addicted – to phone technology!"*

The App provides a quick and accurate way of generating a score for malnutrition risk and can be used in community, care and also clinical settings. It also provides an easy way to cascade the message that malnutrition is common and that nutritional screening is achievable – a message that is as important for patients, carers and families as it is for healthcare professionals.

"The 'MUST' App will be invaluable to clinical practitioners with iPhones. It's straightforward, easy and quick to use. I use it all the time. A great addition to the BAPEN

'MUST' Toolkit," says Andrea Cartwright, BAPEN Executive Officer and Senior Nutrition Nurse Specialist at Basildon and Thurrock University Hospital NHS Foundation Trust.

Dr Simon Gabe, BAPEN Treasurer but also iPhone advocate and Consultant Gastroenterologist, St Mark's Hospital, Harrow says: *"The 'MUST' helps doctors to appreciate the importance of nutrition and that malnutrition is common and often unrecognised. Having the 'MUST' calculator with management advice incorporated to create the 'MUST' App is the way ahead. This is an essential piece of software for a great bit of hardware!"*

The App will not appeal to all, or be able to be used in all settings. The paper versions of the 'MUST' remain available as downloads from the charity's website or in printed format from the BAPEN Office. The 'MUST' calculator taking the mystique out of BMI chart and conversion calculations to produce a risk score is also freely available online.

Anne Holdoway, Specialist Dietitian, confirms that: *"The 'MUST' App is a welcome addition to the Toolkit and whilst I, as a dietitian, will continue to use the paper version, I know that many colleagues particularly in the community will welcome this new tool."*

"Whilst much malnutrition in the community, care settings and hospital continues to be unidentified and untreated," adds Professor Elia, *"BAPEN is committed to producing the tools and guidance required to make avoidable malnutrition and its health consequences a thing of the past. I urge all iPhone users to get the 'MUST' App, try it out and share it with colleagues."*

The 'MUST' App is available as a download for the iPhone at just 59p. Full details about 'MUST' and its resources can be found on the BAPEN website: www.bapen.org.uk

Dysphagia Diet Food Texture Descriptors (April 2011) Now Available to Download

Developed by the National Patient Safety Agency (NPSA) Dysphagia Expert Reference Group, in association with Cardiff and Vale University Health Board, the new descriptors replace previous versions produced by the British Dietetic Association (BDA) and Royal College of Speech and Language Therapists (RCSLT). Representatives from nursing, dietetics, speech and language therapy, industry, and hospital catering were included in The (NPSA) Dysphagia Expert Reference Group.

Endorsed by the BDA, RCSLT, Hospital Caterers Association (HCA) and the National Nurses Nutrition Group (NNG), the new Dysphagia Diet Food Texture Descriptors are available to download from: <http://www.bda.uk.com/publications/statements/NationalDescriptorsTextureModificationAdults.pdf>

Quest for Quality in Care Homes

Reported by RHONDA SMITH

British Geriatrics Society releases new report and recommendations.

The British Geriatrics Society (BGS) has produced a new report highlighting the fact that many vulnerable older people resident in care homes are frequently denied access to routine NHS healthcare because they live in care homes. The BGS inquiry found that many cannot get access to GPs, therapy services, out of hours services or specialist dementia services such as memory clinics.

The BGS Report **Quest for Quality** calls for national action by the four UK health departments and local action by NHS commissioners, planners and clinical services to improve the quality of NHS support to care homes. The recommendations are supported by a broad coalition of 25 organisations that call for joint professional leadership from the health, social, and care home sectors, statutory regulators and patient advocacy groups to find the solutions that none can achieve alone.

The Report identifies four areas for action:

1. A health service suitable for the specific needs of care homes residents who often have complex healthcare needs, reflecting multiple long-term conditions, significant disability and frailty.
2. Residents and their relatives must be at the centre of decisions about their care.
3. A multi-disciplinary approach involving participation and expertise of all necessary health professionals from primary and secondary care.
4. A partnership approach with care homes and social care professionals with a view to integrated working between the local NHS and local authorities.

Dr Finbarr Martin, Consultant Physician at Guys and St Thomas' Hospital and BGS President and who led the collaboration producing this report, said: *"In many places NHS provides excellent healthcare to care homes and examples are mentioned in our report. This may be the exception rather than the norm and the reasons for this are complex. They include a combination of historical factors and that healthcare support to care homes has been a low priority for commissioners and planners. No one professional group or sector can be blamed and the challenge now is to change things for the better."*

BAPEN supports the Report and the core recommendations and looks forward to working in the detailed work group on the topic of nutrition and hydration.

Full information is available at: www.bgs.org.uk

2012: An Olympic BAPEN?

18th - 20th June 2012

SIMON GABE - BAPEN Treasurer

2012 will be a fantastic year in this country for all sorts of reasons. Obviously the Olympics will be very exciting but, before the Olympics begin we will be holding a very different sort of BAPEN.

Normally BAPEN is held in October or November, but in 2012 it will be held from 18th - 20th June. The reason for this is that key organisations in the UK with an interest in the digestive tract will be holding their annual conference at the same time. This includes the BSG (British Society of Gastroenterology), BASL (British Association for the Study of Liver), AUGIS (Association of Upper GI Surgeons) and BAPEN. Many other organisations and societies interested in the digestive tract are also contributing to this digestive conference.

BAPEN will be a key player here and it enables nutritional issues to be raised onto a different platform. It also allows BAPEN members to go to the other meetings at the same time.

This convergence of conferences under one umbrella is called the Digestive Disease Federation (DDF) and will be held at the new ACC Convention Centre in Liverpool.

I know it is early but please make a note in your diary for 18th - 20th June 2012 as this conference will be making headlines, and you can be part of it!



Meals and Messages

Reported by RHONDA SMITH

Food Services for Older People North of the Border.

Scotland's national consumer policy watchdog is calling on the Scottish Government and local authorities to recognise that access to food services is a vital component for older people being able to remain in their own homes.

Research carried out for Consumer Focus Scotland and Community Food and Health (Scotland), shows vulnerable older people living in their own homes are entirely dependent on where they live as to whether they have access to fresh or frozen meals, lunch clubs or assistance with shopping and food preparation. Researchers discovered that some local authorities found it difficult to give precise details about their food services, how many people were using them or, indeed, the costs of providing services in their area.

In their joint report **Meals and Messages**, launched at a conference in Edinburgh, Consumer Focus Scotland and Community Food and Health (Scotland) say it is time for the Scottish Government and Scotland's local authorities to work more closely with older people themselves to agree the range of services that should be available to everyone - no matter where they live.

Rhonda Smith of BAPEN was invited to speak at the launch Conference and presented data on the impact of malnutrition (under-nutrition) on the health and wellbeing of older people in particular. Conference delegates from local authorities, voluntary groups and charities, such as WRVS, welcomed the data which they will use to good effect in bolstering their business cases

for continued funding of the essential food services they provide.

The independent research by ODS Consultants was commissioned by Consumer Focus Scotland and Community Food and Health (Scotland) (CFHS) which supports initiatives in low-income communities to help people achieve a healthy diet. National Project Officer for CFHS, Bill Gray, says the research highlighted that community and voluntary organisations play an important role in supplementing what is offered by local councils: *"What was clear from the research is that there is a huge amount of work going on in local communities to support older people to eat well. There are shopping services, lunch clubs, community cafes, all of which rely on an army of volunteers - often older people themselves - to keep them running."*

"Voluntary and community organisations are providing a lifeline but they are also often operating on a financial knife edge. The costs involved are not huge but long-term funding is rarely secure for such groups to be sure they can continue to deliver excellent service. The report recommends that the Scottish Government ensures higher priority is given to sustaining and developing the work of these service providers."

Further information at:

www.consumerfocus.org.uk/scotland/news/food-the-missing-ingredient-from-policy-on-care-for-scotland%E2%80%99s-older-people

BAPEN Membership Renewal Made Simpler To make renewing your BAPEN Membership straight forward, you can now renew your BAPEN Membership by direct debit. To download the direct debit mandate visit: <http://www.bapen.org.uk/join.html>

A Review from the Fifth South Region BAPEN Nutrition Day

PETER AUSTIN

Senior Pharmacist, Southampton University Hospitals NHS Trust, South Region BAPEN Representative
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The fifth South Region BAPEN Nutrition day was held on Monday 4th July at Paultons Park in Hampshire, attracting over 60 delegates of mixed professional backgrounds. The theme this year was 'Feast and Famine' in adult patients.

Gil Hardy from New Zealand chaired the first session on 'Low BMI'. Steve Wootton began by explaining the causes of malnutrition and how reductive adaptation is reflected in both structural and functional changes. Mike Stroud provided an interesting overview of the development of the MARSIPAN guidelines. He followed this by going over their content and discussing the need to commence feeding in malnourished individuals cautiously (but to increase it as tolerated) whilst watching out carefully for complications. During his presentation on cancer cachexia, Alessandro Laviano asked the audience to consider the cost and benefit of nutritional support compared to other therapies, providing a thought-provoking example.

After a coffee break, Mark Tomlin from Southampton chaired the second session on 'Practical issues in the management of cancer and malnutrition'. First, Phil Boger highlighted that patients with gastro-oesophageal cancer suitable for surgery and/or chemotherapy should have specialist consideration due to the impact of their nutrition status on their likely outcome. Second, Aminda de Silva tested the audience with some images during his description of the effects of radiation enteritis and gave a number of practical management tips. And third, Paul Cook explained how to take a critical approach to biochemical values with a number of interesting

examples. He also reminded everyone that albumin is not a marker for nutritional status.

Lunch was an opportunity for the audience to fuel up ready for the afternoon sessions. Andrew King chaired the 'Obesity' session, which Christopher Byrne opened by defining the metabolic syndrome and explaining its consequences and difficulties. Jamie Kelly then talked about the increasing prevalence of obesity, and the associated morbidity and costs before moving on to describe the possible types of surgery and relevant post-operative management. To conclude the session, Marinos Elia presented the paradox that a higher BMI may actually have a survival advantage according to some studies, but this interesting issue remains controversial. This final presentation of the session was timed well, as it was followed by afternoon cream tea!

The final session on 'Community', chaired by Marinos Elia, covered enteral feeding issues from Peter Collins and Emma Parsons and parenteral feeding issues from Trevor Smith. Peter noted clear guidelines for the management of nutrition in COPD patients is required, highlighting the need for routine screening in the meantime. Emma talked about nutrition in care homes after reminding the audience of the £13b annual cost of malnutrition to the UK. She presented preliminary results of a randomised control trial

in malnourished care home residents who showed an improvement in quality of life with oral nutritional supplementation. Trevor described the definitions of acute (types 1 and 2) and chronic (type 3) intestinal failure and went on to describe the incidence of home parenteral nutrition and a number of helpful practical management issues.

The delegate feedback was positive and we hope that next year's meeting on Monday 3rd July 2011 proves as popular - please sign up early!

We are very grateful to all our speakers and very grateful to (in alphabetical order) Abbott, Baxter, BBraun, BUPA, Ferring, Fresenius Kabi, Merck Serono Limited and Nutricia, for kindly supporting the day and answering questions from the delegates.



The opening presentation by Steve Wootton on the causes and consequences of a low BMI, with chair Gil Hardy to the left.



BAPEN Nutricia Good Practice Awards 2011

The BAPEN Nutricia Good Practice Awards recognize good practice by health and social care workers in identifying and managing malnutrition.

The awards are designed to encourage health and social care workers to share experiences in implementing screening and appropriate management of malnutrition across settings from the last 2 years.

The gold medal winner will be awarded £2000 and invited to present their example of good practice at the BAPEN annual conference 2011 (29th – 30th November). The silver medal winner will receive £1000 and the bronze medal winner £500.

Guidelines and instructions for applicants are available on request from:

Rachel Freeman: rachel.freeman@nutricia.com

Or for further information please contact: Andrea Ralph: andrea.ralph@nutricia.com



Representatives of BAPEN's Malnutrition Action Group and Nutricia will judge the applications and the award will be presented at the BAPEN annual conference 2011 (29th – 30th November).

The closing date for applications is 31st August 2011



BAPEN 2011 Annual Conference

The Good, the Bad and the Costly In Clinical Nutrition



Harrogate International Centre
29th & 30th November 2011



Quality Nutrition is higher on the healthcare agenda than ever before but will the economic climate affect our ability to combat the £13 billion cost of malnutrition in the UK?

BAPEN's Malnutrition Matters Conference focuses on providing quality nutrition care in difficult times.

This year's annual conference will open with 'Nutrition in a Cold Climate' – a must for all UK healthcare professionals who care about treating malnutrition. By focusing on the many exciting new quality initiatives to combat malnutrition in Wales, Scotland, Northern Ireland and England, the aim is to bring to light strategies to ensure these are successful despite the current economic climate. BAPEN Chair Elect Dr Tim Bowling will also tell us about 'The New BAPEN' and the exciting changes to BAPEN as an organisation.

Day one has a number of exciting symposia – starting with 'Living with Coeliac Disease'. Dietitian Emile Richman will review the controversial question of oats in a gluten-free diet before we get a patient's perspective on life with coeliac disease. The session will end with a debate. Consultant Gastroenterologist Neil Haslam has observed that some asymptomatic patients are diagnosed with coeliac disease, put on a diet they don't like and complain of weight gain. He will, therefore, contend that we are diagnosing and treating too many people with coeliac disease, while Professor David Sanders will argue against this motion.

'Comprehensive Intestinal Failure (IF) Management: From dream to reality' will be a rapid fire session with many key speakers from the world of IF, including Janet Baxter and Jeremy Nightingale. Organised by BAPEN's intestinal failure special interest group, BIFA, it will address surgical, dietetic and patient-related aspects of the management of IF in both adults and children,

taking a view of the systems in place across England, Scotland, Wales and Northern Ireland.

Interactive sessions are always popular and 'Feeding Decisions in Critical Care' is key for all those working on ICU and HDU. As well as covering difficult topics like fluid management of the critically ill, the session will question the widely held belief that enteral nutrition is always best in this patient population.

Paediatrics is well catered for on Tuesday making a great follow on from the BSPGHAN teaching day on Monday. In 'Food for Thought' Dr John Puntis, Consultant Paediatrician, will explain why malnutrition is a growing concern in children, and Professor Charlotte Wright, Professor of Community Child Health/Consultant Paediatrician, will give an overview of the epidemiological evidence on prevalence and causes of malnutrition, before Katherine Murphy from the Patient's Association explains 'The Perception and Misunderstanding of Malnutrition amongst Adult Patients'.

This year's Pennington Lecture will certainly be something to look forward to – dietitian Christine Russell will be sharing her experiences of working on important BAPEN projects such as Nutrition Screening Week and developing 'MUST' with Professor Marinos Elia.

Abbott Laboratories' Satellite Symposium will look at some exciting new developments on the subject of 'Nutrition and lean Body Mass'. A chaired poster session with wine should make the perfect end to a fascinating day.

Wednesday 30th should be just as compelling. With an ever-increasing older

population the subject of muscle wasting, or sarcopaenia, should be high on the agenda of everyone working in clinical nutrition. 'Muscle Wasting: A new frontier in Nutritional Care. Part 1: The Science of Sarcopaenia' will look at the nutritional and physiological factors associated with ageing that lead to muscle wasting. It will feature contributions from: Professor Stephen Harridge – Ageing and Muscle; Dr Lisa Methven – Ageing and Taste; Professor Gary Frost – Ageing and Appetite; and Professor John McLaughlin – Ageing and the Gut. 'Part 2: Interventions and Practice in Sarcopaenia' will focus on management of muscle wasting, with Professor Joe Millward, Emeritus Professor of Human Nutrition, covering 'Nutritional Therapy of Sarcopaenia' and Dr Carolyn Greig looking at 'Preventing the Loss of Muscle with Ageing'. The effect of immobility on lean mass is a frequently forgotten factor when attempting to optimise nutritional support in the critically ill and the beneficial effects of 'Exercise in the ICU Patient' will be reviewed.

Between 2005 and 2010, 21 deaths and 79 cases of harm were reported from feeding through misplaced fine bore nasogastric (NG) tubes. The single greatest cause of harm was due to misinterpretation of x-rays, accounting for 12 deaths and 45 serious incidents. Consultant GI Radiologist Robert Law is running a lunch meeting to explain and demonstrate his excellent online training package for safe confirmation of fine bore NG tube position.

After lunch there will be a session dedicated to the safe and efficient discharge of patients

requiring home parenteral nutrition (Home Parenteral Nutrition: the Collaboration Between Secondary and Primary Care – An Established Model) and a symposium that will be of interest to just about everyone working in the NHS – 'How to Succeed in Audit'. The following issues will be discussed: Dietitian Sorrel Burden will report on '5 Years Audit Data on 'MUST': how audit has targeted practice'; Emma Parsons from Kings College London, will tell us about 'Measuring Quality of Nutritional Care through Audit: Developing a national clinical audit of Essence of Care (Food and Nutrition)'; and Emma Donaldson from Salford Royal Hospitals, will round off the session with 'Between the Loops: Translational audit'.

There will also be a fascinating double satellite symposium and exhibition featuring MAPPMAL – a new project aimed at preventing malnutrition through better hospital food provision for older patients. This exciting project, led by the University of Newcastle, has engaged everyone from healthcare professionals to caterers, engineers and artists to develop a revolutionary food service prototype.

The conference will close with a debate around a highly contentious question: What is the most effective form of oral nutritional support? 'The F Word Debate – Food First, Fortification or Fully Balanced Formula?' will ask whether oral nutritional supplements really are superior to food in treating malnutrition in all-clinical settings. Two key figures from the world of clinical nutrition, Dr Mike Stroud and Dr Christine Baldwin, will be putting their views across and

hoping to stimulate some active participation for the audience.

A summary of highlights at this year's conference includes:

- Living with Coeliac Disease
- Comprehensive Intestinal Failure Management: From dream to reality
- Feeding Decisions in Critical Care
- Food for Thought: Challenging Problems in Malnutrition
- The Collaboration between Primary and Secondary Care in Home Parenteral Nutrition – An Established Model
- Muscle Wasting – A New Frontier in Nutritional Care: The science and management of sarcopaenia
- How to Succeed in Audit
- MAPPMAL: Multidisciplinary Approach to Develop a Prototype for the Prevention of Malnutrition in Older People
- The F Word Debate – Food First, Fortification or Fully Balanced Formula
- Abbott Satellite – Nutrition and Lean Body Mass
- Pennington and Cuthbertson Medal Lectures
- Industry Partners Exhibition

There will also be the cream of British clinical nutrition research in the form of original communications and posters, as well as the chance to relax and enjoy yourself at the 007 themed Annual Dinner. There's something for everyone at this year's conference, so register now and get free BAPEN membership for 2012 (further info on page 7)!

Pre-conference Teaching Day on Monday 28th November 2011

BAPEN Medical Teaching Day – 'Demystifying Parental Nutrition – An approach for all clinical disciplines' will include the ESPEN LLL module on Parenteral Nutrition. The day will cover a broad range of topics relating to Parenteral Nutrition and will include the more difficult and contentious issues in this field. It will be based around case presentations and how the issues discussed relate to these.

BAPEN/BSPGHAN Paediatric Teaching Day – 'Nutrition in Developmental Delay & hands-on Management of Parenteral Nutrition' will focus on practical and ethical issues in feeding children with significant neurological problems with a practical session addressing the benefits and problems of administering Parenteral Nutrition from all angles including:

- Feeding difficulties in the neurologically impaired child
- Use of artificial feeding devices in the neurologically impaired child
- Use of intravenous nutrition in the neurologically impaired child
- Ethical discussions
- Micronutrient deficiencies in PN
- Vitamin D in Children

BAPEN Breakfast Briefing

Inviting all healthcare professionals working in the field of nutrition support to attend a free breakfast briefing themed 'Oral Nutrition Support Strategies'.

Venue: The Ripley Suite, Holiday Inn, Harrogate
7.30am on Wednesday 30th November 2011.

Buffet breakfast: Served from 7.30am onwards:

Join us for Croissants, Bacon Rolls, Fruit, Tea, Coffee and Orange Juice

Briefing starts: 7.45am Briefing ends: 8.45am

Delegates can pre-book prior to the event via the conference organisers

Sovereign Conference - Tel: **01527 518777**

Email: association@sovereignconference.co.uk

Only 60 places available so reserve your free place NOW!

Supported by



BAPEN ANNUAL DINNER

Tuesday 29th November, 2011

Your mission, should you choose to accept it, is to attend this year's BAPEN Annual Dinner to be held at the Majestic Hotel, Harrogate.

This classic event will give you the chance to dress up in a tux as Bond, be a Bond girl or one of his evil counterparts, drink Martini, gamble at the casino or shoot like a spy, then dance the night away to the 007 theme tunes. With so much entertainment on offer this James Bond night will be a night to remember!

Ticket price: £37.50 per person inclusive of meal with drinks, entertainment and VAT. Dressing up encouraged by not mandatory.



Free 2012 BAPEN membership for attendees at BAPEN 2011!

Book and attend the 2-day BAPEN 2011 'Malnutrition Matters' Conference (Harrogate 29-30 November 2011) and become a full individual member of BAPEN for 2012 (worth up to £50) absolutely free!

There are no hidden catches or clauses; every attendee will benefit. Your complimentary membership will be valid from 1 December 2011 to 31 December 2012 giving discounts to BAPEN's regional and national meetings during that year, discounted ESPEN membership, personal copies of BAPEN's publications, and access to the members' area of the charity's website.

Save upto £50 on the cost of membership but also much more when you attend BAPEN Conferences and meetings!

If you are already a BAPEN member for 2011, don't forget that you can also get discounts on 2011 conference rates. Join and pay for membership for 2011 by or at the same time as you register and you can also enjoy the members' discount for 2011.

BAPEN looks forward to seeing you in Harrogate at BAPEN 2011 and to welcoming you as a complimentary BAPEN member for 2012!

REGISTRATION FEES

PRE-CONFERENCE REGISTRATION

		Individual Affiliate Members of BAPEN	Students
2-Day Conference Rate	£325.00 + VAT = £390.00	£295.83 + VAT = £355.00	£162.50 + VAT = £195.00
Day Delegate Rate	£190.83 + VAT = £229.00	£171.67 + VAT = £206.00	£95.42 + VAT = £114.50

ON THE DAY REGISTRATION

		Individual Affiliate Members of BAPEN	Students
2-Day Conference Rate	£352.50 + VAT = £423.00	£316.67 + VAT = £380.00	£176.25 + VAT = £211.50
Day Delegate Rate	£216.67 + VAT = £260.00	£195.83 + VAT = £235.00	£108.33 + VAT = £130.00

The Full Individual Members of BAPEN Rate is available if your BAPEN subscription has been paid in full at the time of receiving your registration form (please see Booking Conditions available at: www.bapen.org.uk).

The Student Rate is available to all pre and post graduate Students (please see Booking Conditions available at: www.bapen.org.uk).

The 2-Day Conference Rate includes registration fees for Tuesday and Wednesday, admission to the Trade and Poster Exhibitions, tea/coffee and lunch daily AND Individual Affiliate Membership to BAPEN for 2012, valid from 1st December, 2011 – 31st December 2012.

The Day Delegate Rate includes the registration fees for either Tuesday or Wednesday, admission to the Trade and Poster Exhibitions, tea/coffee and lunch.

Visit: www.bapen.org.uk or contact the Conference Organisers: Sovereign Conference Tel: 01527 518777



Advancing Clinical Nutrition
Registered Charity 1023927

m MALNUTRITION MATTERS

29th & 30th November 2011
Harrogate International Centre

The Good, The Bad and The Costly in Nutritional Care

Quality nutrition is higher on the healthcare agenda than ever before but will the economic climate affect our ability to combat the £13billion cost of malnutrition in the UK?

BAPEN's Malnutrition Matters Conference focuses on providing quality nutrition care in difficult times with particular attention to muscle wasting, coeliac disease, oral nutritional supplements, the origins of malnutrition, intestinal failure and home parenteral nutrition in adults and children throughout the UK.

Check www.bapen.org.uk regularly for further information and registration details.

BAPEN - the multi-disciplinary charity committed to improving nutritional policy, care & treatment in hospitals, care homes & the community.



***Book the 2-Day Conference
Rate and receive
FREE Membership to
BAPEN**

*Valid from 1st December 2011 - 31st December 2012

Focus on Undernutrition

Focus on Undernutrition



RACHAEL MASTERS, Team Lead Dietitian, **LAURA GARDNER**, Specialist Dietitian, and **CATHERINE MCSHANE**, Specialist Dietitian



Focus on Undernutrition™

County Durham **NHS**
and Darlington
NHS Foundation Trust

In March 2011, a national conference was held in Darlington to highlight not only the undernutrition burden, but to inform delegates of how this is being targeted in County Durham and Darlington by the Focus on Undernutrition (FoU) service. FoU Team Lead Dietitian Rachael Masters told delegates she launched the service 11 years ago in Darlington and in 2009 it went county-wide.

FoU is a flagship service both locally and nationally in tackling undernutrition from a regional perspective. It has evolved from a project in six elderly care homes to identify and treat undernutrition, to a team of seven implementing the service throughout health and social care across County Durham and Darlington through accredited training and supporting staff.

Following the FoU Conference, Dr Mike Stroud, Chairman of BAPEN, said: "I'm delighted to hear about FoU initiatives and I'm gob smacked at what they have achieved. For many years my organisation have been saying that there's lots of malnutrition out there and that malnourished

individuals do badly and that they cost a lot to the NHS. We've been trying to think of ways to actually make this happen, that these people who are at risk are spotted and that something is done about it, and in particular that staff and all people involved know about this because without them knowing its not going to happen. FoU have done an incredible job to achieve this and have managed to involve everybody out in the community, from care home staff to care home residents and the people managing healthcare in the region. I'm incredibly impressed with that achievement and think it's incredibly important that it's rolled out elsewhere."



FoU (originally called Focus on Food) initially started 11 years ago from a pilot study conducted in six elderly care homes in Darlington. Three modes of implementation were evaluated to determine cost and clinically effective methods to prevent and treat undernutrition in care homes using MAG nutritional screening tool and guidelines. The three methods of facilitation evaluated were: in-house training workshops; distance learning packages; and no training (but provided resources).

Findings highlighted some key issues, following training the prevalence of undernutrition declined by 6% (44% to 38%). There was also an accurate detection and treatment of undernourished residents, because at baseline staff failed to identify 53% of residents at risk of undernutrition, but this reduced to 5% in the distance learning homes, 33% in-house training workshops but increased to 68% in the homes which received no training.

	Training Homes	No Training Homes
Energy intakes	41% increase	33% reduction
Supplement usage	91% decline	31% increase
Supplement wastage	0%	70%

The FoU service is unique because of the seamless approach it has to tackling undernutrition within the community. The service promotes that adult patients in County Durham and Darlington are screened and treated for undernutrition, whether in care homes, own homes, GP surgeries or community hospitals. This was not happening previously, despite national policy. FoU adapt their service delivery to meet the varying needs of staff, using the same message to ensure equitable and seamless care is provided to patients. As a result of the FoU service the prevalence of undernutrition has declined and use of nutritional supplements significantly decreased, resulting in improved patient outcomes and cost savings.

The aims of FoU service are two-fold: to promote the timely detection and treatment of undernourished patients, and the appropriate prescribing and monitoring of nutritional supplements. This is by the delivery of accredited training and support to health and social care community staff on how to identify and treat undernutrition using an adapted layout of 'MUST' tool which has been endorsed by BAPEN. Treatment is by promoting a food first approach followed by the appropriate prescribing of oral nutritional supplements.

FoU has worked in partnership with key organisations to ensure that identification and treatment of undernutrition is firmly incorporated into commissioning frameworks. This has included partnership working with the strategic health

authority to develop a regional community CQUIN for undernutrition, social services to incorporate into local care home funding contacts and resident agreements, and the local NHS provider organisations to develop a clinical policy for undernutrition in community.

FoU is used as an example of best practice by:

- National Patient Safety Agency (NPSA)
- Institute of Innovation and Improvement,
- National Prescribing Centre (NPC),
- British Dietetic Association
- Social Care Institute for Excellence (SCIE)
- Royal College of Nursing

The innovative work of FoU has enabled County Durham and Darlington to lead the way nationally on identifying and treating undernutrition from a regional perspective. The service is continuously evolving. FoU is currently developing a new website and two e-learning packages for use in care homes and NHS community staff which mimic the accredited distance learning and master classes presently delivered in these areas. Due to the national interest in the service, FoU is now available nationally (since April 2011) as a toolkit to implement the service into another organisations via licensing.

FoU toolkits presently available for national use include the care home training toolkit and catering course toolkit. See Figure 1.

A license to implement the service is now available to NHS trusts, care home providers and other organisations across the UK. The annual license enables an organisation to use the FoU resources within a specified territory.

The underlying principle of the FoU approach to licensing out the resources is to provide both the resources and a full support service for other organisations. The FoU team wishes to ensure that each organisation gains the full benefit of their experience, through their help and assistance to ensure that an organisation obtains the full benefits of the FoU approach.

Dr Mike Stroud told delegates from across the country at the Darlington conference: *"It's an extraordinary achievement which has been made here. It seems obvious. If you don't feed people they will become ill and die. Nutrition really is at the heart of quality care and yet it is done well in some places, like around here, but not in others."*

To find out more about Focus on Undernutrition please contact: info@focusonundernutrition.co.uk or visit: www.focusonundernutrition.co.uk

Figure 1: The Care Home Toolkit and the Catering Course Toolkit

Care Home Toolkit

- License for an organisation to use within specified territory for 12 months
- 2 days 'train the trainer' and ongoing support for their organisation
- Reference copies of all resources
- The toolkit is designed for another organisation to take off the shelf and implement locally without any development requirements
- The toolkit includes: quality manual for delivery, quality standards, all training materials, standardised processes and resources for all aspects of FoU delivery, evaluation processed
- Care home training bundles
- The care home training is designed for both registered and non-registered healthcare staff
- Accredited by the Teesside University as level 4 certificate (10 credits), endorsed by BAPEN
- Training is 2-hour interactive workshop delivered within the care home which uses and supports the use of the FoU adapted layout of 'MUST'
- Workshops are interactive and include training on 'MUST' tool, how to measure ulna and MUAC, care planning, dietary interventions for undernutrition and appropriate use of nutritional supplements
- Following training delegates complete either distance learning workbook or e-learning
- The workshop can be delivered by dietetic support workers or dietitians

Catering Course Toolkit

- License for an organisation to establish and deliver the catering course within a specified territory for 12 months
- An annual license allows up to 50 delegates to be trained per year
- 1 day 'train the trainer' and ongoing support for their organisation
- Tutor and teaching toolkits, which provide all the teaching materials, support processes and guidance to deliver the course
- Six session course designed for cooks and managers working within care homes
- Topics including:
 - Menu planning
 - Diabetes
 - High protein high calorie diets
 - Altered consistency diets
 - Dementia
 - Constipation and high fibre diets
- Delivered in the catering and hospitality schools at local colleges of further education in a series of half day sessions
- Each session is 1.5 hours workshop and 1.5 hours practical in the kitchen environment. Followed by assessment as weekly coursework is related to the specific taught topic

Core Group Updates

NNNG Update



LIZ EVANS
Chair - NNNG

It has been a very busy and eventful year this year. We have had a huge change around in the committee.

We first of all said goodbye and thanks to Jane Fletcher who stepped down as Secretary in January after doing a fantastic job. Neil Wilson took over her role and Carolyn Best took on the role of Comms Officer.

We welcomed Barbara Donvaston from Birmingham's Heart of England Trust, Linda Warrinder from Darlington, and Tracy Earley from Preston on to the committee.

We now feel that we have a good mix of expertise across hospital and community services, oral and clinical nutritional care, and look forward to working cohesively to move the NNNG forward.

Now that we are a full committee at last, we will be looking at sharing and strengthening roles and responsibilities within the team as the workload for the committee to increase due to the NNNG being asked to comment on and be involved in initiatives nationally.

The work we have been involved with this year includes:

- Contributing to the Expert Reference Group that advised on the tool kit for the assessors

to use in CQC Outcome Five - Meeting Nutritional Needs.

- Being on the editorial board for the Nutritional supplement of the British Journal of Community Nursing. Neil Wilson has taken on this role.
- Contributing and reviewing articles for the hydration and nutrition supplement of the Nursing Times and writing articles for the Nursing Standard and Complete Nutrition journals.
- Participating in the judging of the Nutrition Category for the British Journal of Nursing awards. This category was won by Tracy Earley and her team.
- Being part of the steering group for the RCN's campaign to improve the care of the patient with dementia where we will use our expertise to discuss the ethical and practical issues regarding appropriate provision of nutritional care to this group of patients.

However, the highlight of the year thus far has to be our Annual Conference. We congregated at the Castleford Rooms in Manchester on 13th June for two days that were jam-packed with education, chat, networking



and a lot of fun. I would like to thank the committee for all of their hard work, the speakers for all of their fantastic talks and presentations, the Castlefield Rooms for their hospitality and industry for their support. However, the biggest thanks have to go to our members and the delegates without whom the event would not have been such a resounding success. We were worried that in this climate, people would not necessarily want a two-day conference next year, however, all the evaluations came back with the resounding message which was: "See you next year!"

So an early date for your diaries - we will be returning to the Castlefield Rooms next year on 29th and 30th October 2012. See you there!

PEN Group

KATE HALL

Communications Officer - PEN Group

It has been a busy time over the past couple of months for the PEN Group:

- The latest edition of PENlines is now available to all PEN Group members on the PEN Group website members section www.peng.org.uk
- PEN Group have a new email address (peng@bda.uk.com) for members to contact the committee directly and this will also allow members to communicate with fellow PEN Group members through this route - more information will be circulated to members soon.
- PEN Group Award deadline has been extended to allow people more time to enter and the Award will now be awarded at the Annual PEN Group meeting at BAPEN - deadline is Friday September 30th 2011, please see page 2 for more detail.
- PEN Group Annual meeting originally due to be held in August has been postponed to allow us to fully launch the new updated

sections of the Pocket Guide to Clinical Nutrition, and for members to hear directly from the authors, plus have the opportunity to ask them questions. The Annual meeting will now be held on 28th November in Harrogate, the day before the main BAPEN conference, which is really exciting for the PEN Group because it will give us a strong presence at BAPEN. Look out for more details which will follow very soon by going to www.peng.org.uk

- The specialist dietetic interest groups came together at this year's BDA conference in May to deliver workshops on outcome reporting. Led by specialists in their field the aim of the workshops was to populate the BDA Dietetic Outcomes Toolkit (www.bda.uk.com) in all areas of practice, with some of the outcome measures being achieved through multi-disciplinary

working. The session which was jointly chaired by the PEN Group and Nutrition Advisory Group for the Elderly (NAGE) was entitled 'Outcomes in nutritional interventions' which addressed the evidence to support the use of dietary advice and oral nutritional supplements in older people at risk of malnutrition, and the outcomes dietitians could measure in clinical practice and research. It discussed the challenges dietitians face when selecting appropriate outcome measures and the selection of tools to measure. If you would like to know more information about this session please email:

peng@bda.uk.com

Reminder - have you renewed your PEN Group membership and if not to go to the PEN Group website: www.peng.org.uk



The Parenteral and Enteral Nutrition Group
of the British Dietetic Association

PINNT

Reported by STEVEN BROWN

PINNT weekend event

A weekend that offered so much: the perfect mix of patients, partners, family members, friends, industry and a topping of healthcare professionals, the perfect recipe for a PINNT weekend.



It takes a lot of courage for some people on artificial nutrition to consider leaving home to stay in a hotel where they don't have access to all the familiar things that make their treatment happen in the usual way at home. Having held weekend meetings before, PINNT are well versed at pre-empting many of the concerns members might have; clean comfortable bedrooms, power sockets, access to appropriate medical storage as well as the right environment in which they can relax and socialise.

The meeting was supported by an excellent mix of our industry friends and it was good to see patients gaining information on a number of issues which empowers them to influence decisions on some aspects of their homecare and personal needs. Given in today's world we hear so much about 'empowering patients' and 'patient choice'; this can only happen if patients know what the choices are, PINNT aim on a number of levels to promote choice.

As it was family event we made sure the children were catered for; we had budding Andy Murray's on the Wii tennis as well as the Giant Jenga and Connect 4 championships. The bouncy castle proved a huge success and the colouring and crafts kept the children happy; the dedicated children's room was a delight to see, mess everywhere with lots of smiling happy faces and relaxed parents.

The formal programme has been based on topics that PINNT members are concerned or

interested in; an informative talk about benefits from an advisor from the Disability Alliance followed by an extremely honest and moving presentation from Molly, a young lady of 20, who after living all her life on PN at 16 had a complete intestinal transplant. Her father followed her with his version of the journey and again his honesty and frankness raised not only our emotions but a little giggle at times; with small areas of sarcastic wit. Dr Woodward rounded off the session with some a medical perspective which completed the session. The final session of the day addressed the issue that really concerns patients and carers; the misuse and abuse of line and tubes. PINNT's specially formed nutrition team: Dr Gabe, Becky White and Pete Turner addressed best practice for enteral and parenteral feeding. It was concerning to hear that many people still face major issues when they try to protect their feeding lines and actually enforce best practice. The team did an amazing job at addressing the concerns and many felt it would be beneficial if all the healthcare professionals they came into contact with were as approachable as the PINNT nutrition team. Sadly our paediatric and adult nutrition nurses were unable to join us. Dr Gabe was a very acceptable substitute for Angie Davidson!

After some R&R, it was time for the main event the 'Superheroes and Hollywood' evening. We had everyone from James Bond to the latest A listers, Danger Mouse to the Ninja Turtles,

princesses and fairies. Given some of our attendees cannot eat dinner was carefully managed to ensure it was not seen as the main event of the evening. The fabulous disco by Trevor T (some may recall from BAPEN conferences in Telford!), the bouncy castle, the raffle and the fun party treats certainly kept the wider focus on fun and enjoyment and not just food and drink. As usual at a PINNT event the dance floor was filled with people, pumps and lines all making the most of being able to feed, relax and socialise without feeling uncomfortable or different.

Sunday saw the formalities of the charity, the AGM, followed by an interesting session on 'travelling with artificial feeds'. Holidays are fun and rewarding but the practicalities need addressing before embarking on a holiday. We had a fantastic interactive session with excellent input from our members as well as homecare providers. We addressed both the positive and negatives aspects of travelling.

The meeting was rounded off with a 'Step up to the Mic' session. Our nutrition team took questions on a diverse range of topics; medical, surgical, practical and governance.

Once again PINNT provided an environment where all people were equal; a level playing field for patients, carers, families, industry and healthcare professionals alike.

Next year PINNT will be 25, the question is how to mark the occasion?!



Core Group Updates

BAPEN Medical

RUTH MCKEE

Chair – BAPEN Medical

BAPEN medical teaching day will be held on Monday 28th November in Harrogate. We aim to spend the day 'demystifying parenteral nutrition' and the talks include the current recommendations on assessment of nutritional requirements, how to prescribe parenteral nutrition, dealing with complications and some case studies.

As one of ESPEN's Life Long Learning (LLL) course topics is parenteral nutrition, we hope to incorporate a live LLL course into the day so that those collecting LLL credits can benefit.

During the main BAPEN Conference, BAPEN medical is running three symposia. In a symposium about coeliac disease we will debate whether we diagnose too few or too many patients with coeliac disease. 'Food for thought'

will provide us with some unexpected data about malnutrition risk. The Nutrition Society are planning a look at the science behind sarcopaenia, while BAPEN medical's symposium on the same topic covers management of sarcopaenia – can we make any difference?

Meanwhile, the deadline for abstracts for BAPEN and for the Powell-Tuck prize has passed – watch out for those who are awarded prizes at the meeting



BAPEN
Advancing Clinical Nutrition
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Committee Group Updates

Programmes Committee

PETE TURNER

Chair Programmes Committee

It has been a very busy year for the programmes committee which is why there is only time to write a very brief report on our activities!

We have had to work on two conferences simultaneously – BAPEN 2011 and DDF 2012. This year's exciting conference programme is more or less finalised and there is a detailed update in this edition of In Touch.

The committee also been working with Mike Stroud on DDF 2012 and a draft programme for the event has already been developed. Topics for 2012

include safe administration of oral, enteral and parenteral nutrition, immunonutrition and novel substrates, ethics, organisation of nutritional care in the community, dietary management of GI disorders, enteral feeding in chronic conditions and fibre. BAPEN will also contribute to numerous joint symposia and a Post Graduate teaching day.



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 or download via the BAPEN office and website.

Reports

- Annual BANS Report 2010
- Improving Nutritional Care & Treatment: Perspectives & Recommendations from Population Groups, Patients & Carers
- Combating Malnutrition: Recommendations For Action
- Nutrition Screening Week 2010 Results
- Malnutrition in Sheltered Housing Report
- British Consensus Guidelines on Intravenous Fluid Therapy for Adult Surgical Patients – GIFTASUP



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**

2011

- **ESPEN Congress**
Date: 3rd – 6th September 2011
Venue: Gothenburg, Sweden
Website:
www.espen.org/congress/gothenburg2011/default.html
- **The Leeds Course in Clinical Nutrition**
Date: 6th – 9th September 2011
Venue: The University of Leeds (Main Campus)
Email: clinicalnutrition@leeds.ac.uk
Website: www.clinical-nutrition.co.uk
- **First Congress of the European Society of Swallowing Disorders (formerly EGDG)**
Date: 9th – 10th September 2011
Venue: Leiden, the Netherlands
Website: www.essd2011.nl
- **Oskar Kellner Symposium 2011**
Organised by the Leibniz Institute for Farm Animal Biology jointly with the Nutrition Society – Metabolic flexibility in animal and human nutrition
Date: 9th – 11th September 2011
Venue: Warnemunde, Germany
Website: www.nutritionssociety.org
Email: e.costin@nutsoc.org.uk
- **Finding the balance in nutrition support – from acute intervention to end of life care**
Date: 5th October 2011
Time: 09.00 – 16.00
Venue: James Cook University hospital, Middlesbrough
Email: barbara.davidson@nuth.nhs.uk
- **70th Anniversary: Nutrition Society Sport & Exercise Textbook launch – Conference and Training Day**
Date: 1st & 2nd November 2011
Venue: Surrey Sports Park, University of Surrey, Guildford
Website: www.nutritionssociety.org
Email: e.costin@nutsoc.org.uk
- **Nutrition & Health LIVE**
Date: 4th & 5th November 2011
Venue: Olympia Conference Centre, London
Website: www.nutritionandhealth.co.uk

- **AuSPEN ASM 2011– Nutrition across the Spectrum**
Date: 10th – 12th November 2011
Venue: Melbourne
Website: www.auspen.org.au
- **Annual PEN Group Study Day Evidence Underpinning Practice – Launch of the updated pocket guide**
Date: 28th November 2011
Venue: Harrogate
Website: www.peng.org.uk
More details to follow
- **BAPEN Medical Teaching Day Demystifying Parenteral Nutrition – An approach for all clinical disciplines**
Date: 28th November 2011
Venue: Harrogate
Website: www.bapen.org.uk/ce_annual_conf.html
- **BAPEN/BSPGHAN Paediatric Teaching Day Nutrition in Developmental Delay & hands-on Management of Parenteral Nutrition**
Date: 28th November 2011
Venue: Harrogate
Website: www.bapen.org.uk/ce_annual_conf.html
- **BAPEN Annual Conference**
Date: 29th & 30th November 2011
Venue: Harrogate International
Website: www.bapen.org.uk
- **Nutrition Society Winter Meeting – 70th Anniversary: Body weight regulation – food, gut and brain signalling**
Date: 6th & 7th December 2011
Venue: Royal College of Physicians, London
Website: www.nutritionssociety.org
Email: e.costin@nutsoc.org.uk

2012

- **2012 BAPEN Conference**
Date: 18th – 20th June 2012
Venue: Venue: Liverpool
For further details see What's New section

Trent Regional Rep Update

Melanie Baker is due to go off on maternity leave in September so is not planning an education session in Autumn 2011. If anyone in the region would like to organise training or get involved in BAPEN regional rep activities please let Melanie know – melanie.baker@uhl-tr.nhs.uk

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