



BAPEN

In·Touch

The Newsletter of the British Association for Parenteral and Enteral Nutrition

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A Positive Approach - A Public Thank You

I was delighted to be given the opportunity by our editors to say a public "Thank You" to Dr David Silk following his retirement from the position of chairman of BAPEN.

David was one of the three very wise men who, just over ten years ago, decided to establish a working group under the chairmanship of Professor John Lennard-Jones (also one of the three wise men!!) to prepare a report on the parlous state of the use and delivery of clinical nutrition support for patients with, or at risk of developing, disease related malnutrition.

The report, entitled "A Positive Approach to Nutrition as Treatment", was published by the King's Fund and recommended that a multidisciplinary charitable organisation should be set up to represent patients, dietitians, doctors, pharmacists, nurses and academics in the development of strategies designed to encourage the use of clinical nutrition support in the management of malnourished patients. As a result of this, BAPEN was

established in 1992 and the rest is history!!

David has been one of BAPEN's most active and constructive supporters since its inception and it was natural for him to be elected as our chairman in 1995, upon the demit of our first chairman Professor John Lennard-Jones.

David's contribution to BAPEN has been enormously important. During his chairmanship our interface with the DoH was increased, our influence within the Royal Colleges has grown, we have established links with NICE, successfully bid to host the 2002 ESPEN Congress and initiated a restructuring project to improve our decision-making and implementation processes. David will, of course, continue to work on behalf of BAPEN in his capacity as a trustee and I know that our new chairman, Professor Chris Pennington, intends to make good use of David's wide experience to represent him when we need to have dialogue with the DoH, NHS and other government bodies.



I would like to express my own personal thanks as well as those of the whole BAPEN organisation to David for his outstanding contribution to our cause.

He received the John Lennard-Jones medal at our 1999 annual meeting and no-one has deserved it more than him.

KEN COTTAM
Trustee and Hon Treasurer

News from the Regions • News from the Regions • News from the Regions News from the Regions • News from

North Trent

North Trent Nutritional Support Study Day on 10th July 2000 at the Post Graduate Centre, Northern General Hospital, Sheffield.

'Nutrition in Supportive Care'

During the morning plenary session Dr Christina Faull, Consultant in palliative medicine will discuss the 'Life Prolonging and Quality Enhancing' properties of nutrition. Ann

Micklewright (Dietitian) will pose the question 'Shall we feed everyone' and Professor John Lennard Jones will debate 'Ethical Considerations'.

After lunch participants can join a number of workshops: Nutritional Management of Anorexia and Cachexia; Managing symptoms to maximise food intake; Changing needs of tube fed stroke patients at home; and TPN case studies relating to small bowel cancer.

Further information from: Jane Wood – Senior Dietitian, Northern General Hospital, Sheffield. Tel: 0114-2265411; Fax: 0114 - 2265414

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BAPEN website - Find us at www.bapen.org.uk

BAPEN offices are on the move - The temporary contact number is 01527 451122

Malnutrition Advisory Group Update

It is worth reminding our members that the Malnutrition Advisory Group (MAG) was set up as an Associate Group of BAPEN to:

- raise the profile of disease related malnutrition amongst healthcare professionals and in the media
- ensure that appropriate priority and action is given to the area by primary healthcare professionals, particularly GP's and purchasers
- communicate the benefits of timely and appropriate use of nutritional supplements for patients
- produce definitive guidelines for the management of malnutrition in the community
- work with NICE and other influential groups to promote standards of excellence in the management and treatment of malnutrition within each national service framework.

Patricia Wright has unfortunately had to step down from MAG because of work commitments and her place has been taken by Pamela Mason, a consultant pharmacist who will represent BPNG. Christine Wallington, the patient's representative, has also left MAG and we await a nomination to succeed her from the Patients Association.

An encouraging development is that Professor Alan Jackson has been appointed as Chair of the new joint Department of Health and Foods Standards Agency Scientific Advisory Committee on Nutrition (SACN). SACN will be a committee of independent experts advising Government through the Chief Medical Officers and the Foods Standards Agency on matters relating to nutrition diet and health. SACN succeeds the Committee on Medical Aspects of Food and Nutrition Policy (COMA) which was established in 1963.

Guideline Development

The third draft of guidelines for the detection and management of malnutrition in the community have been out for peer review and comments have been received from a significant number of organisations and individuals, including members of the Council. The objective of the guidelines is to produce a simple, comprehensive practical and scientifically rigorous framework that can be adopted for standard use throughout the UK. The next stage in development will see the guidelines piloted in both hospital and community settings by members of MAG.

Following a recent meeting between MAG and members of the Child Health Standing Committee on Nutrition (CHSCON) it was decided that the adult guidelines will proceed without a specific paediatric element but a number

Focus On Hospital Food

"...it is estimated that around £45million is wasted annually on food that is not eaten in NHS hospitals" says Lord Hunt in a foreword in "Reducing Food Waste in the NHS" a recent document which was developed by the Hospital Caterers Association in conjunction with NHS Estates.

However, this is only part of the cost for when labour and overheads are added this rises to £144million per year.

The 'gold standard' for wastage was set in the NHS Executive's Hospital Catering Delivering a Quality Service.

- *at least 80% of patient meals delivered are to be consumed by patients;*
- *unserved food is not to exceed 10% of issues;*
- *patient plate waste is not to exceed 10% of issues.*

How does your Hospital measure up?

The responsibility for controlling food waste lies not only with the Catering

Department but with many different people involved in the food chain including catering management and supervisory staff, cooking staff, catering assistants, catering clerical staff, food stores staff, dietitians and nursing staff. The responsibilities of each group are clearly defined.

The control stages in the hospital food chain are identified, starting with menu planning right through to food service at ward level with each stage clearly underpinned by training. Good practice indicators tied in to policies, procedures, training and communication are defined also The document concludes with a number of audit tools including a patient satisfaction questionnaire.

"Food may be provided but, unless it passes the patient's lips it confers no benefit. Waste represents a major clinical problem because it reflects inadequate food intake".

It is interesting, that hot on the heels of this publication, NHS Estates is



undertaking an audit on the quality of hospital food in 25 hospitals.

Part of this audit relates to recommendations made in Eating Matters about nutritional screening tools, link nurse programmes, education programmes for medical, nursing and pharmacy students, dysphagia training, moulded meals, energy dense foods and weighed food surveys. Questions are also asked about the organisational structure in place to optimise patient nutrition (Steering Group, Nutrition Team, Link Nurses etc) as promoted in the Kings Fund Report, "A Positive Approach to Nutrition as Treatment".

This publication can be obtained from: The Stationery Office, Telephone orders 0870600 5522; Fax orders 0870 600 5533

of amendments will be made to the current draft of the guidelines.

Lobbying

The Early Day Motion (EDM) on Malnutrition in the UK tabled by Dr Howard Stoaite MP in the House of Commons now has 152 signatures. About 400 MP's can sign EDM's and we therefore continue to make steady progress towards the highly significant 50% level. The Statement of Opinion on Malnutrition in Wales raised by Dr Di Lloyd AM, David Melding AM, and

Kirsty Williams AM in the National Assembly of Wales presently has 21 signatures out of a possible 45. Separate meetings were recently held in Wales with the three sponsors and a key outcome was the offer by Dr. Di Lloyd of Plaid Cymru to host a buffet reception at the Assembly to which members would be invited. MAG could do a short presentation and questions would follow. The event could be timed to coincide with the run up to the launch of the guidelines and offer a good platform for further activities.

Finally, the Health Select Committee at the House of Commons has called for evidence into its forthcoming inquiry into public health. The committee will examine the coordination between central Government, local Government, health authorities and Primary Care Organisations in promoting and delivering public health. It is planned for MAG to make a submission to the Health Select Committee by the deadline of the 5th of July.

Niall Bowen

BAPEN Communications Committee

NEW.

Microbial Contamination of Enteral Tube Feeds

How can we reduce the risk?

By Dr. A. Anderton

The purpose of this handbook is to review the evidence which indicates that enteral tube feeds contaminated with bacteria can be the cause of severe infections, to examine the potential sources of this contamination, and to discuss procedures that can be implemented to reduce the risk. Key questions that are addressed include:

- Does microbial contamination of enteral feeds occur?
- Does microbial contamination of enteral feeds have any clinical consequences for the patient?
- What are the sources and routes of this contamination?
- What are the factors that affect the growth of micro-organisms in enteral feeds?
- How can we reduce the levels of contamination and any risk of infection?

This handbook would be an invaluable guide to any healthcare professional working within the area of nutritional support, as it critically analyses all the current research within this area. Practical solutions to common problems in nutritional support are addressed.

The handbook has been endorsed by The Parenteral and Enteral Nutrition Group of the British Dietetic Association. Copies can be obtained through your local Nutricia Representative.

The BAPEN Annual Meeting

28 - 30 November 2000

The outline programme is almost complete and it looks to be a very exciting three days.

Tuesday 28th November The BAPEN Symposium

Keynote Lecture I
'Clinical Governance in the Management of Disease Related Malnutrition'

Speaker: *Dr Patricia Oakley*,

Nutritional Paths and Cul de Sacs - One Patient's Journey Through a Gastrointestinal Ordeal

Chair: *Prof Chris Pennington*

Narrator: *Dr Ian Fellows*

An interactive case discussion using the keypad system, during which we follow patients through complex and complicated surgery, focussing on nutritional aspects of care, and discussing contentious issues of management. The audience will be asked to participate using the keypad, and nationally recognised experts from different professions have been asked to address specific discussion points.

Keynote Lecture II
Practical Nutritional Support : Working Together to Make It Happen
Speaker: *Mrs Pat Howard*
The impact of trained Nutritional Support Teams on nutritional care of the patient

Wednesday 29 November British Pharmaceutical Nutrition Group Symposium

Pharmaceutical Issues of Artificial Feeding - Phosphate, Why, How and How Much?

Questions concerning phosphate.
• Is there a practical solution?

- Phosphate in clinical practice
- Organic phosphates - The phosphate source of the future.

Pharmaceutical Issues in Enteral Feeding

- Drug administration issues in tube fed patients;
- Practical aspects of enteral tube blockage

Pharmaceutical issues in home enteral feeding

PEN Group and National Nurses Nutrition Group Symposium

Nutritional Aspects of the Oncology Patient

- The role of the Macmillan dietitian
- Nutritional support in the head and neck oncology patient
- Nutritional support in the paediatric oncology patient

BAPEN

- Multidisciplinary Papers
- The Nutrition Society
- Sir David Cuthbertson Medal Lecture
- Clinical Nutrition and Metabolism Group Scientific papers

Thursday 30th November Clinical Nutrition and Metabolism Group Symposium

Evidence-based Nutrition

- Nutritional modulation of immune function
- Fat versus carbohydrate
- Enteral versus parenteral nutrition
- The evidence for glutamine use in the critically ill

PEN Group Symposium

Current Perspectives on Community Nutritional Support

For details of how to register for the meeting contact: Sovereign Conference (Tel: 01527 518777) or look on the BAPEN website www.bapen.org.uk

BAPEN Midland

Bapen Midland Nutritional Support Group Study Day On 29 September at the Hilton National Hotel, Coventry

Effective Nutritional Support for Very Sick Patients

This is the 4th annual study day organised by this group and starts the day with a number of workshops: Central line infection and line salvage; Is glutamine effective in very sick patients?; Nutritional support in severe pancreatitis.

Moving into the afternoon's plenary session Carole Glencorse (Dietitian) will tell us how to 'Improve Enteral Feed Delivery in the Severely Ill.

Susanne Wood (Clinical Nurse Specialist) will advise on 'Practical Aspects of feeding Critically Ill Patients' and Professor Ken Fearon (Professor of Surgery) will debate 'Can Appropriate Nutritional Support Improve Surgical Outcome'

Further information from: Lynne Watkins, Organising Secretary Walsgrave Hosital NHS Trust, Clifford Bridge Road Walsgrave, Coventry. Phone: 021 76535138

Northern Ireland

Northern Ireland BAPEN Regional Meeting on November 14th, at the Aldergrove Airport Hotel, Belfast

Malnutrition: An Issue for Everyone

This meeting will have Community Nutrition Support Theme in the morning and will move onto to look at a broad range of aspects in relation to Enteral Tube feeding.

Further details Sovereign Conference 01527 518777 or email: enquiries@sovereignconference.co.uk

For further details of all meetings: WATCH THIS SPACE or try www.bapen.org.uk

Meetings 2000

Date	Event	Venue / Contact Details
23 - 27 July	13th International Congress of Dietetics	c/o Meeting Makers, Jordanhill Campus, 76 Southbrae Drive, Glasgow G13 1PP Tel: (+44) (0)141 434 1500 Fax: +44 (0) 141 434 1519 email: dietetics@meetingmakers.co.uk
5 - 8 Sept	Leeds Course in Clinical Nutrition	Course Secretary - Clinical Nutrition, VCVE Unit, School of Continuing Education, Continuing Education Building, Springfied Mount, Leeds LS2 9NG Tel (+44) (0)113 233 3241 Fax (+44) (0)113 233 3240 email s.armitage@leeds.ac.uk
10 - 13 Sept	137th British Pharmaceutical Conference Medicines: the future horizon	International Convention Centre, Birmingham
18 - 22 Sept	Intercollegiate Course on Human Nutrition - Evidence based Nutrition	Contact: Hazel Binks, School of Biomedical Sciences, Queen's Medical Centre Nottingham NG7 2UH Tel (+44) (0)115 970 9478 Fax (+44) (0)115 970 9529
29 Sept	BAPEN Midland Nutritional Support Group Study Day	Hilton National Hotel, Coventry, Contact: Lynne Watkins, Walsgrave Hospitals NHS Trust, Clifford Bridge Road, Walsgrave, Coventry, CV2 2DX Tel (+44) (0)24 76535138
28 - 30 Nov	BAPEN 2000 British Association for Parenteral and Enteral Nutrition	Harrogate International Centre, For details of how to register for the meeting contact: Sovereign Conference (Tel: 01527 518777) or look on the BAPEN website www.bapen.org.uk
10 -13 Sept	European Society for Parenteral and Enteral Nutrition	Palacio Municipal de Congresos, Madrid. ESPEN 2000 c/o MCI Congress, Rue de Lyon 75 CH 1211, Geneva 13 - Switzerland Tel +41 22 33 44 580 Fax +41 22 33 99 621 email: espen@mcigroup.com
10 -13 Sept	European Society of Intensive Care Medicine	International Congress Centre, Berlin, Germany. Contact: Joseph Wybran European Society of Intensive Care Medicine, 40 avenue B-1070 Brussels
17-20 Sept	Fourth International Conference on Dietary Assessment Methods	Arizona Prevention Center, P.O. Box 245163, Tucson, AZ 85719; email:dietconf@u.arizona.edu website: http://ahsc.arizona.edu/apc/conferences/dietmethods.htm
6 - 7 Oct	Clinical Nutrition Day Milan 10th Scientific Study Day	Secreteria Scientifica, U O di Dietetica e Nutrizione Clinica, az Ospedaliera Niguarda Ca' Granda, Piazza Ospedale Maggiore 3, 20162 Milano Tel 02/64442839,
16-19 Oct.	The American Dietetic Association Annual Meeting and Exhibition	Colorado Convention Center-Denver, CO. Contact: The American Dietetic Association, 216 West Jackson Boulevard, Chicago, IL 60606-6995. Tel: 312-899-0040; e-mail: mtgsinfo@eatright.org; or Internet: http://www.eatright.org .
25-30 Nov.	United European Gastroenterology Week (UEGW)	Brussels International Conference Centre Details available from: ECCO, Rue de l'Abbate 27a Abdijstraat, B-1050 Brussels, Belgium. Tel: (+32.02) 647 87 81; fax (+32 02) 640 66 97; email: uegw@ecco-congress.be