Essential Nutrition Support for the Surgeon

Association of Surgeons/BAPEN Medical taught course Thursday 10th May

A short course for trainees and consultants who want to learn the vital aspects of nutritional support for their patients. Covers the ISCP syllabus on nutrition and will refer to ESPEN and NICE guidelines throughout.

Tutors: **Dermot Burke, Consultant Surgeon, Leeds**
Michael Colley, Consultant Chemical Pathologist, Swindon
Clare Donnellan, Consultant Gastroenterologist, Leeds
Keith Gardiner, Consultant Surgeon, Belfast
Ruth McKee, Consultant Surgeon, Glasgow

8.30-9.00 Undernutrition- what is it and does it matter? - The effects of malnutrition and sepsis in surgical patients – body composition, outcomes etc

9.00-10.00   How to recognise malnutrition - Nutritional screening and assessing nutritional requirements

10.00-10.30 Coffee

10.30-11.15   Decision making – Indications for EN and PN; When to start – coagulation problems/sepsis/refeeding/nutrition teams

11.15 – 12.30 **How do I go about it?** EN and PN

First of two workshop sessions with smaller groups rotating between EN and PN

12.30- 13.30 Lunch

13.30- 14.45 **How do I go about it ?** EN and PN

Second of two workshop sessions with smaller groups rotating between EN and PN

Practicalities of EN –	**Practicalities of PN** –
Including jejunostomies, NJ tube insertion, how to do it	Prescribing - do I need to know about novel substrates?
Tubes incl NG; NJ; PEG; insertion, checking position, nursing Mx	Lines incl PICC; CVC; ports, nurse Mx; managing pyrexia
Feed types and regimens	Prescriptions
Complications	Complication

14.40-15.30 Tea

15.30-16.00 Monitoring/goal setting in nutrition –Monitoring/success/when to stop/what to do if there are problems - hyperglycaemic; liver disturbance; pyrexias

16.00-16.30 Help! - When to refer elsewhere

Some sponsored places available for trainee members of BAPEN Medical

http://www.bapen.org.uk/pdfs/membership-form.pdf

Any trainee member interested in a sponsored place should e-mail Dr Ruth McKee at ruth.mckee@nhs.net with their details.