

Why should I join ESPEN?

ESPEN is the European Society for Clinical Nutrition and Metabolism. It draws its membership from right across Europe and undertakes a wide range of activities.

All these initiatives are being led by international experts in the field who are committed to raising the profile of nutrition, developing the research programmes to underpin the need for nutritional intervention and providing the means to share the information necessary to improve clinical practice. It is not possible to describe them all here but they include:

* **The ESPEN Annual Conference** is one of the most prestigious meetings of its kind in the world. There are concurrent Scientific and Educational programmes to describe the latest advances in research and clinical practice. The programme is accredited through the European Accreditation in Continuing Medical Education initiative. The next meeting will be held in Goteborg, Sweden from September 3rd - September 6th 2011 and the preliminary programme is already on the ESPEN website - see below for the address.

* **The ESPEN Life Long Learning Programme** is an integrated approach to clinical nutrition using a mixture of web-based and taught modules. This is also formally accredited and is being developed into a Diploma course.

* **ESPEN Special Interest Groups** - these exist to ensure that researchers have an easily accessible forum within which to progress such topics as peri-operative nutrition, clinical trials, nutrition in the elderly, cachexia-anorexia in wasting disease, genomics and nutrition, and tracer methodology.

* **ESPEN Clinical Nutrition Courses** - these are held each year at basic and advanced levels. They are interactive and enable delegates to form networks to advance their clinical practice.

* **ESPEN Journals** - there are now two journals:

- Clinical Nutrition has an impact factor of 2.474 making it one of the leading scientific nutrition journals. There are also supplements to the journal.
- e-SPEN is a web-based journal aimed at developing clinical practice

* **ESPEN Nutrition Day** - this is the largest study to be undertaken in Europe and it has been set up in response to the Council of Europe Resolution (2003) which described the importance of improving nutritional provision in hospitals. Nutrition Day has been running for two years and additional information is now being collected about nutrition in Intensive Care Units and Nursing Homes. The UK contact is Dr Jon Shaffer (Hope Hospital, Salford): you can e-mail him at jon.shaffer@srft.nhs.uk

* **ESPEN website** - this is being continually developed and is a leading source of information about clinical nutrition and metabolism. Why not visit www.espenblog.org

Please turn over

What will it cost me?

Surprisingly little! There are three categories of membership:

* **“Block” membership** - you can join in this way by completing the form you will find in your delegate bag and sending it through to the BAPEN Office. This will cost you €70 cheque made payable to ESPEN (£70.00 cheque made payable to BAPEN)

* **Individual membership** - you can join ESPEN directly via the website and this will cost you €100 cheque made payable to ESPEN (£100.00 cheque made payable to BAPEN)

* **Junior membership** - to qualify for this category, you must be less than 32 years of age and you may be asked to verify this. The annual membership fee is €20 cheque made payable to ESPEN (£20.00 cheque made payable to BAPEN)

What will I get by becoming a member?

You will be a member of a dynamic and enthusiastic organisation which is committed to developing and promoting all aspects of clinical nutrition and metabolism. In recognition of this you will receive the following benefits:

- * 20% reduction on registration at the Annual Congress
- * Free on-line subscription to Clinical Nutrition which is published every two months. If you become an individual member you will also receive hard copies of this “must have” nutritional publication.
- * Free on-line subscription to the e-SPEN journal
- * 30% discount on the acclaimed ESPEN textbook “Basics in Clinical Nutrition”
- * Quarterly copies of the ESPEN Newsletter
- * Access to research grants and other awards / travel fellowships

This represents excellent value for money - can you really afford not to join?

