A message from BAPEN’s chairman

DR MIKE STROUD
HONORARY CHAIRMAN

By the time you read this column, the election will be upon us or perhaps even over and for the last few weeks, you will have had no respite. This column is no exception but unlike the majority of pieces that you will have come across, it is truly non-partisan. Whichever party is now to be in Government, it does not alter the issues surrounding malnutrition in healthcare. Malnourishment continues to be both a cause and consequence of illness and injury and it is, therefore, vital that BAPEN engages with those holding the health portfolios for all three main parties, and that we continue to convey the simple message that malnutrition matters. With more investment in nutritional care, everybody will be a winner.

To be fair, most of the politicians with a specific interest in health within each of the main parties have already recognised this issue but recognition and appropriate action are not necessarily the same thing. A huge amount of effort from nutritional, and other, experts went into the final report on the Nutrition Action Plan (NAP) which was published a couple of months ago. BAPEN amongst others were delighted to see that the Report reiterated the need to continue to improve the awareness and understanding of the impact of malnutrition and that it spelt out the positive impact that nutritional care has on delivering high quality, safe, services. However, although the Report emphasised how addressing malnutrition fitted with that Government’s strategies and suggested that ‘robust processes’ were needed to address the problem, the then Government’s response did not really include satisfactory commitments in relation to those ‘robust processes’.

Indeed, while the experts who sat on the NAP advisory boards made it clear that a critical element in the way forward was to ensure central leadership and responsibility on issues of malnutrition and recommended that a permanent Governance Board was set up to ‘provide expert assistance to the Department of Health under Ministerial leadership’, the then Government’s response stated that the leadership needed to maintain momentum should rest ‘at a local level, closer to frontline delivery’.

Perhaps this failure to make a more definite commitment was an inevitable product of the looming General Election coupled with the financial uncertainties which then and now are of a scale that would make any party unwilling to state definite commitments. Nevertheless, with the election over and those holding the health remit either finding or going back to their ministerial offices, BAPEN must now seek clarity on how the new Government is going to proceed and, in particular, how they are going to ensure the delivery of effective nutritional care, while holding all health and social providers to account.

Nutrition Toolkit coming soon...

BAPEN’s Nutritional Care Commissioning Toolkit will be formerly launched at the forthcoming Capita National Conference – Improving Nutritional Care – on 24th May 2010. Watch out for further information.

This issue’s highlights...

Read about online interactive training for malnutrition using BAPEN’s ‘MUST’, EARNEST, The Nutrition Action Plan and much more in the What’s New section starting page 2. Professor Paula Moynihan from Newcastle University’s Institute for Ageing and Health provides information on the New Dynamics of Ageing Programme – mappmal on page 5. The Colour of Government is discussed by Rhonda Smith on page 6. Highlights from the recent Pan-London Regional BAPEN Meeting can be found on page 9. Plus don’t miss In Touch’s comprehensive Event Guide on page 10.
The Nutrition Society Cuthbertson Medal 2010

The Nutrition Society Cuthbertson Medal has been awarded annually since 1990 as a tribute to Sir David Cuthbertson. It is awarded to scientists at an early stage of their career for excellence in Clinical Nutrition and/or Metabolism research providing an evidence base for clinical practice. The work should be of clear relevance to nutritional management in patient care.

Research related to the epidemiology and prevention of disease, i.e. public health nutrition, is not eligible.

Judging

Applicants will be judged by acknowledged experts in the field. The final decision will be made by the Cuthbertson Medal Committee of the Nutrition Society.

Work will be assessed for:
- Relevance to the terms of reference
- Quality and impact of the submission
- Publication record
- Evidence of independent scholarship
- Future potential

Rules

Applicants for this prestigious award should be scientists within 15 years of higher degree graduation at application. Re-applications will be considered.

The Award

The successful candidate will be awarded free membership of the Nutrition Society for one year, will receive the Medal during the BAPEN Congress in November 2010 and will be expected to deliver a lecture at that Congress and to prepare an article for publication in Proceedings of the Nutrition Society.

How to apply

Applicants must supply:
- A brief up to date curriculum vitae
- A 1000 word summary of their contribution to an area of relevance to clinical nutrition and/or metabolism
- Copies of up to 3 published papers in support of their application.

Applications should be addressed to:
Honorary Secretary, Nutrition Society, 10 Cambridge Court, 210 Shepherds Bush Road, London, W6 7NJ
Or emailed to: office@nutsoc.org.uk

Closing date 5pm on 9th July 2010

For the Third Time MEPs Call upon the Commission for Action on Malnourished Patients

Vote follows recognition of the importance of tackling malnutrition by the European Partnership for Action Against Cancer.

Members of the European Parliament’s Environment, Health and Food Safety committee have voted for the third time for the European Commission to fund research and guidelines for nutritional support to tackle Europe’s ‘silent killer’, malnutrition.

Professor Olle Ljungqvist, Professor of Surgery at Örebro University & Karolinska Institutet Sweden and chair of the European Nutrition for Health Alliance (ENHA) said: “Malnutrition has an adverse impact on people’s health and wellbeing and represents a healthcare and societal cost equal to that of obesity. Malnutrition affects up to 50 per cent of cancer patients and we need to ensure that nutritional care guidelines are updated to reflect the evidence base and are integrated into guidelines.”

The author of the Parliament’s report, Alojz Peterle MEP, commented: “The vote on the report on Action against Cancer: A European Partnership is a significant step forward in building support for a much needed holistic approach at EU level. Nutrition is now widely recognised by the European Parliament as an important element both in preventing cancer and treating malnutrition associated with cancer. It is vital that Europe develops guidelines on nutritional support for cancer patients for social and health care professionals across Europe.”

The vote follows the recent invitation of both the European Parliament for Health Alliance (ENHA) and European Society for Clinical Nutrition and Metabolism (ESPEN) to be partners in the European Partnership for Action Against Cancer. The purpose of the Partnership is to support Member States and other stakeholders in their efforts to tackle cancer more efficiently by providing a framework for identifying and sharing information, capacity and expertise in cancer prevention and control.

The vote reinforces the message sent by the European Parliament in two reports in 2008 (on the EU’s Nutrition and Health Strategies respectively) urging the Commission: ‘to take a more holistic approach to nutrition and make malnutrition, alongside obesity, a key priority in the field of health, incorporating it wherever possible into EU-funded research, education and health promotion initiatives and EU-level partnerships’.

“As Europe faces an ageing population, with increasing numbers of people over 70, the challenge will grow. The EU27 must look to create coherent policies for nutritional support across health and social care systems,” said Professor Ljungqvist.
What Your Mother Eats in Pregnancy and What You Eat in Infancy can affect Your Life-long Health Profile

Scientists have started to unravel the mechanisms driving powerful programming factors (the good, bad and ugly) in pregnancy and early life that impact on life-long health. A summary report from ‘The Power of Programming’ International Conference organised by the EC-funded EARNEST project to mark the end of this five-year research programme investigating the emerging science of early nutrition programming.

What are these programming factors?

- **Speakers presented evidence about the different parts of the mother and child’s diet that can be regarded as ‘positive programmers’;** for example, breast milk (which could be described as the ‘top’ programming candidate) not only affects future health via its nutrients but possibly through its non nutrient components too.
- **Another ‘positive programmer’, the Mediterranean or ‘Healthy’ Diet, can protect mothers from early delivery and pre-eclampsia and from postnatal depression, as well as improving the neurodevelopment of their babies, and the IQ of their children when they are five.** Exciting new research allows us to dissect out the top foods in these diets – they include fish and vegetables. So what are the active nutrients? Within fish, it appears to be the long chain fatty acids which are providing the benefits, but currently it does not appear possible to pin down a specific effect of the folates within vegetables.
- **But evidence is also emerging that ‘programming’ could have a negative side.** Speakers argued that environmental factors such as maternal smoking, air pollution and endocrine disrupting chemicals can act as ‘negative programmers’, adversely affecting the health of mother and child such as in reproductive capacity and obesity.

How much of your health state can be programmed?

- **Scientists have started to unravel the mechanisms driving powerful programming factors (the good, bad and ugly) in pregnancy and early life that impact on life-long health.**
- **A summary report from ‘The Power of Programming’ International Conference organised by the EC-funded EARNEST project to mark the end of this five-year research programme investigating the emerging science of early nutrition programming.**

Does your Hospital Trust have a workforce 'Fit for Purpose' when it comes to nutritional screening? Read on!

Cost Effective Online Interactive Training on Screening for Malnutrition with ‘MUST’ Now Available for Hospital Trusts

An on-line interactive training resource for all nurses to support the implementation of screening for malnutrition using BAPEN’s ‘MUST’ (Malnutrition Universal Screening Tool) has been developed by NHS Greater Glasgow & Clyde with BAPEN.

"The beauty of this e-learning resource," says Professor Rosemary Richardson (Practice Development Lead, Dietetic Services, NHS Greater Glasgow Adult Acute Services), "is that as well as being web-based, so it can be used at work or at home, it has an in-built monitoring system so that managers can track which nurses have completed the module and deliver reports."

"An added benefit to all staff completing this module on screening," adds Rosemary "is that it increases the profile of practical nutritional care at ward level to the benefit of all patients."

Recognised as a 'Tool of Excellence' by NHS Education for Scotland where it will be rolled out the acute sector north of the border, this e-learning resource is also endorsed by the National Nutrition Nurses Group (NNNG) a core group of BAPEN.

Liz Evans, Chair of the NNNG, (Nutrition Nurse Specialist, Buckinghamshire Hospitals NHS Trust) has completed the module herself and says: "I can say now that it is brilliant. It's easy to use - and even I learned something new! I am currently encouraging all my nursing colleagues to try it out and am talking to senior colleagues about purchasing it and adopting it for use across our Trust."

Jo Sneddon, Deputy Sister at Winchester & Eastleigh Healthcare Trust, who is not a specialist in nutrition care, says of BAPEN’s on-line screening training resource: "It is very user friendly and the case studies are very clear - a good resource within the program."

Carolyn Best, Nutrition Nurse Specialist at Winchester & Eastleigh Healthcare Trust, adds: "This module raises awareness of the impact of malnutrition for all nurses and shows clearly how they can work effectively with ‘MUST’ to implement screening for malnutrition and help address nutritional issues for both patients and staff."

An adapted version of this e-learning module designed for use by community nurses and care home staff is in development and will be available soon. Watch the BAPEN website for updated news: www.bapen.org.uk

Hospital Trusts interested in reviewing the module should apply to the BAPEN Office: 01527 457 850 or bapen@sovereignconference.co.uk for the online access code.

The e-learning module branded with a Trust’s logo and welcome from local senior manager together with the tracking and reporting system costs just £400 plus VAT. Additional customisation is available at extra cost. For further information log on to: http://www.bapen.org.uk/must_nutrition_screening.html

Further information about ‘MUST’ is available at: http://www.bapen.org.uk/musttoolkit.html

Nutrition Screening Week (NSW11)
6th – 8th April 2011

Help BAPEN collect data on malnutrition on admission to hospital and care in Spring and sign up to take part in the fourth Nutrition Screening Week.

Save the date – and watch the BAPEN website for further information.

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:
– 30th June 2010
mappmal: Multidisciplinary approach to develop a prototype for the prevention of malnutrition in older people: products, people, places and procedures

Professor Paula Moynihan, Newcastle University, Institute for Ageing and Health

It is estimated that 60 per cent of older people are at risk of malnutrition whilst in hospital, increasing complications and reducing quality of life. Despite helpful guidelines to prevent malnutrition and tools to identify those at risk, a joined-up approach to improve hospital food provision specifically for older people that makes use of novel technologies has not previously been considered.

mappmal is a New Dynamics of Ageing Programme collaborative project, funded by the Economic and Social Research Council (ESRC). A diverse group of researchers from the disciplines of Nutrition and Dietetics, Food Science, Design, Ergonomics, Sociology, Computer Science, Speech and Language Therapy and Medicine have come together to radically rethink food provision for older people in hospital with the long-term aim of reducing malnutrition.

The aim of the mappmal project is to exploit new and existing technologies to design new ways that food can be provided to older patients using a ‘joined-up’ approach that considers all stages of the food journey, from production to consumption (i.e. products, people, places and procedures). The overall research question is: ‘Can new products, partnerships, service models and enhanced eating environments from food production to patient consumption prevent malnutrition in older patients?’

First, a comprehensive ethnographic study of current practice with respect to hospital food provision for older patients was conducted and this has led to the definition of key service principles for food provision and has identified opportunities for change.

A new service prototype for food provision for older patients is now being designed and is focusing on a number of key areas including:

- The bedside eating environment including assistive products
- Energy and nutrient dense foods and a system to make them available and accessible 24 hours a day
- Texturally modified foods with improved sensorial quality for patients with swallowing difficulties
- Improved drinks for patients with dysphagia
- Using technology to develop an individualised approach to: order appropriate foods that meet nutritional needs and preferences; order and track appropriate assistive products; monitor food and nutrient intake and; alert any shortfall in nutritional intake and enable patient feedback.

mappmal is engaging with key end users (food providers, caterers, dietitians, nurses, doctors, occupational therapists, speech therapists, carers, older people) and stakeholders (professional bodies and charities e.g. Royal College of Nursing, National Patient Safety Agency, Hospital Caterers Association, BAPEN, and Age UK) at all stages of development of the new prototype by conducting workshops, focus groups and interviews. This will inform on the feasibility and acceptability of the new system, its workability and potential integration in real life.

The final prototype will be demonstrated in autumn 2011.

Project Team: Paula Moynihan (Newcastle University), Alastair Macdonald (Glasgow School of Art), Lisa Methven (University of Reading), Carl May (Newcastle University), Martin Maguire (University of Loughborough), Patrick Olivier (Newcastle University), Margot Gosney (University of Reading).

For further information contact:
- Professor Paula Moynihan, Newcastle University, Institute for Ageing and Health – Tel: 0191 2228241 Email: p.j.moynihan@ncl.ac.uk
- Professor Alastair Macdonald, Glasgow School of Art – Email: a.macdonald@gsa.ac.uk
- Dr Lisa Methven, University of Reading – Email: l.methven@reading.ac.uk

Further details of the project are available at: www.mappmal.org.uk and to find out more information about the New Dynamics of Ageing Programme, visit: www.newdynamics.group.shef.ac.uk
The Colour of Government

Red, blue or yellow, or a mix of all three?

Which interestingly creates brown!

Rhonda Smith, Communications Manager for BAPEN

By the time your copy of this issue of In Touch reaches you, it will be settled – that is the question of who will be governing us for the years ahead. Or will it? At the time of writing, and following the televised debates between the three party leaders, political pundits and polls suggest that the outcome may not be clear-cut. Talk of a ‘Hung Parliament’ and ‘deals’ are rife – but nothing is certain.

But will these outcomes – or any other outcomes – of the General Election have any impact on BAPEN’s core business of raising awareness of malnutrition, improving standards in nutritional care and treatment, and supporting health and care providers deliver a quality nutrition service?

Neither nutrition nor malnutrition feature specifically in any of the manifestos of the three key political parties but all have stated that they will ‘ring fence’ NHS monies which sounds like good news. But as all working on the front-line in health and social care know, ‘efficiency’ is the name of the game coupled with the delivery of improved services that are rated highly by people receiving those services.

Nutrition seems to have a head start. Why is that? It is recognised as one of the eight ‘High Impact Actions’ by Senior Nurses and by NICE as a clear candidate to help contain costs, coupled with the fact that as a service it ticks all the boxes that define Quality – safety, equity, evidence-based, patient/resident experience.

But BAPEN and all working in nutritional care and treatment services cannot be complacent, and this is why the charity is ensuring that key figures in all political parties are reminded regularly and consistently of the importance of establishing these services – no matter their political colour.

The aim? To secure cross-party support for the implementation of nutritional care and treatment services across all health and care organisations that are held accountable, and screening and nutritional care as a ‘default’ position in all care and disease management pathways.

BAPEN Nutricia Research Award 2010

An Opportunity to Win £15,000

The BAPEN Nutricia Research Award is for £15,000 to facilitate a research project.

In addition there will be runner-up awards of funded places at the BAPEN 2010 annual conference.

The Award is open to all applications involving research in the area of adult and paediatric clinical nutrition, with projects in the areas of transitional care and disability especially encouraged. The Award can be used to fund research or audit in a hospital or community setting. All Researchers and Healthcare Professionals actively involved in clinical nutrition are encouraged to apply.

Previous research experience is not necessary, and academic support will be available to the successful applicant if required.

Guidelines and instructions for applicants available on request from Carolynn Symes:
carolynn.symes@nutricia.com or Tel: 01225 717615

Members of the BAPEN Research and Science Committee and Nutricia will judge the submitted applications. The Award will be presented at the BAPEN annual conference 2010.

The closing date for applications is 28th May 2010

www.bapen.org.uk
Core Group Updates

BAPEN Medical Update

DR SHELDON COOPER
ON BEHALF OF BAPEN MEDICAL COMMITTEE

Announcing the 'Powell-Tuck Prize' to be awarded by BAPEN Medical

Calling all training grade doctors/surgeons to submit quality abstracts reporting research/clinical aspects of nutrition, for poster presentation at BAPEN Medical Summer meeting (London) and both poster and oral presentation at the BAPEN Annual Conference in November (Harrogate).

Deadline for submission for consideration is Friday 2nd July at 17:00 via instructions on the BAPEN website, and must be marked as for consideration for the Powell-Tuck Prize in the submitting process:
http://www.bapen.org.uk/ce_abstract_sub.html

Late breaking abstract submission closes 1st August 2010 at 17:00. Late breaking abstracts will be accepted for consideration of this prize and for poster presentation for the BAPEN Medical Summer Meeting (thus not attracting abstract publication) as well as poster and oral presentations at BAPEN in November. Late breaking abstracts must be submitted to: sheldon.cooper@dgoh.nhs.uk

The inaugural presentation of the Powell-Tuck prize, named after the founder of BAPEN Medical: Professor Jeremy Powell-Tuck, includes £100 prize fund and free attendance at both BAPEN Medical Summer Meeting and the Annual BAPEN Conference (conference fees only).

Any queries, please direct to: sheldon.cooper@dgoh.nhs.uk

NNNG Update

LIZ EVANS, CHAIR – NNNG

Well this is my first term as chair of the NNNG and it is proving to be a busy and challenging one.

We are pleased that BAPEN have agreed to endorse the competencies for Nutrition Nurse Specialists that two of our members Jane Fletcher and Lynne Colagiovanni have been working on. A huge thank you to them both for all their time, effort and dedication. The competencies will be officially launched at our Annual Conference on 21st June 2010.

This year’s Conference is at the National Motor Cycle Museum in Birmingham and it is not too late to book your place. This year’s packed programme will include a look at the Royal College of Physicians Oral Feeding Dilemma Guidelines and implications for practice, quality of life in PEG patients, the nutritional requirements in trauma patients and much, much more! To see the full programme and to book a place, please visit our website at http://www.nnng.org.

Meanwhile, we are looking at holding another advance skills study day later in the year. These days are a chance to learn new skills and hone old ones. Places are limited so I advise you to keep an eye on the website for updates.

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.

Reports available:

- 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
BPNG Update
CAROLYN WHEATLEY, CHAIR – PINNT

Celebrating the Life of Geoff Simmonett
“... make the most of life no matter what – it’s not always easy, but it’s a lot more fun than sitting back and feeling sorry for myself.” Geoff Simmonett, 2006

Geoff Simmonett suddenly passed away on 26th February 2010. Geoff, a PEG patient himself, was committed to PINNT and its members, promoting PINNT’s ethos at any given opportunity.

Geoff was a familiar face at the PINNT exhibition stand during the BAPEN conferences.

Undeterred by his inability to communicate verbally Geoff had a great substitute – a pen and post it pad! Nothing, and I mean nothing, ever stopped Geoff from introducing himself to keen delegates and even friends from industry. His determination to represent patients was evident. Many patients find it difficult to enter into such a public arena while managing their personal situation; Geoff was always the first to volunteer if he thought he could help, he was a true Ambassador for patients and PINNT.

During his time representing PINNT within BAPEN he sat on council, helped write patient literature for enteral tube feeding, chaired LITRE and, for a brief spell, sat on the Research and Science committee.

Geoff’s attributes were vast; his love of life, his impeccable manners, a dance, a gin and tonic... he maintained a positive outlook no matter what.

Geoff was a member of PINNT’s Executive Committee and served as Treasurer amongst other things. In June 2009, Geoff stepped down from Office and we gave him a small presentation. We gathered some photos of Geoff and paid a tribute to him in person so he knew how we all felt about him – we based it on a James Bond theme; he loved it, so did his wife Annette.

Geoff has left a gaping hole within the PINNT Committee, our family is missing a loved one and we will endeavour to continue our work based on Geoff’s philosophy “...make the most of life no matter what – it’s not always easy, but it’s a lot more fun than sitting back and feeling sorry for myself.”

BANS Update
TREVOR SMITH, CHAIRMAN – BANS

BANS is currently going through a considerable period of change; reporting rates fell off considerably during 2009 and the committee recognise that consent has been a major obstacle.

We have been liaising closely with the National Information and Governance Board (NIGB), who formally considered our proposal to remove the requirement for reporters to obtain consent in February 2010. NIGB have been supportive of our plans and have agreed with our proposal which is excellent news. Reporters are, therefore, no longer required to obtain consent from patients prior to registration with BANS.

We agreed with NIGB, two years ago, that we would move to an electronic reporting system – E-BANS. This has been very well received by reporters, although we are aware that some centres continue to submit data to BANS in writing, using the yellow forms. We are working with our data management company, Streets-Heaver, to explore ways in which we can support reporters using E-BANS, although, we hope that the removal of consent will be a significant benefit.

We have been planning to end the paper reporting system for some time but have delayed this whilst we have been liaising with NIGB. We do, however, need to move forward with these plans and we are, therefore, planning to change to the exclusive use of electronic reporting from 1st June 2010. We are no longer able to issue new copies of the yellow forms but will accept any existing forms up to the end of July 2010. E-BANS can be accessed at: www.e-bans.com and the login details can be obtained by contacting Streets Heaver at: Bans@Streets-Heaver.com

The BANS committee will continue to publish an annual report and the E-BANS website will also enable reporters to produce their own local reports. In addition, we are also planning to conduct a national survey of enteral nutrition practice this year – we will write separately about this but we hope this will allow BANS and BAPEN to establish standards of care for HETF patients.

BANS is a unique national audit of clinical nutrition practice and has made some vital contributions to the planning and delivery of high quality nutritional care in the UK. BANS reporters are key to this success and the BANS committee thank all reporters for their hard work, dedication and support. We are confident that the changes we are putting in place over the next few months will secure the future success of BANS.
Regional Meeting Report

Pan-London Regional BAPEN Meeting
“Bridging the North South Divide”
King’s College London • 23rd February 2010

On Tuesday 23rd February, a cold and dreary day in London, 62 healthcare professionals gathered at King’s College London for the inaugural North & South Thames Regional BAPEN meeting. We were treated to a rich mixture of case studies, debate, personal research and current evidence-based practice.

The meeting was started by Clare Soulsby, Senior Dietitian at Barts & the London Hospital, who presented an overview of gastric emptying. The talk covered the anatomy and physiology of gastric emptying; the differences between European and American practice (predominantly bolus feeding) and the current trend in the UK for continuous feeding; an overview of her own research interests using Electrical Impedence Topography in critical care patients; and ended with a healthy discussion on the current evidence base for gastric residual volume in critically ill patients.

David Gertner then adjudicated a debate on the preferred route of feeding for patients with severe acute pancreatitis. An apparently one-sided discussion (particularly as both sides were presented by North Thames!) soon turned into a very healthy debate. Our expert panel consisted of Jeremy Nightingale and Sheena Visram arguing for parenteral nutrition (PN) and Javid ‘where’s the evidence’ Subhani and Andrea ‘what’s there to debate’ Cartwright presenting the case for enteral nutrition (EN). The debate in fact focused on the quality of the evidence where PN is often associated with a high complication rate, and where frequently too much energy is provided without tight blood glucose control. The debate included discussion of the recent Cochrane review and the practicalities of delivering EN correctly in a timely manner. The debate was unofficially closed by Rick Wilson (from the South) who sagely reminded us that enteral and parenteral routes are not mutually exclusive.

After refreshments we were treated to two high quality updates of evidence base and best practice from Simon Gabe and Kevin Whelan. Simon spoke about abnormal liver function tests (LFTs) and PN – a dilemma familiar to many of the audience, although more prevalent in paediatrics. A useful ‘rule of thumb’ for patients with abnormal LFTs prior to starting PN is that 60% will worsen whilst 30% will improve.

The discussion focused on four factors to consider: patient-dependent factors, the lack of EN, nutrient deficiency, and nutrient toxicity. Patient dependent causes included pre-existing liver disease, sepsis (in particular abdominal), ultra-short bowel and infant prematurity. The lack of concurrent EN for patients on PN increases the risk of biliary stasis, bacterial overgrowth and a reduction in intestinal motility. Both choline and taurine are reduced in patients on PN and Simon presented the evidence for supplementing both these nutrients. He finished his presentation by demonstrating that ‘not all lipids are the same’ and reiterating the link between glucose content and steatosis – with clear evidence highlighting the risks of nutrient toxicity.

Kevin whisked us through the (variable lack of) evidence for prebiotics and probiotics in inflammatory bowel disease. He also introduced us to the concept of symbiosis and dysbiosis; current evidence is lacking, but it was agreed that this is a very interesting area of research that is likely to significantly influence practice in future years. Kevin is currently coordinating a pan-London research project in this area, the results of which were presented in March at the British Society of Gastroenterology Conference.

The meeting concluded with a case presentation from Sue Cullen. Although the final diagnosis was extremely rare, the presenting symptoms were familiar to us all: vomiting, diarrhoea and weight loss. The case highlighted both the diagnostic challenges we routinely face as well as the multi-professional nature of nutrition. Having spent an afternoon of lively debate and reviewing current evidence it was appropriate to end by discussing a real patient.

The feedback from the meeting was extremely positive:

‘Very interactive and educational meeting, well done!’
‘Excellent range and depth’
‘Good lively debate’

The organising committee chaired by Jeremy Nightingale (N Thames) and Rick Wilson (S Thames) with Sheena Visram (treasurer & secretary), Andrea Cartwright (publicity) and Andrew Rochford (trainee representative & communication) wish to acknowledge and thank the sponsors of the event: Fresenius Kabi / Calea, Willow / Baxter, GBUK, Bupa Homecare and Abbott Nutrition. We would particular like to extend our warmest thanks to all the speakers and all the delegates for making this an enjoyable and informative meeting. We are very much looking forward to the return fixture in North London next year.
In Touch Event Guide

The Team behind 'In Touch' does not want you, the BAPEN Member, to miss out on key events relevant to your profession. Within this guide you will find details on events taking place throughout 2010. Attending conferences and teaching days, like those listed within this article, offer you the perfect opportunity to build on your knowledge-base, keep up-to-date with current topics and new developments, whilst maintaining you are continuing your professional development.

Capita’s National Conference
Improving Nutritional Care
DATE: 24TH MAY 2010 • VENUE: CENTRAL LONDON

In partnership with BAPEN and with the NNNG as contributors, it’s a conference not to be missed
Conference Chairs: Steve Jamieson, Head of Nursing Department, Royal College of Nursing and Dr Mike Stroud, Chair of the British Association for Parenteral and Enteral Nutrition (BAPEN)
Speakers include: Liz Evans, Chair of the NNNG; Caroline Lecko, Nutrition Lead, National Patient Safety Agency; Sally Bassett, Deputy Chief Nurse, NHS East of England; Kirstine Farrer, Professional Lead – Nutrition and Dietetic Services, Salford Royal NHS Foundation and Primary Care Trust; Sue Hawkins, Care Catering Services Manager, Dorset County Council; Carolyn Wheatley, Chair of PINNT; and Tom Gentry, Policy Advisor, Age Concern.
Topics include: Prioritising Nutrition Throughout your Organisation and the Community; Improving Patient Nutrition; Recognising the Early Signs of Malnutrition; Interactive Panel Discussion: Measuring Outcomes; Improving Food in Hospital: Hungry to be Heard; Getting the Basics Right – Leading Improvements Across a System; Better Communication, Better Nutrition
Cost: Detailed costs available from website
For further information, visit: http://www.capitaconferences.co.uk/public-sector-conferences/health-social-care.html

Nutrition Society Annual Summer Meeting
Date: 28th June – 1st July 2010
Venue: Scotland
Website: www.nutritionsociety.org

International Probiotic Conference
Date: 15th – 17th June 2010
Venue: Kosice, Slovakia
Website: www.probiotic-conference.net

11th International Congress on Obesity
Date: 11th – 15th July 2010
Venue: Stockholm, Sweden
Website: www.ico2010.org
NNNG Annual Conference

**DATE:** 21ST & 22ND JUNE 2010  
**VENUE:** BIRMINGHAM MOTORCYCLE MUSEUM

Topics include: Day 1 – Ethics – Nutrition Updates: The national picture; Ethics and the Law in Nutritional Support; Mental Capacity Act and Advance Directives; RCP Guidelines: Nutrition at the end of life; Quality of Life for Patients with PEG; Case Discussion: Nutrition at End of Life; Hot Topics – An open forum for delegates to discuss the hot nutritional topics of the day. Day 2 – Trauma – The Nutritional Response to Trauma; Nutritional Requirements in Trauma Patients and the Use of Novel Substrates; Fluid Balance in Trauma Patients; Member Presentations – 5 x 15 min presentations by NNNG Members; Practical issues: The use of feeding tubes in patients with cervical collars and facial injuries; Audit: Use of NG tubes and nasal bridles inserted on patients with base of skull fractures; Wound Healing and Micronutrients: The evidence

Plus: NNNG Annual Conference Dinner: Theme ‘The Fifties’

Cost:
- 2 day package members £230; non members £260
- Day delegate member £105; non member £135
- Extra dinner ticket/guest £55

For further information and to register, visit: www.nnng.org

The BPNG Summer Symposium

**Parenteral Nutrition and the Liver**

**DATE:** 11TH & 12TH JUNE 2010  
**VENUE:** WYCHWOOD PARK CREWE, CHESHIRE

The liver and how it deals with PN, and PN in liver disease

Aims: To understand how the liver processes nutrients and PN components in particular; To have insight in to liver disease and how to optimise nutritional input in affected patients; To be able to formulate appropriate PN regimens for liver patients

Objectives: By the end of the BPNG Summer Symposium 2010 participants will be able to: Discuss the function of the liver and its effect on PN admixtures; comment on nutritional requirements in patients with liver disease; formulate appropriate PN admixtures for liver patients; discuss measures to prevent the occurrence of PN associated liver disease

Topics include: The Liver – Physiology & function; Liver Disease – Presentation and treatment; Nutritional Requirements in Liver Disease; BPNG AGM – A brief overview of activity; Workshops; The Consultant Pharmacist in PN; Business Cases for PN Prescribers; Courses and Training for PN Prescribers; Formulating a Clinical Management Plan and Producing a Prescription; Preventing Long-term PNALD; Neonatal Liver Abnormalities; Case History – PNALD neonatal case; Lipids and the Liver.

Evening entertainment and the opportunity to network with colleagues in the field included.

For further information and booking form, please contact: bpnginfo@googlemail.com
British Intestinal Failure Alliance 2010
DATE: 26TH MAY 2010
VENUE: THE KENSINGTON CLOSE HOTEL, LONDON
This year’s meeting continues to have a broad adult and paediatric base and builds on the British Intestinal Failure Alliance’s focus on both Type 2 and Type 3 IF.
Speakers include: Professor Jeremy Powell-Tuck, Barts and The London Hospital; Dr Susan Hill, Consultant Paediatrician, GOSH; Dr Jon Shaffer, Consultant Gastroenterologist, Salford Royal Hospital; Jackie Eastwood, St Mark's Hospital; Dr Trevor Smith, Chair – BANS; Girish Gupta, Consultant Paediatric Hepatologist, Birmingham Children's Hospital; Professor John MacFie, Scarborough; Ruth McKee, Glasgow; Alastair Windsor, UCLH; Keith Gardiner, Belfast; Dr Janet Baxter, Scottish HPN MCN; Dr Barney Hawthorne, Cardiff; Dr Sue Beath, BSPGHAN; and Andrew Bibby, Lead Commissioner IF Services
Topics include: Paediatric HPN 20 Years On; Medical Aspects of Type 2 IF; Pharmaceutical Problems of Types 2 and 3 Intestinal Failure; AGM, including BANS update; British Paediatric Intestinal Transplantation; Progress Towards Guidelines for Surgical Referral within Regional IF Networks; News and Updates from the HPN/IF Networks
Cost: £20 member; £30 non-member - The fee includes VAT, lunch and all refreshments during the day.
For further information, email: janetbaxter@nhs.net or Tel: 01382 496558

BAPEN Medical / BSPGHAN Teaching Day
Nutrition and the Transition from Paediatric to Adult Care
DATE: 16TH SEPTEMBER 2010
VENUE: MEDICAL SOCIETY, 11 CHANDOS STREET, LONDON
Topics include: Psychiatric aspects of nutrition disorders and their treatment; Family aspects; Transitioning patients with tubes; Lessons from paediatric and adult nutritional practice; Lessons from the NCEPOD report into parenteral nutrition; Abnormal liver function associated with parenteral nutrition; Coeliac disease
All welcome: Members of BAPEN Medical; Members of BSPGHAN; Members of BAPEN; Any clinician or health care professional with an interest in nutritional support; Surgeons; Trainees of any discipline
CME applied for from the Royal College of Physicians (London)
Cost (including coffee, tea and lunch):

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For further information: Dr Nicola Simmonds (Honorary Secretary BAPEN Medical)
Tel: 01582 497519 • Email: nicola.simmonds@ldh.nhs.uk • Fax: 01582 565439
To book your place, please visit the BAPEN website: www.bapen.org.uk

BAPEN Medical Teaching Day
Nutrition and cancer
DATE: 1ST NOVEMBER 2010
VENUE: HARROGATE INTERNATIONAL CONFERENCE CENTRE
Topics to be covered include: Nutrition and the Causation of Cancer; The Basic science of Cachexia; The Nutritional Consequences of Chemotherapy and Radiotherapy; Nutrition Support in Cancer (oral, enteral and parenteral); Nutrition in Palliative Care; Case Presentations
All welcome: Members of BAPEN Medical; Members of BSPGHAN; Oncologists; Any clinician or healthcare professional with an interest in nutritional support; Surgeons; Trainees of any discipline
CME applied for from the Royal College of Physicians (London)
Cost (including coffee, tea and lunch):

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For further information: Dr Nicola Simmonds (Honorary Secretary BAPEN Medical)
Tel: 01582 497519 • Email: nicola.simmonds@ldh.nhs.uk • Fax: 01582 565439
To book your place, please visit the BAPEN website: www.bapen.org.uk

BDA Conference
Date: 22nd – 24th June 2010
Venue: Scotland
Website: www.bda.uk.com
BAPEN/BSPGHAN Paediatric Teaching Day

DATE: 1ST NOVEMBER 2010
VENUE: HARROGATE INTERNATIONAL CONFERENCE CENTRE

We are delighted to be holding a second BAPEN/BSPGHAN meeting.

The Paediatric Teaching Day will focus on the benefits and limitations of nutritional screening tools, the findings of the national review of the use of parenteral nutrition (NCEPOD) in paediatrics and neonates and the long-term nutritional and growth problems associated with short gut. This will be a multi-disciplinary day with lectures, case discussions and presentations given by dietitians, pharmacists, paediatricians, nutrition nurses and paediatric surgeons. The aim of the day will be to stimulate multi-disciplinary discussion around these fascinating and complex issues.

Costs:
- BAPEN Med/ BAPEN members £40.00 + VAT = £47.00
- Non-members £60.00 + VAT = £70.50
- £80.00 + VAT = £94.00

To book your place, please visit the BAPEN website: www.bapen.org.uk

The Leeds Course in Clinical Nutrition

Date: 7th – 10th September 2010
Venue: St. James University Hospital, Leeds
Email: clinicalnutrition@leeds.ac.uk
Website: www.clinical-nutrition.co.uk

Fresenius Kabi Nutrition Service Study Days 2010

Nutrition through the cancer care journey
Dates & Venues:
- 5th October 2010, Royal College of Physicians, London
- 12th October 2010, Royal Armouries Museum, Leeds
Tel: 01928 533516
Email: nutrition.service@fresenius-kabi.com

Southern Region BAPEN Day 2010

The Fourth Southern Region BAPEN Nutrition Day ‘All Systems Go!’ on 5th July 2010 is now full – no spaces remaining.

Next year’s exciting Southern Region BAPEN Nutrition Day will be held on 4th July 2011 at the same venue – Paultons Park, Hampshire. Details will be available after this year’s meeting.

Intestinal Failure, Rehabilitation & HPN

From Hospital to Home
6th – 7th October 2010

A 2 day course incorporating our IF study day and HPN workshop

Phone: 020 8235 4046
Fax: 0208 235 4039
Email: stmarksacademicinstitute@nwlh.nhs.uk
Website: www.stmarkshospital.org.uk
Cost: £130.00 (1 day)
£250.00 (2 days)
BAPEN 2010 Annual Conference ‘MALNUTRITION MATTERS’

DATE: 2ND & 3RD NOVEMBER 2010
VENUE: HARROGATE INTERNATIONAL CENTRE

QUALITY IMPROVEMENT IN NUTRITIONAL CARE

Quality is the word and focus this year

But what does this mean for daily nutritional practice in community, care and hospital settings?

BAPEN’s ‘Malnutrition Matters’ 2010 Conference focuses on ‘Improvement in Quality’ to help you get to grips with the CQC, QIPPs and CQUINs and improve your own ‘IQ’.

Highlights include:
- Test Your IQ – Improvement in Quality and Commissioning
- Ensuring Quality in Nutritional Care – Including NCEPOD data
- Options in Enteral Feeding: To PEG or not to PEG, is that the only question?
- Micronutrients Under the Microscope
- Nutrition in Inflammatory Bowel Disease
- HIFNET and HPN
- From Cutting Edge Research to Clinical Practice
- Baxter Satellite – HIFNET: Building a Seamless Parenteral Nutrition Service for Patients
- Nestlé Satellite – Nutritional Support and Management of the Obese Patient
- Nutrition is the Cutting Edge in Surgery – Perioperative feeding
- How to Succeed in Research and Audit
- Dragon’s Den – A light hearted look at funding nutrition projects
- Chaired poster reception with wine
- Original communications and E posters; Pennington and Cuthbertson Medal Lectures

For further information visit: www.bapen.org.uk

Early Bird Registration: Friday 30th July 2010
Abstracts will be considered for oral, e-poster and static poster sessions. Log on to www.bapen.org.uk for full details. Closing date for abstracts: Friday 2nd July 2010

For more information, please contact the Congress Secretariat
ESPEN 2010
c/o MCI Suisse SA
Rue de Lyon 75
1211 Geneva 13
Switzerland
Phone +41 (0)22 33 99 580
Fax +41 (0)22 33 99 601
E-mail espen2010@mci-group.com
### Executive Officers

**Andrea Cartwright**  
Tel: 01268 593 112 | Fax: 01268 593 317  
Email: andrea.carthwright@bluh.nhs.uk

**Rebecca White**  
Tel: 01865 741 166 | Fax: 01865 221 827  
Email: rebecca.white@ornh.nhs.uk

### Chairmen/Representatives of Core Groups

**Chairman: BAPEN Medical**  
Dr Emma Greig  
Tel: 01823 342 126  
Email: emma.greig@fts.nhs.uk

**Chair: BPNG**  
Jackie Eastwood  
Tel: 0208 235 4094 | Fax: 0208 235 4101  
Email: jackie.eastwood@nwlh.nhs.uk

**Chair: NNGG**  
Liz Evans  
Tel: 01296 316 645  
Email: liz.evans@buckshosp.nhs.uk

**Chair: PENG**  
Vera Todorovic  
Tel: 01909 500 990 | Fax: 01909 502 809  
Email: vera.todorovic@dbh.nhs.uk

**Chair: PINNT**  
Carolyn Wheatley  
Tel: 01202 481 625  
Email: pinnt@dsl.pipex.com

**Liaison Officer: The Nutrition Society**  
Professor Gary Frost  
Tel: 020 8383 8037  
Email: g.frost@imperial.ac.uk

### Chairmen of Standing Committees

**Chair: Communications & Liaison**  
Vera Todorovic  
Tel: 01909 500 990 Ext. 2773  
Fax: 01909 502 809  
Email: vera.todorovic@dbh.nhs.uk

**Chair: Education & Training**  
Ruth Newton  
Tel: 01782 552916  
Email: ruthnewton@yahoo.com

**Chair: Research and Science**  
Dr John McLaughlin  
Tel: 0161 206 4283 | Fax: 0161 206 1495  
Email: john.mclaughlin@manchester.ac.uk

**Chair: Programmes Committee**  
Pete Turner  
Tel: 0151 706 2121 | Fax: 0151 706 4638  
Email: peter.turner@rbuh.nhs.uk

**Chair: Regional Representatives**  
Dr Jeremy Nightingale  
Tel: 0208 235 4001  
Email: jeremy.nightingale@nwlh.nhs.uk

**Chair: BANS**  
Dr Trevor Smith  
Tel: 01202 726 179 | Fax: 01202 726 170  
Email: smith2@suht.swest.nhs.uk

**Chair: MAG**  
Professor Elia  
Tel: 0238 079 4277 | Fax: 0238 079 4277  
Email: elia@suht.ac.uk

**Chair: NSW**  
Christine Russell  
Tel: 01327 830 012 | Fax: 01327 831 055  
Email: ca.russell@blinternet.com

### Other Representatives

**Liaison Officer: ESPEN**  
Dr Jon Shaffer  
Tel: 0161 787 4521 | Fax: 0161 787 4690  
Email: jon.shaffer@sruh.nhs.uk

**Liaison Officer: BSPGHAN**  
Dr Susan Hill  
Tel: 0207 405 9300 Ext 0114  
Fax: 0207 813 8258  
Email: susan.hill@gosh.nhs.uk

**Liaison Officer: NICE**  
Dr Mike Stroud  
Tel: 0208 079 6317 | Fax: 0208 079 4945  
Email: ma.stroud@soton.ac.uk

**British Intestinal Failure Alliance (BIFA)**  
Professor Jeremy Powell-Tuck (Chairman)  
Tel: 0207 727 2528  
Email: j.powelltuck@blinternet.com

**Janet Baxter (Honorary Secretary)**  
Email: janet.baxter@nhs.net

**Jeremy Nightingale (Treasurer)**  
Email: jeremy.nightingale@nwlh.nhs.uk

### BAPEN Office

**BAPEN, Secure Hold Business Centre, Studley Road, Redditch, Worcestershire, B98 7LG**  
Tel: 01527 457 890  
Fax: 01527 458 718  
Email: bapen@sovereignconference.co.uk  
Website: www.bapen.co.uk

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### Regional Representatives

**Scotland**  
Emma Hughes – Specialist Dietitian (Renal)  
Tel: 01463 706 022  
Email: emma.hughes4@nhs.net

**Northern Ireland**  
Dr Sharon Madigan - Community Dietitian  
Tel: 02890 944 500  
Email: sharonmadigan1@hotmail.com

**Wales**  
Winnie Magambo – Nutrition Nurse  
Tel: 029 2074 6393  
Email: winnie.magambo@cardiffandvale.wales.nhs.uk

**North West**  
Dr Simon Lal - Consultant  
Tel: 0151 529 8387  
Email: simon.lal@srft.nhs.uk

**North East**  
Barbara Davidson - Senior Dietitian  
Tel: 0191 244 8358  
Email: barbara.davidson@nuth.nhs.uk

**Trent**  
Melanie Baker - Senior Specialist Dietitian  
Tel: 0116 258 6988  
Email: melanie.baker@uhh-tr.nhs.uk

**West Midlands**  
Alison Fairhurst (joint rep) – Nutrition Support Dietitian  
Tel: 01384 244 017 | Fax: 01384 244 017  
Email: alison.fairhurst@kidsgoh.nhs.uk

**Thames Valley**  
Marion O’Connor - Nutrition Support Dietitian  
Tel: 01865 221 702/3  
Email: marion.oconnor@north.nhs.uk

**East Anglia**  
Judith McGovern – Nutrition Nurse Specialist  
Tel: 01603 286 286 bleep 0545 or 01603 287 159  
Email: judith.mcgovern@nuhn.nhs.uk

**North Thames**  
Dr Jeremy Nightingale MD FRCP  
Consultant Gastroenterologist and General Physician  
Tel: 0208 235 4030 | Fax: 0208 235 4001  
Email: jeremy.nightingale@nwlh.nhs.uk

**South Thames**  
Mr Rick Wilson - Director Dietetics & Nutrition  
Tel: 020 3299 9000 x2811  
Email: rick.wilson@kch.nhs.uk

**South West**  
Dr Stephen Lewis - Consultant Gastroenterologist  
Tel: 01752 517 611  
Email: sjl@doctors.org.uk

**South**  
Peter Austin - Consultant Gastroenterologist  
Tel: 0116 258 6988  
Email: peter.austin@suht.swest.nhs.uk

**Wales**  
Dr Paul Kitchen - Consultant Gastroenterologist  
Tel: 0161 787 4521 | Fax: 0161 787 4690  
Email: paul.kitchen@medway.nhs.uk

**Scotland**  
Carole Glencorse – Head of Nutritional Services  
Tel: 01628 644 163 | Mob: 07818 427 905  
Email: carole.glencorse@abbott.com