Welcome

A message from BAPEN’s President

Dr Mike Stroud, BAPEN President

When I returned to leading BAPEN towards the end of last year, I acknowledged that during my previous tenure I had spent a lot of time dealing with the wider malnutrition agenda and perhaps not given adequate emphasis to issues relating to clinical nutrition support. These issues are of primary importance to many acute hospital health professionals and, as such, they are the most important BAPEN activities for the majority of the membership.

The BAPEN Executive and Council have since identified two major initiatives to address this imbalance. Firstly, we have our drive to develop many more active, regional multidisciplinary teams which will have a primary purpose of improving standards of oral, enteral tube and parenteral nutritional care. Secondly, we are undertaking a thorough review of the current BAPEN website to ensure that the nutrition support materials that are available, are clearly navigable, up-to-date and a reflection of what is most important to our membership.

I have discussed the regionalisation initiative in a previous issue of In Touch but thought I should give an update on where we have got to. A strategy has been finalised and two pilots of new regional teams have been set up. A meeting run by BAPEN, with close co-operation from the Core Groups, took place on 11th May, where we shared our ideas and experience to further develop our action plan for active, regional level teams operating nationwide. Our aim is to build on the fantastic experience of established active nutrition networks, such as ANNet and the North East England group, along with feedback from our two new pilot team developments in Kent and the North West. We will then share the outputs from all presentations and discussions over the summer months via the BAPEN website and within In Touch.

Our website review is being undertaken by a multidisciplinary group made up of Core Group representatives, along with the BAPEN communications and website teams and members of the Executive. The group’s first meeting was held in March and the work is now well underway to radically restructure the site in order to bring ‘Nutrition Support’ to the fore and to add new sections as necessary. As I am sure you can imagine, this involves substantial editing, re-writing and new content development as well as improvement in the hyper-links to the multitude of expert, specialised nutrition support materials that already exist on the separate websites of Core Groups. Nevertheless, we are hoping that the first tranche of revisions will be completed over the next month so that they will have been completed in time for the Digestive Disorders Federation/BAPEN Conference at the end of June which does, of course, also have a major focus on ‘Nutrition Support Issues’ so do attend if you possibly can.

I very much hope, and indeed expect, that the result of all the work that we are doing on these two fronts will strengthen BAPEN and make it more relevant to everyone interested in nutritional care. However, as always we would be very happy to hear your feedback on these and any other issues that are important to you and any ideas you may have to make things better still.

British Association for Parenteral and Enteral Nutrition

BAPEN is a registered Charity No 1023927

BAPEN is a charitable Association that raises awareness of malnutrition and works to advance the nutritional care of patients and those at risk from malnutrition in the wider community.

BAPEN brings together the strengths of its Core Groups to raise awareness and understanding of malnutrition in all settings and provides education, advice and resources to advance the nutritional care of patients and those at risk from malnutrition in the wider community.

BAPEN’s Core Groups include:

- Dietitians – The Parenteral & Enteral Nutrition Group of the British Dietetic Association (BPNG)
- Doctors & Scientists
  - BAPEN Medical
  - The British Society of Paediatric Gastroenterology, Hepatology and Nutrition (BSPGHAN)
- Nurses
  - National Nurses Nutrition Group (NNNG)
- Patients
  - Patients on Intravenous and Nasogastric Nutrition Therapy (PINNT)
- Pharmacists
  - British Pharmaceutical Nutrition Group (BPNG)

BAPEN works with all stakeholders, including patients and professionals, healthcare commissioners and providers at local, regional and national levels, and industry to deliver the nutritional agenda.

www.bapen.org.uk

In Touch – The Newsletter of the British Association for Parenteral and Enteral Nutrition

Cost per issue: £1.00 to non members

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BAPEN Launches Its New Virtual Learning Environment During Nutrition & Hydration Week 2015

BAPEN unveiled its new Virtual Learning Environment (VLE) website (www.bapen.org.uk/bapenlearning/vle/) or access via the e-learning portal on the BAPEN website and availability of the 2014 BAPEN Annual Conference E-Learning modules during Nutrition & Hydration Week 2015.

Increased demands in today’s NHS mean that healthcare professionals are finding it increasingly difficult to obtain study leave to attend external meetings, such as the BAPEN Annual Conference. This results in them missing out on hearing about valuable data and opinion that can inform improvements to nutrition and hydration care in their workplaces. In future, all healthcare professionals will have access to some of the key presentations via the VLE on the BAPEN Website. These interactive presentations will be available to all BAPEN members free of charge and to non-members on payment of a nominal fee (£10 for a full symposium, £5 for the Keynote or Pennington lecture).

BAPEN has invested in the development of its new Virtual Learning Environment (VLE) website to enable an interactive experience with users able to view the slide presentations and listen to the speaker commentary at a time and in a place that suits each individual. As these have been designed as e-learning modules, there will also be accompanying multiple choice questions that can be completed to demonstrate learning for inclusion in your personal portfolios.

To access the 2014 Annual Conference E-Learning modules please go to: www.bapen.org.uk/bapenlearning/vle/conference2014.php

Malnutrition Pathway Reaches Out to Over 20,000 Professionals and Patients

The multi-disciplinary consensus panel which developed the Managing Adult Malnutrition in the Community document and pathway, launched in June 2012, is celebrating its success of having topped 20,000 unique visitors to the document website: www.malnutritionpathway.co.uk

In total there have been over 27,500 visits to the site of which more than 20,000 have been unique visitors. These unique visitors include over 2,750 GPs, 4,950 nurses, nearly 2,000 pharmacists and over 8,100 dietitians. In addition, 10,000 copies of the document have been distributed at twelve key healthcare conferences.

A survey of visitors to the website found that 79% were intending to use the document and pathway in practice and its recent inclusion on eGuidelines and Guidelines has further increased awareness amongst GPs. Since its launch, the document has received considerable interest amongst professionals and has appeared in over 50 healthcare professional publications and on over 20 online healthcare professional websites.

The document, which includes information on the identification and management of malnutrition according to risk category and a practical pathway on the appropriate use of oral nutritional supplements (ONS) in the management of malnutrition, is endorsed/supported by ten key professional organisations, including BAPEN, the Royal College of General Practitioners, The British Dietetic Association and the Royal Pharmaceutical Society*. It was voted Nutrition Resource of the Year by Complete Nutrition readers in 2013 and was nominated for two General Practice Awards in 2012.

“Our aim in producing this document and pathway was to develop a consensus on the procedure for identifying and managing malnutrition in the community which could be utilised by all professional groups involved,” says Anne Holdoway, Specialist Dietitian, Chair of the Parenteral and Enteral Nutrition Group (PENG) of the BDA and Chair of the Consensus Panel which developed the guide.

“Malnutrition has been neglected in primary care for too long,” says Dr Ailsa Brotherton, Chair of the BAPEN Quality & Safety Committee and a member of the consensus panel. “We need to ensure that individuals who are at risk of malnutrition are screened early and receive appropriate nutritional care. The work being done by many dedicated healthcare professionals is helping to make this happen and we now need to ensure that CCGs are more aware of the issues and that they focus on prevention, early detection, and early treatment in order to ensure better clinical outcomes.”

Further to feedback from professionals a number of supporting materials have been developed and are available to download for free via the website: www.malnutritionpathway.co.uk

The document authors are encouraging professionals to share good practice in tackling malnutrition in the community and welcome feedback on the document and pathway – visit: www.malnutritionpathway.co.uk to complete the online survey or email: hilary@franklincoms.co.uk

* The document has been supported by ten key professional associations: The British Association for Parenteral And Enteral Nutrition (BAPEN); The British Dietetic Association (BDA); The British Pharmaceutical Nutrition Group (BPNG); The National Nurses Nutrition Group (NNNG); The Pharmaceutical Service Negotiating Committee (PSNC); The Primary Care Pharmacists Association (PCPA); The Primary Care Society for Gastroenterology (PCSG); The Royal College of General Practitioners (RCGP); The Royal College of Nursing (RCN); The Royal Pharmaceutical Society (RPS).
New Global Enteral Device Connector – ENFit: UK launch timelines updated

A new International Standard (ISO 80369-3) is being published this year and covers all connectors on enteral devices*. In order to comply with the International Standard, a new global enteral feeding device connector design (named ENFit**) will be introduced nationwide from September 2015. The ENFit introduction will be a 2-stage process, with transition giving sets and gravity sets being made available from September 2015, with ENFit feeding tubes and syringes being introduced from March 2016.

To facilitate the smooth transition to the ISO standard, all EPSG*** member companies and NHS Supply Chain have agreed not to place any ENFit enteral feeding device (other than transition giving sets and gravity sets) into the UK market until 14th March 2016. It is envisaged that this process will minimise disruption to the NHS, whilst maintaining patient safety at all times.

Further information is available from your current enteral devices supplier or from any of the following represented clinical groups: BAPEN, BPNG, NNNG, PENG of the BDA, and PINNT.

...The EPSG (Enteral Plastic Safety Group) represents all leading UK enteral feeding devices suppliers, with clinical representation from the PENG of the BDA, NNNG and supported by PINNT, BAPEN and BPNG. The following companies are members of the EPSG: Abbott; Corpak; Covidien; Fresenius Kabi; GBUK Enteral (Enteral UK); Intervene; Medica; Nutricia; Vygon.

New Practical Guide for Lung Cancer Nutritional Care

A new practical guide for lung cancer nutritional care, including a lung cancer nutritional care pathway, has been launched to assist the multidisciplinary team involved in the management of patients with lung cancer. The document aims to assist with assessing and monitoring the nutritional status of patients with lung cancer in order to maximise treatment outcomes and improve patient experience. A nutrition starter information pack for patients has also been developed in conjunction with the National Lung Cancer Forum for Nurses (NLCFN) and the Roy Castle Lung Cancer Foundation (RCLCF) to support the guide.

The guide ‘A Practical Guide for Lung Cancer Nutritional Care’ has been developed by a multi-professional team and is supported/endorsed by the Roy Castle Lung Foundation and ten key professional organisations, including the British Dietetic Association (BDA), the British Association for Parenteral and Enteral Nutrition (BAPEN) and the British Thoracic Oncology Group (BTOG).1 Centred around the patient pathway, the document includes a pathway to assist healthcare professionals in optimising the nutritional status of patients with lung cancer using clinical experience and the evidence base, alongside accepted best practice in order to maximise treatment outcomes and patient experience throughout their cancer journey.

The emergence of highly specialised treatments and new developments in different therapies to treat lung cancer contribute towards more patients having the opportunity to be treated with potentially curative therapies. However the impact of treatment together with unintentional weight loss, pain, changes in appetite and breathlessness, along with the potential side effects of cancer treatment, all add to the decline in the nutritional status of patients with lung cancer.

Disease-related malnutrition occurs frequently in patients with cancer and is a major cause of morbidity and mortality.1 The consequences of malnutrition in cancer patients include the impairment of immune function, performance status, muscle function and associated debilitating morbidities such as depression and fatigue.1 The major consequence of progressive weight loss and decline in nutritional status is reduced survival.1

Early nutrition screening can help to identify malnutrition risk and any problems that may affect how well the patient’s body can deal with the impact of the subsequent cancer treatment.2

“Patients with lung cancer experience a wide range of nutritional problems and a full nutritional assessment at diagnosis and any problems that may affect how well the patient’s body can deal with the impact of the subsequent cancer treatment.” says Mhairi Donald, Macmillan Consultant Dietitian at the Sussex Cancer Centre, member of the Oncology Group of the British Dietetic Association and one of the experts involved in the development of the guidance. “Weight loss should not be accepted as a given in this patient group, in order to improve outcomes nutritional interventions should be started early to improve patient experience and quality of life. Where access to a specialist oncology dietitian is limited other members of the multidisciplinary team need to be advised as to when to provide appropriate advice and it is hoped this guidance will assist in this.”

The document and patient leaflets are available for free via the www.lungcancernutrition.com, patient leaflets are also available on the NLCFN website – www.nlcfn.org.uk

References: 1. The document has been supported by the Roy Castle Lung Foundation and ten key professional associations: British Association for Parenteral and Enteral Nutrition (BAPEN); British Dietetic Association (BDA); The Oncology Group of the BDA; British Thoracic Oncology Group (BTOG); British Oncology Pharmacy Association (BOPA); British Pharmaceutical Nutrition Group (BPNG); National Lung Cancer Forum for Nurses (NLCFN); National Nurses Nutrition Group (NNNG); Royal College of General Practitioners (RCGP); Royal College of Nursing (RCN); Royal Pharmaceutical Society (RPS); 2. Bennett A and White J. Improving care and quality of life for patients with lung cancer. Nursing Standard. 2013;28 (9): 50-58; 3. Van Cutsem E, Arends J. The causes and consequences of cancer-associated malnutrition. European Journal of Oncology Nursing 2005;9:551-563. Suppl. 2.551-563.; 4. Arieta O, Ortega RMM, Vilanueva-Rodríguez G et al. Association of nutritional status and serum albumin levels with development of toxicity in patients with advanced non-small cell lung cancer treated with paclitaxel-cisplatin chemotherapy: a prospective study. BMC Cancer 2010;10:50.
The 2nd Digestive Disorders Federation

Incorporating the BAPEN Annual Conference

22nd – 25th June 2015, ExCeL London

The 2nd Digestive Disorders Federation (DDF) meeting will be taking place 22nd - 25th June 2015 at ExCeL, London. The meeting is the combined annual conference of five Societies and Associations, including BAPEN, who have joined the DDF conference which replaces their annual meeting for 2015.

The Associations/Societies involved are:
- British Association for Parenteral and Enteral Nutrition (BAPEN)
- The Association of Coloproctology of Great Britain and Ireland (ACPGBI)
- Association of Upper Gastrointestinal Surgeons (AUGIS)
- British Association for the Study of the Liver (BASL)
- British Society of Gastroenterology (BSG)

The first day of the meeting will include a multidisciplinary training and education day.

The main scientific programme (days 2-4) will consist of clinical and translational research symposia, clinical updates, state of the art lectures, and moderated poster rounds. There will also be an industry exhibition running where you will be able to find out about the latest product and service developments.

The main BAPEN stream of the meeting will run on days 3 & 4 (Wednesday & Thursday), although BAPEN will be involved in symposia throughout the whole event and on the next page are some of the highlights from this year’s symposia.
Monday 22nd June
A whole study day dedicated to nutrition and cancer which is a must for all healthcare professionals working with oncology patients. In addition to a lecture on ‘Role of Oral Omega-3 Fatty Acids in Prevention and Treatment of Cancer’ from world renowned lipids guru Professor Philip Calder, there will be everything from feeding tubes to the dilemmas of feeding at the end of life. The day will finish with a joint BAPEN/BSG interactive MDT case study.

Tuesday 23rd June
14:00-16:00 – Small Bowel and Nutrition Free Papers
Find out about the research being carried out at the cutting edge as the highest scoring abstracts are presented.

Wednesday 24th June
09.00 The BAPEN 'Malnutrition Matters' Conference will be opened by our President Dr Mike Stroud, who will provide an update on the problems, causes, consequences, care failings and costs in malnutrition followed by the solutions, new approaches, new networks and new resources presented by Dr Andrew Rochford.

10:00-10:30 – Pennington Lecture: ‘Immunonutrition’
World renowned lipids expert Professor Philip Calder will give a comprehensive review of nutrients that influence immune function and the inflammatory response, including the latest on omega 3 fatty acids in both enteral and parenteral products.

11:00-13:00 – Dietary Influence on GI Disease
A fantastic update for anyone working in gastroenterology, including an in depth review of the use of ‘enteral nutrition as a treatment for crohn’s disease’ presented by Dr Timothy Trebble. The very latest on gluten-free diets in coeliac disease from Anne Holdoway, and time to reflect on the phenomenon that is the FODMAPs exclusion diet by Professor Kevin Whelan.

11:00-13:00 – Intestinal Failure – What Now? Where Next?
An in depth review of all the issues currently facing healthcare professionals working with IF patients, including discharge on HPN and PN related liver disease as well as a look to future developments in this challenging area, including presentations from Mia Small, Dr Jeremy Nightingale, Mathias Soop, Yaser Naji and Pete Turner, to name but a few.

14:30-16:00 – Access for Enteral Nutrition
Everything you ever needed to know about enteral feeding tubes, including dealing effectively with PEG related problems from Richard Burnham. A practical guide to the tricky processes of fistuloclysis and distal feeding presented by Alison Young, followed by a debate between Graeme Cooper and Nathan Howes on a subject close to many upper GI specialist’s hearts – Should all oesophagogastrectomy patients have a feeding jejunostomy placed at surgery?

16:30-18:00 – Nutrition and Liver
After a review of nutrition in cirrhosis (Dr Ahmed Elshawkawy) and how to get the balance of nutrients right in order to prevent parenteral nutrition related liver disease (Dr Simon Gabe) we’ll be debating whether the guidelines are right and patients with decompensated liver disease always require a very high energy intake whether they’re at home or in hospital - For: Gillian Gatiss (Specialist Dietitian), Against: Dr Trevor Smith (Gastroenterologist).

16:30-18:00 – Nutrition Support Teams – Are they worth it?
Dietitians, nurses, pharmacists and doctors are key members of the nutrition support team. Find out about their vital roles and how interaction with each other can really improve patient care with presentations from Dr Jeremy Woodward, Kirstine Farrer, Peter Austin, Liz Evans and Dr Mike Stroud. There will also be invaluable information on economic issues for managers and team leaders involved in setting up a nutrition support team.
Thursday 25th June

08:30-13:00 – Getting it Right in Nutritional Support – What to give
A comprehensive update that will be of interest to everyone working in nutritional support. Starting with nutritional assessment from basic techniques to complex technologies (Sara Smith), we will move on to look at the controversies in estimating macronutrient requirements (Pete Turner), and the importance of monitoring micronutrients and monitoring (Dr Callum Livingstone). After hearing about the importance of good fluid management (Dr Mike Stroud), those involved in parenteral nutrition will learn how to get the optimum blend of nutrients into a bag from Tony Murphy.

The session will end with a treat for anyone involved in clinical nutrition – A keynote lecture from the internationally renowned speaker Khursheed Jeejeebhoy. Author of the landmark paper on ‘Bulk or Bounce’, Dr Jeejeebhoy will look at the goals of nutritional support and how functional improvements should be our initial goal rather than focusing on changes in body composition.

11:00-13:00 – Understanding Eating Disorders: A Guide for the perplexed
Everything you need to know about eating disorders and their management will include presentations from Jane Morris and Dr Tim Bowling.

11:00-13:00 – Severe Obesity from all Angles
A must for anyone interested in obesity and bariatric surgery. In addition to highly relevant topics, such as appetite regulation and complications of bariatric surgery, Dr Denise Thomas will focus specifically on the role of the dietitian.

14:30-16:00 – QI Nutrition
Two teams of internationally renowned experts will be asked questions on clinically relevant issues such as current guidelines, nutritional management of complex diseases, fluids and lipids, as well as quite interesting topics ranging from the history of nutritional medicine to bizarre bezoars.

The above is just a flavour of what will be covered at DDF 2015. Each Society/Association will be running their own Stream of symposia across the four days. Societies and Associations will also be coming together to run joint-symposia to provide a multidisciplinary perspective. To view the complete programme visit: www.ddf2015.org.uk/the-event/programmepdfs

BAPEN Annual Dinner
It’s the Digestive Disorders Dinner that promises to give you everything – except a digestive disorder! Wednesday 24th June 2015, Crowne Plaza London Docklands.

Located just five minute walk from ExCeL London, the venue for this year’s DDF, and a two minute walk from Royal Victoria DLR train station, the Crowne Plaza London Docklands provides an exquisite venue in London’s thriving Docklands for the BAPEN Annual Dinner.

The BAPEN Annual Dinner will be an informal and relaxed event where delegates can network with colleagues, ‘old’ and ‘new’. All DDF delegates are welcome to make good nutrition a priority by attending this fun and friendly event!

Registration
There are significant savings for BAPEN members so please ensure that your membership is up-to-date, for further information visit: www.bapen.org.uk

Registration includes: admission to all scientific sessions, poster sessions and the associated exhibition, conference materials, tea, coffee and lunch on registered day(s).
To register for the DDF 2015 visit: www.ddf2015.org.uk
Thank you to all members who have tested the new BAPEN Nutritional Care Tool which underwent its final stages of testing in January/February. This phase saw a scale up of testing as the tests were undertaken on whole wards rather than a smaller sample of patients. The web platform is now being designed and constructed and the BAPEN Nutritional Care Tool will be launched during DDF in June.

This new Nutritional Care Tool will enable BAPEN and Core Groups to work alongside partners to run four National Nutrition Screening Weeks (NSWs) (one per season) in 2015/16. The weeks are planned for 29th June 2015, 21st September 2015, 14th December 2015 and 14th March 2016. Please put these dates in your diary and talk to colleagues about how your organisation will participate.

Why use the BAPEN Nutritional Care Tool in your organisation? BAPEN’s NSWs were crucial in measuring the prevalence of malnutrition across the UK and the findings have been utilised extensively to raise awareness about the scale of malnutrition across the UK. Nutritional screening is now widely undertaken in most hospitals and care homes but there has been less focus on measuring the accuracy of nutritional screening, the design and implementation of nutritional care plans and the measurement of nutritional outcomes. Patient experience questions regarding nutritional care are also limited to patient surveys, which are published infrequently.

Building on the recommendations made by Francis and Berwick, and following the publication of the Hospital Food Standards Panel’s report, scrutiny on the quality of patient care from system regulators has never been higher. The need for nutrition teams/professionals to be able to evidence the provision of high quality nutritional care and provide assurance to their Trust board is of paramount importance.

Details of how to sign-up to use the BAPEN Nutritional Care Tool are available on the BAPEN website: www.bapen.org.uk
Core Groups

BAPEN Medical

Dr Sheldon Cooper, Chair of BAPEN Medical
www.bapen.org.uk

BAPEN Medical is looking forward to the Digestive Disorders Federation meeting in London in June. We are hosting a day’s symposium on the postgraduate day with the theme of nutrition and cancer. We have been given one of the larger auditoria and are looking forward to presenting to a multi-disciplinary audience.

We start the day with nutrition in the aetiology of cancers, with a specific focus on omega-3 fatty acids. Subsequently, the symposia will cover the scale of malnutrition among patients with cancer and the nutritional consequences of chemo and radiotherapy. The role of pre- and peri-operative nutrition is discussed and the subject of tube feeding in patients with head and neck cancer undergoing therapy is then debated. Before the symposia finishes with nutrition and cancer related MDT surrounding a case, and the dilemmas of feeding at the end of life are presented.

We are looking forward to welcoming many of you to what we hope will be a great symposium.

NNNG

Angie Davidson-Moore, Communications Officer NNNG
www.nnng.org.uk

The NNNG have been asked to be part of the NHS England Nutrition and Hydration Strategy Board. This is a group of healthcare professionals from across the spectrum who have been asked to work together to review the current process and information around nutritional care for commissioners, and develop the definitive guide that is easy to understand and use. It is hoped that this work will be completed by June 2015.

During Nutrition & Hydration week in March, the NNNG, Hospital Caterer’s Association and BDA Food Counts, held a joint study day entitled ‘The Power of Three’. The aim of this day was to demonstrate how nurses, caterers and dietitians can work together to improve the patient experience of food and drink. The day was extremely well attended and evaluated, so much in fact that we have already been asked to do another one next year!

We are progressing well with the good practice guidelines on nutritional care for the patient with dementia and the ongoing care of nasogastric feeding tubes. We hope to have them completed by early summer and we are very grateful to the individuals who have contributed and been involved.

The NNNG Conference is nearly upon us and this year, for the first time, we are proud to announce the launch of ‘The Nightingale Trust for Nutritional Support – Pamela Harris Lecture’. This is open to any nurse or dietitian who has carried out research or a project that directly benefits the care of patients needing nutritional support. The lecturer will be the winner, who will deliver a talk about their own research and there will be a monetary prize. If you are interested in entering, please contact us through the NNNG website with a 200 word abstract. We would like to thank the Nightingale Trust for supporting this lecture, which we feel sure it will be a good launching pad for aspiring researchers.

Although booking up fast, we still do have some places left for the Conference, which takes place on 6th & 7th July 2015, please visit: www.nnngconference.co.uk
PENG
Kate Hall, Communications Officer PENG
communications.peng@bda.uk.com, www.peng.org.uk

PENG have recently announced the opportunity for PENG members to apply for a small grant. The grants will enable members to undertake research, audit and service evaluation in the area of clinical nutrition and nutrition support. PENG members can apply to PENG for money to support aspects of running a project, project costs, equipment and for help with salaries. Exceptionally, money can be awarded to support study at post graduate (PG) level, application and further details can be found on the PENG website: www.peng.org.uk/education-research/peng-grants.php

We are further developing the support mechanisms within the different clinical areas within PENG and one of the PENG HEF Clinical Leads is in the process of transferring people from the Bristol hosted Virtual HEF Group to the one managed by PENG. This group is open to any healthcare professional with an interest in home enteral feeding, predominantly focusing on dietetic issues. If anyone wants to find out more please contact the HEF Clinical Lead at: pen.group@ymail.com.

Meanwhile, the Parenteral Nutrition Lead for PENG is developing a peer-to-peer virtual support group via our new LinkedIn group so that we can start an informal HPN dietetic group and the group is called ‘Dietitians in HPN Group UK’.

Those PENG Committee members involved in the organisation and delivery of the PENG Clinical Update course are on countdown because this year’s course is only weeks away, beginning June 15th. PENG continue to be actively involved with this year’s DDF and more information on this can be found in this edition of In Touch.

The Education and Clinical Research committee leads for PENG are busy finalising details for this year’s PENG study day which will be held on 16th November 2015 and will focus on clinical outcomes – more details coming soon. The PENG Award 2015 will, again, be supported by Abbott Nutrition, Fresenius Kabi and Nutricia Advanced Medical Nutrition and details will be circulated over the coming weeks on how PENG members can apply for one of the six supportive educational grants.

I would like to end this update with a final request – PENG welcomes any sharing of best practice that we can help facilitate through our membership via e-PENlines, and any articles or case studies that can act as good learning tools and could be included in e-PENlines and/or circulated to members, so please get in touch if you are interested: peng@bda.uk.com

BPNG
Ruth Newton, BPNG Chair
www.bpng.co.uk

The BPNG had a successful start to the year with two study days held at the beautiful Chesford Grange Hotel in Warwickshire. Both the Fundamentals day and the Advanced practice course were well attended with delegates from a wide variety of professions, including community and academia. The mix of lectures and workshops both received good feedback.

We held our executive and industry steering group meetings the day before where we decided amongst other things to host a third study day in the Autumn of 2015. This will be of interest to our membership who work in a more technical area. Again, attendance is not restricted to members but it does prove to be financially beneficial. Should you require further information then this will be available soon on the website.

As for other activities we are involved in, these include pledges made to PINNT and finalising a long-term project with the Pharmaceutical Society.

Our two position statements for this year are about to be published, which look at the risks of outsourcing PN to external companies and a review of the stability of PN. Both of these are very topical at present and I am sure will provide an excellent source of reference.

We are, as ever, looking for new members who would have an enthusiasm such that they may see a potential role on Committee. If this role is for you, then please get in touch: ruthnewton@yahoo.com
Within BAPEN’s structure, Special Interest Groups (SIGs) bring together people who have a special interest in specific areas of clinical nutrition, enabling the development of standards, best practice, research and other projects as well as focused educational meetings.

Currently, BIFA (British Intestinal Failure Alliance) is the only SIG within BAPEN and it has been successful in organising educational meetings and is starting to have some national influence. ESPEN has developed SIGs in acute and chronic intestinal failure, cachexia-anorexia, nutrition in geriatrics, perioperative nutrition and tracer methodology.

There are many other possibilities for BAPEN and if you are interested in exploring this further then please contact Dr Simon Gabe via the BAPEN office: bapen@bapen.org.uk
BAPEN Scotland held its annual meeting at Stirling Management Centre on the 19th March 2015. The focus for the day was cancer: from prevention to palliation attended by an audience with a wide range of clinical and non clinical roles. As an experiment, and partly in recognition of Nutrition & Hydration week, we offered the opportunity for Heath Boards to video conference into the meeting. Five boards took up the offer, which increased the attendance numbers and publicised BAPEN.

Health Care Improvement Scotland published revised standards for Food, Fluid and Nutritional Care (October 2014). Unlike previous standards which related to hospital, these apply to all NHS care settings. **Prince Obike**, Healthcare Improvement Scotland, described the process of standard development and informed the audience about the next stage – standards for Complex Nutritional care which are due for publication later this year.

The next speaker was **Professor Annie Anderson**, Centre for Cancer Prevention, University of Dundee, whose enthusiastic talk set the scene by describing the evidence for primary and secondary cancer prevention. Annie referred to the most significant body of evidence produced by the WCRF.

The significant challenges when providing Catering for Oncology Patients were described by **Helen Davidson**, Catering Dietitian, NHS Greater Glasgow & Clyde. Helen has a wealth of expertise in this area which she shared.

At this point in the programme, the Scottish Paediatric Gastroenterology Hepatology and Nutrition Group (SPGHAN) split to have a business meeting and clinical update, which included presentation on recognition of malnutrition in chronic disease by **Dr David Mitchell**, Consultant Paediatric Gastroenterologist, Edinburgh; **Kathleen Ross**, Paediatric Dietitian, Aberdeen Children’s Hospital discussed the future of enteral nutrition in children; and **Simon Fraser** and **Diana Flynn**, Glasgow, provided some thoughts on the future of intravenous nutrition in children.

**Dr Marianne Nicolson**, Consultant Medical Oncologist, NHS Grampian, was a very passionate speaker describing the relationships between nutrition and modern chemotherapeutic regimens, followed by **Mr Colin McKay**, Consultant Pancreatic Surgeon, Glasgow Royal Infirmary, who painted an encouraging picture for the role of nutritional support in pancreatic cancer.

After lunch, **Dr Simon Gabe** described the BAPEN Regional Activation Strategy, commenting on what a fantastic meeting this had been and that Scotland was already ahead in terms of BAPEN activity.

**Professor Rosemary Richardson**, Macmillan Supporters Service, and **CaroleAnne Fleming** from NHS Greater Glasgow & Clyde, gave an inspirational talk on the work they have undertaken in Glasgow with Macmillan Cancer Supporters empowering patients to manage themselves. This was followed by **Angela Southam**, who gave a very personal description of her role as a dietitian in the palliative phase of cancer management.

**Anna Maria Ewins**, NHS Greater Glasgow and Clyde, updated on nutritional challenges in paediatric haematology. Finally, **Dr Antje Teubner**, Consultant Physician, gave a very honest report of her experience at Salford Royal Infirmary, in providing HPN for intestinal failure in palliative care.

A most enjoyable day was closed by **Alistair McKinlay** who reflected on the learning from the talks and thanked the exceptional speakers for their contributions.
Pan-London Regional BAPEN Meeting

On Wednesday 22nd April more than 50 delegates attended the 8th Pan-London Regional meeting held in the Great Hall at St. Bartholomew’s Hospital in the City of London. The Great Hall is part of Barts Health NHS Trust; there has been a hospital at St Bartholomew’s since 1123 and it has recently seen the opening of the newest cardio-thoracic centre in Europe. In these magnificent, historic surroundings, delegates were able to network during a day of discussion, debate and case presentations.

Tony Murphy (UCLH) walked us through the past, present and future of parenteral lipids. Much of the evidence is historic and there are now a wide variety of preparations available and currently in use. We compared use for HPN patients in two London units and also considered the advantages and disadvantages of using different lipids in various clinical scenarios. The future is speculated to be coming from the United States, where major new trials in intravenous lipids are just around the corner.

Rachel Burman, a Palliative Care Consultant from King’s College Hospital, and Irina Grecu, an ESPEN accredited Consultant Intensivist from Hampshire Hospitals, debated for and against the use of parenteral nutrition in palliative care. They presented their evidence-based arguments and were challenged by both the Chair (David Gertner from Basildon & Thurrock) and delegates. The debate epitomised the ethos of the regional meeting with much discussion of local practices, challenges to the evidence and agreement with the need for individualised care co-ordinated through multi-professional working.

The afternoon session was chaired by Jeremy Nightingale (St. Mark’s) with an expert panel of Mark Jarvis (Gastroenterologist, Basildon & Thurrock), Andrea Malaspina (Consultant Neurologist, Barts Health), Andrea Cartwright (Nurse Consultant, Basildon & Thurrock) and Liz Pybus (Motor Neurone Disease Association). Cormac Magee, a Specialist Registrar from North East Thames, presented a challenging case of a patient with motor neurone disease who required enteral nutrition support. The case highlighted the clinical challenges that we often face: When and how do you discuss nutrition support? And how do you best deliver enteral support? We discovered the wide range of services provided regionally, including the working of multi-professional complex enteral nutrition support clinics and the importance of engaging with specialist patient support groups, such as the Motor Neurone Disease Association. The session finished with Andrea Malaspina providing an overview of the PROGAS study (in press), discussing some of the emerging prognostic biomarkers in motor neurone disease, and emphasising the association of significant weight loss with a poor prognosis.

Andrew Rochford (Chair of the Pan-London group) began and ended the day with an update of BAPEN’s wider activities, including an overview of ‘Malnutrition Matters: A Commitment to Act’, and BAPEN’s regionalisation work, inviting delegates to attend the workshop, which took place on 11th May. The Committee thanked Andrea Cartwright, Sheena Visram and Andrew Rochford for their work for BAPEN within London, and the regionalisation work will allow a great opportunity for the new Committee members to build on the success of our pan-London meetings.

We are extremely grateful to all our industry partners, and Jennie from Sovereign for their support of the meeting.
BAPEN Regionalisation
Make a difference in your region

Compiled by the BAPEN Executive

BAPEN, together with all of our Core Groups, has worked for more than 20 years to tackle malnutrition. The new Health and Social Care systems require a much stronger regional infrastructure to effect and implement change. BAPEN aims to provide members with improved resources for networking, sharing of best practice and practical support in the workplace. This will require collaborative working with patients, BAPEN and Core Group members, other healthcare professionals and a wider network, including commissioners and community providers.

Why it is important to get involved
Big changes will come from many small steps and, with the help and involvement of lots of people, together we will be able to spread best practice and ensure significant improvements in the nutritional care that patients receive.

How do I get involved?
If you want to be involved then please get in touch with us. Lots of people think that they are not senior enough, or not in the right sort of job, but usually that is not the case. We simply need interested individuals to be actively involved in this project. There are many ways to be involved:

- **If you know the people in your Trust who are involved in nutritional care**
  Then you can help to organise a local network, bringing together to deliver the highest quality nutritional care.

- **If you want to help to organise an educational meeting**
  This is certainly possible. There will be help and support available from BAPEN. We have a range of resources available to help make your day a success.

- **If you know the people who are involved in commissioning nutritional care**
  You can get involved by contacting commissioners in your region to discuss commissioning good nutritional care for your local population. BAPEN has a range of materials to assist you to assess the needs of your local population and to plan and monitor appropriate service provision.

Is this just for England?
No. This is being rolled out initially in England but will involve Scotland, Wales and Northern Ireland as well.

Who do I contact?
The best point of contact is the BAPEN Office: [bapen@bapen.org.uk](mailto:bapen@bapen.org.uk), but if you want to ask questions you can also contact any of the BAPEN Executive Committee (details can be found on the back page of this issue).

BAPEN's aim is to ensure that every person in health and social care receives the right nutritional care through early screening and appropriate nutritional support where indicated. This can only be achieved with investment in nutrition services and, therefore, we need to ensure good engagement with commissioners.

What is it?
The BAPEN regionalisation programme is a way of connecting with all interested and committed individuals in an area or region. There are 3 specific levels of networking and objectives for the BAPEN regionalisation programme – see Figure 1.

Figure 1: The 3 levels of networking in the regionalisation programme

BAPEN Connect
This will be a multi-disciplinary groups of clinicians who meet locally to share best practice, audit practice and provide support to each other. The size of these groups will be determined by local teams (depending on current structures and localities) and we expect the groups will vary enormously. Typically, the groups are likely to consist of individuals from a few Trusts, meeting 2 to 4 times a year to share protocols and best practice, and engage with relevant local community-based health professionals and patients.

BAPEN Education
This type of network may be larger than a BAPEN Connect network. It may be more regional or from different local area teams and will have representation from all the Core Groups. The key aim in this network is to hold a regional Education & Training Day every year.

BAPEN Engage
This type of network is regional and will include the senior leaders across the health and social care systems. It will help to develop system wide improvement (by engaging with commissioning teams and regional nursing offices) as well as to inform and be informed by NHS England and devolved Nation strategies. This will help to promote the work of BAPEN and its Core Groups on a national stage.
Diary Dates

June

**PENG Clinical Update Course 2015**
Date: 15th – 18th June 2015
Venue: Queen Margaret University, Edinburgh
Website: [www.peng.org.uk/clinical-update](http://www.peng.org.uk/clinical-update)

**2nd Digestive Disorders Federation Incorporating the BAPEN Annual Conference**
Date: 22nd – 25th June 2015
Venue: London ExCel, UK
Website: [www.ddf2015.org.uk](http://www.ddf2015.org.uk)

**The UK Probiotics Conference 2015**
Date: 29th June – 1st July 2015
Venue: Royal Holloway University of London, UK
Website: [www.theukprobioticsconference2015.co.uk](http://www.theukprobioticsconference2015.co.uk)

July

**NNNG Conference**
Date: 6th & 7th July 2015
Venue: Ettington Chase Hotel, Stratford-upon-Avon
Website: [www.nnng.org.uk](http://www.nnng.org.uk)

**PENSA Congress 2015**
Date: 24th - 26th July 2015
Venue: Nagoya Congress Center, Japan
Website: [www.pensa2015.com](http://www.pensa2015.com)

August

**14th International Congress on Amino Acids, Peptides and Protein**
Date: 3rd – 7th August 2015
Venue: Vienna, Austria
Website: [www.meduniwien.ac.at/icaap](http://www.meduniwien.ac.at/icaap)

September

**ESPEN Congress**
Date: 5th – 8th September 2015
Venue: Lisbon, Portugal
Website: [www.espen.org/congress](http://www.espen.org/congress)

**Leeds Course in Clinical Nutrition**
Date: 5th – 8th September 2015
Venue: University of Leeds, UK
Website: [www.clinical-nutrition.co.uk](http://www.clinical-nutrition.co.uk)

October

**15th International Nutrition & Diagnostics Conference**
Date: 5th – 8th October 2015
Venue: Hotel DAP, Czech Republic
Website: [www.indc.cz](http://www.indc.cz)

**12th European Nutrition Conference – FENS 2015**
Date: 20th – 23rd October 2015
Venue: Berlin, Germany
Website: [www.fensberlin2015.org](http://www.fensberlin2015.org)

November

**The 5th World Congress on Controversies to Consensus in Diabetes, Obesity and Hypertension (CODHy)**
Date: 5th – 7th November 2015
Venue: Istanbul, Turkey
Website: [www.codhy.com](http://www.codhy.com)

January 2016

**Clinical Nutrition Week 2016**
Date: 16th – 19th January 2016
Venue: Austin, Texas, USA
Website: [www.nutritioncare.org/cnw](http://www.nutritioncare.org/cnw)

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**A combined meeting of ACPGBI, AUGIS, BAPEN, BASL & BSG**
22 – 25 June 2015
ExCeL London, UK
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