### Good Morning BAPEN, live from Belfast!

**BAPEN and the patient journey**
Dr Trevor Smith, President, BAPEN, will be joined by Carolyn Wheatley (PINNT), Rebecca Stratton (MAG), Sarah-Jane Hughes (BANS) and Jeremy Nightingale (BIFA)

**BAPEN links with Frontline Gastroenterology – Publishing Research to Impact on Practice**
Prof Mark Beattie, Editor in Chief of Frontline Gastroenterology

**Nutrition, Intestinal Failure and Small Bowel Transplant**
Dr Philip Allan, Consultant Gastroenterologist, Oxford University Hospitals NHS Foundation Trust

**Exploring the place of nutrition in the new health and social care landscape**
Dr Trevor Smith in conversation with – guest will be announced at conference – one not to be missed!

**Tribute to JLJ**
Dr Jeremy Nightingale

### 11:00 – 11:30 Coffee and Exhibition

### 11:30 – 13:00

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports nutrition is an evolving science in the modern world and dietary manipulation is well known to improve performance in elite athletes. But, could we translate some of this science from the fitness clubs to the hospital and community, in order to decrease muscle loss during severe acute illness as well as enhance physical performance during rehabilitation? Invited to debate the state of the art in this field are Professor Philip Anderson, a specialist in muscle physiology who has conducted many studies in neuromuscular adaptation in various diseases; Wendy Martinson, a nutritionist working with the British Olympic Association and Prof Philip Atherton from The University of Nottingham will speak about feeding the muscle in health &amp; disease.</td>
<td>This symposium, jointly organised by BSPGHAN and BPNG, will focus on the management of parenteral nutrition in infants and children from birth to adolescence. Three speakers have been invited. The first talk will focus on the issues around the implementation of standard bags on neonatal units in London. The second lecture will discuss parenteral nutrition regimes for infants and children in the hospital setting and the implications of the updated ESPGHAN PN guidelines published last year. The last speaker will talk about how to manage fluid and nutrient requirements of a child with complex health needs after a bone marrow transplantation. A short oral communication will be dedicated to a pilot study focusing on the development of a guideline for the transition of young adults on home parenteral nutrition.</td>
<td>This symposium will be based upon a case and is run jointly by the NNNG and BIFA. It will explore the multidisciplinary management of a patient with medium term (Type 2) intestinal failure. The nursing assessment and management of an abdominal wound/fistula, pain, fluid and nutritional management will be discussed.</td>
</tr>
</tbody>
</table>
| **Performers nutrition: from paper to podium**
Prof James Morton, Professor of Exercise Metabolism, Research Institute for Sport & Exercise Sciences, Liverpool John Moores | **Panel:**
Dr Alison Culkin, Dietitian, St Mark’s Hospital, Harrow
Georgie Adam, Clinical Nurse Specialist – Nutrition Support & Intestinal Failure, Royal Devon & Exeter NHS Trust
Aminda De Silva, Consultant, Royal Berkshire Hospital
**Case 1: OC3 - The positive impact of prehabilitive parenteral nutrition (PN) on outcome and functional status in colorectal**
| **Chairs:**
Dr Stephen Lewis, Consultant Gastroenterologist, Derriford Hospital, Plymouth
& Prof Mike Stroud, Consultant Gastroenterologist and Professor in Medicine & Nutrition, Southampton University Hospital |
| **Chair:** Dr Jutta Koeglmeier, Consultant Paediatric Gastroenterologist, Great Ormond Street Hospital for Children |
| **Parenteral nutrition in the preterm infant – implementation of SCAMP at UCLH**
Ali Husain, Senior Clinical Pharmacist, Women’s Health, University College London Hospitals NHS Foundation Trust | **Panel:**
Dr Simon Gabe, Consultant Gastroenterologist, St Mark’s Hospital, Harrow
| **Case 1:** OC3 - The positive impact of prehabilitive parenteral nutrition (PN) on outcome and functional status in colorectal
| 13:00 | Lunch, Exhibition, BAPEN AGM |
| 13:45 – 14:30 | **Chairled Poster Sessions**<br>Posters showcasing new research will be displayed throughout the conference in the Poster Exhibition area. ‘Themed’ facilitated poster presentations will provide an opportunity for informal discussion with the author. |
| **14:30– 16:00** | **Symposium 4 – COPD – the role of nutrition across the continuum of disease.**<br>This symposium will explore the pathophysiology of COPD and the impact of the disease and exacerbations on nutritional status and lean tissue, the effects of nutrition/malnutrition on function and QoL and the value and opportunities to integrate nutritional care in pulmonary rehab programmes. The symposium will also consider the challenges of tube feeding during an acute exacerbation, if respiratory challenges supersede nutritional needs, and the barriers to providing nutritional care in the community, including whose responsibility it is.<br><br>**Chairs:** Anne Holdoway, Consultant Dietitian, Bath & David Sawbridge, ST7 Registrar in Gastroenterology, Southport and Ormskirk Hospitals NHS Trust<br><br>**Pathophysiology of COPD – what you REALLY need to know**<br>Prof John Hurst, Professor of Respiratory Medicine, University College London |
| | **Symposium 5 – The nutritional management of pancreatic disease.**<br>The nutritional management of pancreatic disease is very much an emerging specialty, with recent developments in the classification and management of pancreaticogenic (type 3c) diabetes and the understanding of the impact of sarcopenia on outcomes in neo-adjuvant and post operative settings setting the scene for further research and clinical improvements. The need for aggressive nutritional support in patients with severe acute pancreatitis has been highlighted in recent NICE guidelines, along with the need for long term follow up and an acknowledgment of the impact of exocrine insufficiency and micronutrient deficiencies. Further developments in this field will be key in developing the role of the dietitian in the management of these complex patients.<br><br>**Chairs:** Mary Philips, Sinead Duggan & Oonagh Griffin, Pancreatic Society of Great Britain and Ireland |
| | **Symposium 6 – Gastroparesis – diagnosis and treatment options.**<br>This BIFA symposium will look specifically at gastroparesis and address the issues of who gets it, how is it diagnosed and is it often misdiagnosed. There will be discussions about some of the underlying aetiologies including Ehlers Danlos hypermobility, diabetes and systemic sclerosis. The effect of starvation and drugs (e.g. opiates, anticholinergics including Cyclizine) will be addressed as will be treatment options including gastric pacing.<br><br>**Chairs:** Dr Jeremy Nightingale, Honorary Consultant Gastroenterologist, St Mark’s Hospital, Harrow & Dr Graham Turner, Clinical Lead for Gastroenterology and Endoscopy, Belfast Health and Social Care Trust<br><br>**Case Presentation**<br>Dr Graham Morrison Consultant Gastroenterologist and Lead for Functional GI Diseases Belfast Health and Social Care Trust |
The importance of nutritional support in COPD across the healthcare continuum: a review of the evidence
Dr Peter Collins, Lecturer & Research Academic in Nutrition and Dietetics, The University of Queensland, Australia

Integration of nutritional screening and nutritional care into COPD respiratory review clinics in the community
Natalie Kominek, Great Western Hospitals NHS Foundation Trust

OC5 - Nutritional outcomes amongst participants attending a community based pulmonary rehabilitation programme: a service evaluation
Eleri Wright, Princess of Wales Hospital

Q&A session

Pancreatitis: Implementation of the NICE guidelines
Mary Phillips, Advanced Specialist Dietitian, Royal Surrey County Hospital

Sarcopenia and pancreatic cancer
Oonagh Griffin, Pancreatic Dietitian & HRB Research Fellow, Trinity College Dublin and St Vincent's University Hospital, Dublin

Diagnosis and Management of Type 3c Diabetes
Dr Sinead Duggan PhD, Post-Doctoral Research Fellow, Trinity College Dublin

OC6 - Single centre experience of post-operative parenteral nutrition provision in patients undergoing cytoreductive surgery & heated intraperitoneal chemotherapy
Dr Adam McCulloch, University Hospital Birmingham NHS Foundation Trust

Panel Discussion

Who gets it, how is it diagnosed and how is it medically treated
Dr Asma Fikree, Consultant Gastroenterologist, Barts Health NHS Trust

Psychological factors and management
Dr Peter Byrne, Consultant Liaison Psychiatrist, Royal London Hospital

Panel Discussion

OC7 - Timing is everything: when to refer patients for Intestinal Transplant
Dr Lisa Sharkey, Cambridge University Hospitals

Muscles, frailty, falls and fractures – putting nutrition and exercise on the map across the healthcare continuum
With an ageing population, strategies that help older adults to maintain their independence for longer are increasingly important. Low muscle mass adversely affects health outcomes and is strongly linked to mobility problems, falls and hip fractures. Good nutrition, particularly adequate protein intake, and regular exercise programmes that improve balance can help to maintain muscle strength and function to reduce the risk of falls and fractures. However, research has shown that these interventions, particularly nutrition, are often overlooked in...
falls/hip fracture pathways, resulting in patients who are too weak to exercise due to low energy and poor nutritional status. The expert speakers at the Abbott symposium will present a new, practical consensus guide on this area. This resource has been designed to integrate with existing pathways (e.g. frailty and post fall/fracture pathways) and to provide practical guidance on screening, functional assessment, management strategies involving nutrition and exercise, monitoring and education.

Muscles, frailty, falls and fractures – where are nutrition & exercise?
Ian Taylor, Head of Nutrition and Dietetics, UCLH, London

A New Expert Consensus: Nutrition & Exercise in maintaining muscle & strength pre & post falls and fractures
Sanjay Suman, Clinical Director Therapies and Older People Program, Medway NHS Foundation Trust, Kent

Q&A session

19:15  BAPEN Civic Reception - City Hall (invitation only)
20:00  BAPEN's social event – A Night of Belfast Craic (ticketed event)
## Overcoming Challenges in the Malnourished Patient: Critical Insights into Clinical Practice

The Nutricia Breakfast Symposium will focus on critical discussions about the evidence base and clinical complexities of patients with malnutrition across different settings, including ICU and the community. The expert speakers will reflect on the current evidence-base and their own clinical insights to discuss approaches to overcoming challenges in disease-related malnutrition, with real-life case discussion. Delegates can expect to gain practical learnings about appropriate management of malnourished patients, to support their own clinical practice.

**Chair's Introduction**
Pauline Mulholland MBE, Lead Dietitian, South Eastern Trust, Northern Ireland

**Nutrition in Critical Illness and Beyond**
Robert Cronin, Senior Nutrition Support Specialist Dietitian, Gloucestershine Hospitals NHS Foundation Trust

**Appropriate prescribing: one size doesn’t fit all**
Pauline Mulholland MBE, Lead Dietitian, South Eastern Trust, Northern Ireland

<table>
<thead>
<tr>
<th>09:00 – 10:30</th>
<th>Breakfast Symposium – (Breakfast will be available on arrival between 07:00 – 07:25)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Symposium 7</strong></td>
<td>Against the odds - achieving optimal nutrition support in Upper GI cancer.</td>
</tr>
<tr>
<td>Surgical procedures performed for the management of upper GI malignancies frequently disrupt the functioning of the gastrointestinal tract and adversely affect nutritional intake. Increasing knowledge of the role of gut hormones in inducing premature satiety to facilitate weight loss in bariatric surgery, has driven research and our understanding of the nutritional challenges following surgery for upper GI cancer, where in contrast to bariatrics, the aim is to maximise intake and preserve weight. With presentations on gut function, the new and emerging knowledge of gut peptides after upper GI surgery, the benefits of integrating nutrition into prehab and rehab, and the pros and cons of selective nutrition support versus feeding all, this symposium is designed to help delegates appreciate the range of factors that influence and guide decision-making to ultimately improve outcomes and survival in this patient group.</td>
<td></td>
</tr>
<tr>
<td><strong>Symposium 8</strong></td>
<td>New insights into gut and nutrition interplay - sorting the facts from the faeces.</td>
</tr>
<tr>
<td>Exploring new frontiers in the science of the microbiome and novel nutrition interventions, this mind-blowing symposium will help us to understand some ancillary, yet complex interactions between our gut, feeding route, diet composition and the brain. From faecal transplant to the ketogenic diet and the long-term effects of early parenteral nutrition on cognitive performance, well known experts like Ben Mullish from Imperial College London, Susan Wood from Mathew’s Friends and Prof Greet van den Berghe from Leuven will discuss the most recent evidence.</td>
<td></td>
</tr>
<tr>
<td><strong>Symposium 9</strong></td>
<td>Discharging a patient on HPN.</td>
</tr>
<tr>
<td>The symposium will commence with the NNNG/Nightingale Trust Pamela Harris Lecture and follow with a joint NNNG and BIFA symposium highlighting the difficulties in discharging home a complex IF patient before elective surgery. The practicalities in joining up hospital and community care in Ireland, Wales, Scotland and England will be discussed, including training, stoma/fistula care, pain management and issues of who sets up and down the parenteral nutrition. The session will end with an interactive look at the recent problems in supply of HPN in England following MHRA inspection of a home care company.</td>
<td></td>
</tr>
<tr>
<td><strong>Chairs:</strong></td>
<td>Bernadette Moore, Associate Professor of Obesity, University of Leeds &amp; Irina Grecu, ICU Consultant, Hampshire Hospitals NHS Trust</td>
</tr>
<tr>
<td><strong>Applying microbiome science in critical illness</strong></td>
<td>Dr Benjamin Mullish, Specialty Registrar in Gastroenterology and Hepatology, Imperial College Healthcare NHS Trust</td>
</tr>
<tr>
<td><strong>Symposium 9 –</strong></td>
<td>Discharging a patient on HPN.</td>
</tr>
<tr>
<td><strong>Chairs:</strong></td>
<td>Gerard Rafferty, Consultant Gastroenterologist, Belfast City Hospital &amp; Alison Young, Nurse Consultant in Nutrition, Royal Liverpool and Broad Green University Hospitals NHS Trust</td>
</tr>
<tr>
<td><strong>Pamela Harris Lecture:</strong></td>
<td>Repairing Long Term Tunnelled Central Lines for Patients on Home Parenteral Nutrition: Sharing Practice and Patient Outcomes from The Newcastle Upon Tyne HPN &amp; IF Service.</td>
</tr>
</tbody>
</table>

Hayley Leyland, HPN & IF Specialist Nurse,
Gastroenterology, Southport and Ormskirk Hospitals NHS Trust

Gut hormones – a novel target to treat anorexia in the oncology patient?
Jessie Elliott MD PhD MRCS, Specialist Registrar – General Surgery, Royal College of Surgeons in Ireland

The feeding jejunostomy after oesophagectomy: friend or foe?
Dr Claire Donohoe, Surgeon, St James’ Hospital Dublin

A selective approach to nutrition support in Upper GI cancer patients
Nathan Howes, Consultant General Surgeon, Royal Liverpool and Broadgreen University Hospitals NHS Trust

OC8 - Home Parenteral Nutrition (HPN) in Advanced Malignancy – Is the future Remote?
Dr Udit Mittal, Royal Berkshire Hospital

Q&A

Ketogenic fuelling: for adults with drug resistant epilepsy and beyond!
Susan Wood RD, Specialist Ketogenic Dietitian, Matthews Friends Centre for Ketogenic Dietary Therapies, Surrey

Early parenteral nutrition effects on long term neurocognitive performance
Prof Dr Greet Van den Berghe MD PhD, Professor of Medicine, University Hospitals Leuven, Belgium

Speaker sponsored by

OC9 – Nutrition support and the gastrointestinal microbiome, a systematic review and pilot study
Sarah Andersen, Royal Brisbane and Women’s Hospital, Queensland

The Newcastle upon Tyne Hospitals NHS Foundation Trust

Discharging a patient home on parenteral nutrition (case study)
Dr Emma Murray, Specialty Doctor, Belfast Health and Social Care Trust

Discharging a patient home on parenteral nutrition – How we do it in Glasgow.
Gillian Kyle, Nutrition Nurse Practitioner, NHS Greater Glasgow and Clyde NHS

Wales
Sarah Arnold, Specialist Nutrition Nurse, Cardiff and Vale UHB

Northern Ireland: Regional approaches to discharging a patient on home parenteral nutrition
Rosie Smyth, Nutrition Nurse, Belfast Health and Social Care Trust

England
Mia Small, Nurse Consultant in Nutrition and Intestinal Failure, St. Mark’s Hospital, Harrow

The best laid plans of mice and men…managing homecare company production issues
Mia Small’ Nurse Consultant in Nutrition and Intestinal Failure, St. Mark’s Hospital, Harrow

10:30 – 11:00 Coffee and Exhibition
| 11:00 - 12:30 | Symposium 10 - Obesity, Appetite and Bariatric Surgery – an update for all healthcare professionals.  
This symposium organised by IrSPEN is not just for those working in weight management. It will look at the complex mechanisms involved in appetite regulation and how imbalances in these lead to the disease of obesity. An expert bariatric surgeon will look at how surgical procedures can favourably influence these mechanisms to treat obesity but may also lead to complications. The symposium will subsequently explore the dietetic complexities that can arise in feeding patients after bariatric surgery, including those with complications.  
Chair: Prof Helen Heneghan, Consultant Bariatric Surgeon and Professor of Surgery, St. Vincent’s University Hospital, Dublin |
| 12:30 | Lunch, Exhibition, BAPEN Medical AGM and PENG AGM |
| 13:15 – 14:00 | Chairled Poster Sessions  
Posters showcasing new research will be displayed throughout the conference in the Poster Exhibition area. ‘Themed’ facilitated poster presentations will provide an opportunity for informal discussion with the author. |
| 14:00 – 14:40 | John Lennard Jones Keynote Lecture – “Effects of immobility on metabolism and organ systems”  
Professor Gianni Biolo, Head of Internal Medicine, University of Trieste, Italy |
14:40 – 15:50  Symposium 13 – Nutrition Myth Busters
In this interactive session a common nutrition "myth" will be presented before an expert in the field attempts to convince the audience that they should banish all traces of it from their clinical practice. The audience will then vote on whether the myth has been truly busted or whether it may actually be true. We will invite the BAPEN membership to submit myths for busting in advance of the conference, however some that may be included are: enteral feeding should be avoided in non-invasive ventilation, 5% dextrose should be avoided in maintenance IV fluids, sugar feeds tumours in cancer patients and low serum albumin causes oedema.

Chair – Pete Turner, Clinical Lead Nutrition Support Dietitian, Ulster Hospital, Northern Ireland
“Malnutrition causes low albumin and oedema”
Prof Mike Stroud BSc, MBBS, MD, DSci, Gastroenterologist and Professor of Clinical Nutrition, Southampton University Hospital

“Ketogenic / Low Carb Diets Cause Unacceptable Weight Loss in Cancer Patients”
Susan Wood RD, Specialist Ketogenic Dietitian, Matthews Friends Centre for Ketogenic Dietary Therapies, Surrey

“Enteral Tube Feeding should be avoided in respiratory patients on non-invasive ventilation”?
Dr Peter Collins, Lecturer & Research Academic in Nutrition and Dietetics, The University of Queensland, Australia

15:50 – 16:00 Close of Conference