



BAPEN Medical Day  
Monday 16 November 2020

## Dietary Advice: how to do it

Evidence and Expert tips on helping your patients to make the best dietary choice for them.

- How to support families where someone has complex dietary needs.
- How to inform and guide patients when the choice isn't clear.
- When to restrict food groups and how to help patients with adherence.

*All pre-recorded talks will be available to view from 9am on Monday 16<sup>th</sup> November, in any order. Viewers will be able to post questions to review in the afternoon session. The afternoon sessions will show the talks a specified time with live chat during broadcast and live discussion with speakers immediately afterwards.*

### **Session 1: 1.30 – 2.30 pm**

#### **Exclusive enteral nutrition in IBD: Past, present and future**

Prof Konstantinos Gerasimidis, Professor of Clinical Nutrition, University of Glasgow

#### **How to support the carers of enterally fed patients who can't support themselves**

Prof Jane Coad, Professor of Nursing, University of Nottingham

### **Session 2: 2.45 – 3.45 pm**

#### **A plant based diet – evidence and experience**

Dr Alan Desmond. Gastroenterologist, Torbay Hospital, Devon

#### **The (very) low calorie diet – evidence and implementation**

Dr Emilie Combet, Senior Lecturer in Nutrition, Human Nutrition, School of Medicine, the University of Glasgow

### **Session 3: 4.00 – 5.00pm**

#### **The gluten free diet – who should be on it and how to make it happen**

Nick Trott, Coeliac Dietitian, Royal Hallamshire Hospital

#### **Adherence: psychological strategies to help patients stick to the plan**

Dr Louise Hankinson, Clinical Psychologist, Oxford University Hospitals NHS Foundation Trust

*Supported by an unrestricted educational grant*

