

# 11th Newcastle Clinical Nutrition Course

16<sup>th</sup>-18<sup>th</sup> March 2026  
Copthorne Hotel, Newcastle Quayside



Endorsement sought from BAPEN & BSG  
Education committees



## Course aims

To provide a broad grounding in clinical nutrition and allow medical and surgical trainees to develop increased awareness of the appropriate assessment and management of patients with malnutrition.

The course will be made up of a small group of delegates (maximum 30) and delegates will benefit from case discussions.

Whilst primarily targeted at trainees, we expect that the programme will carry broader appeal to a wider range of healthcare professionals. We would encourage those interested to attend.

The course meets the curriculum requirements for gastroenterology trainees required to attend a clinical nutrition course as part of training. The course has been officially endorsed by BAPEN, through their education and training committee and the BSG through the Education Committee.

## Objectives

The course covers all aspects of the JRCPTB Gastroenterology curriculum for higher specialty trainees and the General Surgical Curriculum related to nutrition:

- Familiarise participants with the extent of the problem of malnutrition and obesity
- Provide participants with a practical knowledge of nutritional requirements
- Discuss the ethical issues around nutritional support and psychological impact of receiving artificial nutrition support
- Examine the causes, consequences and management of specific nutritional problems associated with disease including: Obesity, eating disorders, high output stoma, pancreatic disease, inflammatory bowel disease and critically ill patient
- Familiarise participants with types of nasogastric, jejunal and PEG feeding tubes and their uses and complications
- Provide participants with a structured approach to assess indications and options for nutritional support (Enteral vs parenteral)
- Develop participants awareness of the management of intestinal failure including surgical treatments and home parenteral nutrition and the challenges associated with these treatments
- Develop a basic understanding of GI physiology relevant to nutrition
- Increase awareness of the role of the nutrition support team

## COVID-19

Although we hope disruptions due to Covid-19 are in the past it is possible that the course may be subject to short notice changes.

## Course Directors:

**Suzi Batchelor, Chris Mountford and Nick Thompson**  
**Consultant Gastroenterologists and clinical leads for Nutrition**  
**Newcastle upon Tyne Hospitals NHS Foundation Trust**

### *Cost*

**£450 (£300 for BSG members)**  
**(Inclusive of lunch and refreshments**  
**on all 3 days and course dinner on**  
**Monday 16th March)**  
**30% reduction to BSG members**

***For further information and to register, please complete the attached application form.***

***Claire Dixon***  
***Course Administrator***  
***Newcastle upon Tyne Hospitals NHS Foundation Trust***  
***Telephone: 01912137209***  
***Email: [claire.dixon11@nhs.net](mailto:claire.dixon11@nhs.net)***

# Application Form

## Your Details

Surname:

Title: Dr/Mr/Mrs/Miss/Ms

Forenames:

Job Title:

Department:

Hospital Address:

Email address (for registration confirmation):

Mobile Telephone:

If applying for a BSG member associated reduction please give BSG number:

Please state any special dietary requirements:

*Please attach cheque for £450 (£300 for BSG members) payable to Newcastle upon Tyne Hospitals NHS FT with application form and return to:*

*Claire Dixon  
Level 6 Gastroenterology Secretaries Office,  
Freeman Hospital,  
Newcastle,  
NE7 7DN.*

*Or email and use payment by BACS: Claire.Dixon11@nhs.net*

Bank Name RBS (NATWEST), Parklands, De Havilland Way, Bolton BL6 4YU

Sort Code 60-70-80    Account No. 10029966

Account Name NC UPON TYNE NHS FT

IBAN GB48NWBK60708010029966

SWIFT NWBKGB2L

•Reference 580030 454900

**Cancellation:** In the event of a further Covid-19 peak, or similar, the course directors reserve the right to cancel the course at short notice. In these circumstances, a full refund or transfer of booking fees to future course will be offered to delegates. If local coronavirus restrictions prevent a delegate attending then a full refund or transfer of booking fees to a future course will be offered. No refund can be offered in other circumstances for cancellation requests after 1st February 2026.

# Draft Course Programme

## Day 1: Monday 16<sup>th</sup> March 2025

### Session 1.

09.00-09.40	Introduction to malnutrition and obesity <i>Nick Thompson, Consultant Gastroenterologist, Newcastle</i>
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09.40-10.50	Nutritional Principles <i>Steve Wootton, Senior Lecturer in Human Nutrition, University of Southampton</i>
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### 10.50-11.20 Tea/Coffee

11.20-12.05	Short Bowel syndrome - physiology and practical management <i>Clare Donnellan, Consultant Gastroenterologist St James's University Hospital, Leeds</i>
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12.05-12.45	Nutrition support in palliative care <i>Maria McKenna, Consultant in Palliative Medicine, Newcastle</i> <i>Isobel Bowe, Senior Dietitian, Newcastle</i>
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### 12.45-1.45 Lunch

### Session 2.

13.45-14.25	In hospital fluid management <i>Matt Faulds, Consultant in Anaesthetics and Periop Care</i>
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14.25-15.05	Refeeding syndrome case presentation and discussion <i>Suzi Batchelor, Consultant Gastroenterologist, Newcastle</i>
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15.05-15.30	Micronutrients – which to test for and how to interpret the findings? <i>Barry Toole, Principle Clinical Scientist, Newcastle</i>
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### 3.30-4.00 Tea/Coffee

### Session 3

16.00-17.00	Nutritional assessments ( <i>Senior dieticians, Newcastle Nutrition</i> ) Session 1 Screening tools & Anthropometry ( <i>Lucy Winter, senior dietitian</i> ) Session 2 Evaluating Energy & Protein needs ( <i>Rachel Howarth, senior dietitian</i> )
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### 17.00 Close of Day 1

### Delegate Course Dinner

## Day 2: Tuesday 17<sup>th</sup> March 2025

### Session 3.

09.00-09.30	Obesity: What are the consequences and do diets and drugs work? <i>Chris Mountford, Consultant Gastroenterologist, Newcastle</i>
09.30-10.15	Bariatric surgery – Who gets it? How does it work? What can go wrong? <i>Edward Nevins, Consultant Bariatric Surgeon, North Tyneside</i>
10.15-10.55	Nutrition support and Liver disease <i>Preya Patel, Consultant Hepatologist, Newcastle</i>

### 10.55-11.25 Tea/Coffee

11.25-12.05	Nutrition support in GI dysmotility syndromes <i>Tom Hollingsworth, Consultant Gastroenterologist, Southampton</i>
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### 12.00-12.50 Lunch

### Session 5.

12.50-13.20	IV Feeding lines: Which line and what are the complications? <i>Hayley Leyland, HPN Lead Nurse, Newcastle</i>
13.20 - 14.00	Anorexia: A practical and safe approach to management <i>Chris Wells, Consultant Gastroenterologist, North Tees</i>
14.00 - 14.30	Nutrition and Inflammatory bowel disease <i>Mel Gunn and Mimosa Wright, Newcastle IBD team</i>
14.30-15.00	Gastrostomy tubes – when and how? <i>Chris Dipper, Consultant Gastroenterologist</i>

### 3.00-3.30 Tea/Coffee

### Session 6.

15.30-17.00	Session 1: NG, NJ, Gastrostomy and Jejunostomy tubes: Choosing the right one <i>Lindsay McGowan, Senior PEG nurse, Newcastle</i>  Session 2: Irritable bowel syndrome: What can the dietician do? <i>Mimosa Wright, Senior Dietician, Newcastle</i>  Session 3 Nutrition support on Critical Care <i>Emily Frostick, Consultant Intensive Care Medicine, Newcastle</i>
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### 17.00 Close of Day 2

## Day 3: Wednesday 18<sup>th</sup> March 2025

### Session 7.

08.30-09.00

Nutrition in Pancreatic disease  
*John Leeds, Consultant HPB physician, Newcastle*

09.00-09.30

Parenteral nutrition: An overview  
*Nick Thompson, Consultant Gastroenterologist, Newcastle*

09.30-10.10

Intestinal Failure Surgery:  
*Fintan Bergin, Consultant IF surgeon, Newcastle*

### 10.10-10.40 Tea/Coffee

10.40-11.00

Prescribing TPN  
*Lisa Gemmell, Advanced Dietitian*

11.00 -11.15

Formulating TPN  
*Katie Bell, Senior Clinical Pharmacist , Newcastle*

11.15-11.30

Teduglutide  
*Katie Bell, Senior Clinical Pharmacist , Newcastle*

11.30-12.15

Intestinal Transplantation  
*Charlotte Rutte, Consultant Gastroenterologist, Cambridge*

### 12.15-1.00 Lunch

### Session 8.

13.00-14.30

Enteral & Parenteral Case Discussions - Chair: Suzi Batchelor

### Session 9.

14.30-15.30

Session 1: Life on enteral nutrition support  
*Patient*  
Session 2: Life on Home Parenteral Nutrition  
*Patient*

### 15.30-16.00 Final conclusions and Course Close