



# Winter Greetings

Highlights from the latest ePENlines

## CHAIRS WELCOME

December 2023

This edition of ePENlines comes to you following a busy autumn for PENG. In October we hosted our annual study day to a hybrid audience, attended the BAPEN annual conference and BDA research symposium in supporting and chairing the nutrition support research stream.

This edition contains highlights and take-home messages from the PENG Enteral Nutrition study day from Priscilla Anane-Premaa and Claire Eldridge, members of the virtual HEF group who won a free place on the study day. There is feedback from the Clinical Update Course free place winners who attended the course in June 2023. The CUC course in 2024 is now open, don't miss your chance as this course fills up fast!

This edition's elevator interview is with Dr Trevor Smith outgoing BAPEN President where he shares some of the key highlights and achievements. During this time, he has supported BAPEN members working in nutrition support through the Parenteral Nutrition supply crisis, COVID and more recently issues with Enteral Feeding supplies. PENG would like to thank him for his time and expertise that he has provided. With this we would like welcome Dr Nick Thompson Gastrointestinal Consultant from Newcastle upon Tyne and incoming BAPEN president, as we look forward to working with him.

Supporting research is a core objective of PENG. At BAPEN conference we awarded three PENG educational awards to Alison Culkin, Hayley Williams and Emma Noble for their PENG member abstracts, both Hayley Williams and Emma Noble were new to submit at BAPEN conference. There are some photo highlights below and we look forward to hearing more from them at our next webinar and AGM at the end of February 2024. At the BDA research symposium we awarded best abstract in the nutrition stream to Oscar Walton and Rebekah Smith, for Dietitians Experiences of Having Nasogastric Tube placed and the perceived impact on clinical practice: A Cross Sectional Study.

As we look towards 2024 we are excited to be celebrating PENG 40th Birthday 🎂 by planning a number of joint webinars throughout the year with other groups to "celebrate". In addition we will have a celebration study day and event in October 2024 and more information at the AGM at the end of February.

As always please do get in touch with us via email [peng@bda.uk.com](mailto:peng@bda.uk.com) or on X (formally twitter)/ Instagram @BDA\_PENG.

Wishing you, your friends and family a lovely Christmas and a happy New Year

Linda Cantwell



## PENG Clinical Update Course 2023

Clinical update 2023 for ePENlines by Alison Culkin, Course lead, St Mark's Hospital.

Another fantastic clinical update was held at Queen Margaret's University in Edinburgh in June with 80 delegates in attendance. This was the first time back face to face due to the covid-19 pandemic after the course was run virtually in 2021.

What delegates said:

*"Better than any lecture I had back at uni, summarising things really nicely!!"*

*"V. Good lecture which I feel has influenced my future practise"*

*"This was so important and useful - I really benefitted from speaking with other delegates and discussing a sample paper as this is what I'll need to do for my final assignment"*

You can find out more about the clinical update course [here](#).



Clinical Update Course Tutors





pH testing



The popular delegate and tutor run!



Passing bridges on a dummy



Anthropometrics session

If you would like to attend the Clinical Update Course next year applications are being taken:

<https://www.bda.uk.com/specialist-groups-and-branches/parenteral-enteral-nutrition-specialist-group/peng-clinical-update-course.html>

Congratulations to our PENG members who have won a place at next year's course.

Lucy Deere	County Durham and Darlington NHS Foundation Trust
Katie Shaw	Liverpool University Hospitals NHS Foundation Trust
Ahsana Ajrullah	NHS Buckinghamshire



As a core group of BAPEN, PENG attended the annual conference this year. It was great to be in an environment of like-minded individuals promoting and pushing forward the importance of nutrition and learn about all the good work that BAPEN has been doing throughout the year. It's great to see BAPEN involved in sustainability and an eye-opening talk from Dr Barry Jones on BAPEN's work around aerosol generating procedures (AGP) and naso gastric tube placements during the pandemic. Anne Holdoway presented the Pennington Lecture, which is BAPEN's keynote lecture which focused on teamwork. For more in depth BAPEN update click [here](#).

The PENG committee had their own stand and were proud to support our award winners Hayley Williams, Dr Alison Culkin and Emma Nobel (pictures below) who had entered abstracts in to BAPEN conference. All three winners also present there abstract at the conference with Dr Alison Culkin also winning best oral presentation.





Dr Alison Culkin receiving her award from PENG Chair Linda Cantwell. The ward was supported by Abbott, Fresenius Kani and Nutricia and representatives attended the presentation.



Emma Nobel receiving her award




Hayley Williams receiving her award



Dr Alison Culkinn with Dr Trevor Smith former BAPEN President receiving her award for best oral presentation





PENG arranged a symposium on jejunal feeding. This was a great session featuring Professor Alex Miras discussing the body's peptides and jejunal feeding, Claire Campbell a Nutrition CNS discussing the practicalities around jejunal feeding and feeding tubes and discussing how the landscape around this has changed. The final talk was from Ester Fry who discussed micronutrient deficiencies in jejunal feeding, presenting case studies, and discussing how they developed their guidelines around checking for micronutrient deficiencies.

PENG were also proud to work with the British Society of Paediatric Gastroenterology, Hepatology and Nutrition (BSPGHAN) developing the blended diet via enteral feeding tube symposium. We heard from Dr Sarah Duran who helped to develop the [BDA Blended Diet Toolkit](#) alongside PENG members around the evidence behind blended diets. Next, we heard from Katie Angell, a nurse and advocate for blended diets via feeding tubes who discussed the importance of teamworking and the practicalities of how it works for children and parents in the community. Our last presentation was from Rataporn Deesomsak, a mum giving her perspective on feeding her son a blended diet via his feeding tube. Rataporn touched on the reality of making and storing the blends and what she felt the benefits were for her son. This was a powerful presentation and PENG would like to thank PINNT for helping to organise our last speaker.



Our [Elevator Interview](#) this month is with outgoing BAPEN President Dr Trevor Smith a consultant in gastroenterology with a specialist interest in clinical nutrition, intestinal failure and inflammatory bowel disease. Dr Smith works in Southampton, having previously held a consultant post at the Royal Bournemouth Hospital since 2006. Dr Smith led the development of the regional intestinal failure service in Southampton over many years and has also supported the development and implementation of intestinal failure services nationally.



## Have you an interest in promoting and driving forward Sustainability in Enteral and Parenteral Nutrition?

BAPEN has recently announced the formation of a new Sustainability Special Interest Group (SIG), which will focus on delivering their strategic priority to maintain BAPEN as a sustainable charitable organisation. As communicated in their 2022-2027 strategy, they are committed to considering and actively reducing our impact on the environment and influencing those around us to do similarly.

As PENG is a core group of BAPEN we also align to support this aim and PENG have recently supported a number of projects with industry and NHS England to explore sustainability in Enteral Feeding Plastics. This a great opportunity for a dietitian and PENG member to lead on this alongside BAPEN's Executive team. The role will include representing BAPEN to the UK Health Alliance on Climate Change (UKHACC), as well as sitting on BAPEN Council. This will not only make a difference to BAPEN, but crucially to shape and implement important and necessary steps towards sustainability, something that is increasingly pertinent in health and beyond.

To apply for this position, check that you have renewed your BAPEN membership ( free for PENG members) and please send a short CV along with a letter of interest to [bapen@bapen.org.uk](mailto:bapen@bapen.org.uk). The letter of interest should detail your suitability for the role and your initial thoughts on areas for action within BAPEN itself and the wider sector of nutrition care. These ideas should fill no more than a single side of A4.

The deadline for applications is 5pm on 26<sup>th</sup> January 2024.

Should you have any questions about the position, please do not hesitate to get in touch with either Dr Nick Thompson, BAPEN President, or Dr Dan Rogers, BAPEN Secretary, via the BAPEN Office

### Free BAPEN Membership

As PENG is a core group of BAPEN, all members of PENG are entitled to BAPEN membership free of charge. Memberships gives you access to many educational resources, guidance, in touch newsletter, previous webinars and also a reduced rate to BAPEN annual conference. Sign up here today.

<https://www.bda.uk.com/specialist-groups-and-branches/parenteral-enteral-nutrition-specialist-group/member-welcome.html>





## PENG Committee News

We have several PENG committee member updates:

### Outgoing

Kate Glen - Steps down as Research and Audit Lead

### Incoming

Long Li and Nicky Wyer- Move across into Research and Audit Officers

Anna Julian- Co Education Officer

Jennifer Towey- Ordinary Member

Melaine Baker- Ordinary Member, supporting PN lead

Kirstine Farrer- Ordinary Member, supporting PN lead

Kira Lewis- Student Committee Member

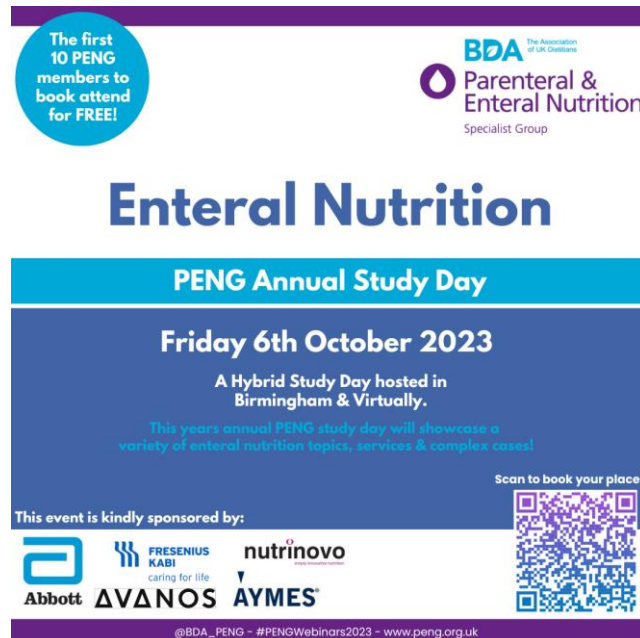
### VACANCY

Treasurer - This is a great opportunity to develop and learn skills in financial management within the BDAs largest specialist group and a great group of committee members. Applications are open until 5th January. -

<https://www.bda.uk.com/news-campaigns/get-involved/volunteers/volunteering-opportunities/treasurer-peng.html>



## PENG Study Day



The first 10 PENG members to book attend for FREE!

**BDA** The Association of UK Dietitians  
**Parenteral & Enteral Nutrition**  
Specialist Group

# Enteral Nutrition

### PENG Annual Study Day

**Friday 6th October 2023**

A Hybrid Study Day hosted in Birmingham & Virtually.

This year's annual PENG study day will showcase a variety of enteral nutrition topics, services & complex cases!

Scan to book your place!

This event is kindly sponsored by:

**Abbott** **AVANOS** **FRESENIUS KABI** caring for life **nutrinovo** **AYMES**

@BDA\_PENG ~ #PENGWebinars2023 ~ www.peng.org.uk

This year's annual PENG study day showcased a variety of Enteral Nutrition topics and services. The expert speakers presented a range of topics including;

- Making the case to commence enteral feeding
- What tube? What feed? The evidence.
- Monitoring enteral nutrition, when to change the feed.
- Setting up a community NG service
- Travelling with enteral nutrition

Delegates were also able to work through complex enteral nutrition case studies with specialist dietitians and ask our speakers questions on enteral nutrition during the Q&A.

2 lucky PENG members who signed up to the virtual HEF group on basecamp were able to attend the study day for free. To here Claire's thoughts on the study day click [here](#) and for Priscilla's feedback click [here](#).





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Phil who was one of our speakers on the study day has worked in Home Enteral Feeding for over 15 years and has recently started a new job working as an Intellectual Disability Dietitian in Nottingham, after several years working in Leicestershire. In 2014 he became a PINNT ambassador and soon after started the Leicestershire PINNT group to support patients and carers living with Home Artificial Nutrition. He is keen to spread the word about PINNT and support others who are thinking about setting up their own groups. Click [here](#) to learn more.

### PENG AGM

The PENG AGM will be at the end of February 2024 alongside presentations from our PENG and ESPEN award winners from 2023. The date is to be confirmed in the coming weeks so please look out for your invite through your email and on social media.



# connection

## Chronic Pancreatitis: Developing Patient-Centred Nutritional Care (CONNECTION Study)

Chronic pancreatitis (CP) is a complex disease with a variety of clinical features. The main symptoms of CP are crippling abdominal pain, steatorrhoea, and weight loss, frequently requiring hospitalisation. Over time, fibrotic changes lead to progressive reductions in pancreatic exocrine and endocrine function, resulting in pancreatic exocrine insufficiency (PEI), endocrine insufficiency (eventually diabetes mellitus) and chronic, intractable abdominal pain. Clinical consequences of PEI include weight loss and associated malnutrition. Treatment of PEI and associated clinical consequences are priorities in nutritional management of CP.

The motivation to develop a research project in CP stemmed from my clinical experience in a tertiary centre. I was able to see first hand the varied management of nutritional aspects of this challenging disease within our centre and regionally. Nutritional consequences of CP including malnutrition and PEI can have a negative impact on quality of life with nutritional guidelines often making general recommendations due to a lack of high-level research studies. This project aims to address some key questions in the nutritional management of CP with a focus on patient and public involvement from development to dissemination.

Click [here](#) to find out more about this research



# Research Symposium

6 December, thestudio, Birmingham.

## Nutrition Support stream

supported by  
PENG Specialist Group

Abstract submission  
closes 19 July



**BDA EVENTS** ➤ **GET INSPIRED**

PENG chaired and supported the Nutritional Support workstream at the BDA Research Symposium. PENG offer bursaries to support our members to attend the study day and submit their work to the event. This a great event celebrating dietitians' contribution to research, audit and service evaluation. Photos from the Nutrition Support stream and award winner are below.



Jennifer McCracken



Oscar Walton



Gurpreet Harrid



Kate Glen



Best abstract award winner Oscar Walton and co author Rebekah Smith

We are looking for PENG members who would like to have their worked published in the PENG newsletter and on the BDA PENG webpage. If you are working on:

- An audit/ project
- Peer review
- Service development
- Case studies
- Student dissertations
- Research
- Advanced clinical practice or bringing something new to dietetics
- Or working on something that you want to share with PENG members

The PENG committee would love to hear from you, so please get in touch with us at [peng@bda.uk.com](mailto:peng@bda.uk.com)





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