

2025 PSG VIRTUAL STUDY DAY

Organised by
BDA Paediatric Specialist Group
October 2025



Meeting room opens from 8.40

8.45 - 9.20 AGM - Paediatric Specialist Group Members only.

9.25 Study day link opens

9.25 Welcome with Bahee Van de Bor, Chair, Paediatric Specialist Group

9.30 An update on Cows Milk Allergy- The current guidelines and formulas

Misbah Primett

10.15 Overview and emerging evidence of Mass cell activation syndrome (MCAS) and Histamine Intolerance

Dr José Costa

11.00 Comfort break and networking with Jordon Creed on BDA Trade Union

11.30 An interactive session delivered by the ARFID specialist sub-group on lots of practical tips for managing ARFID in the general paediatric setting

Angharad Banner and Ursula Philpot

12.15 Weight loss injections- how are they used in the paediatric population. Discussions around adaptations to dietary counselling and managing the side-effects

Anjane Kohli

13.00 Lunch Break

13.30 Nutritional implications and management of GI dystonia, and other complications, in children with neurological impairment

Katie Greene

14.15 Nutritional management in the critically ill child and the barriers contributing to inadequate nutrition

Zara Kerr

15.00 Breakout rooms:-

- CMPA, MCAS and Histamine Intolerance
- Managing Dystonia and Critically ill children
- Weight loss injections and HMO's

15.30 Human Milk Oligosaccharides: A Key Component of Human Milk with Diverse Health Benefits

Dr Stina Jensen

16.15-16.30 Evaluation and close



Misbah Primett

Freelance and NHS

Misbah Primett is a specialist allergy dietitian with over a decade of experience, currently serving as the Lead Allergy Dietitian at a large tertiary allergy centre in the NHS. She manages complex and paediatric allergy cases and contributes to allergy research. Misbah also works privately and is experienced in food desensitisation for children. She also works collaboratively with charities such as Sadie Bristow Foundation and Allergy UK to improve the lives of those with food allergies. Holding a degree in dietetics from Coventry University, Misbah is pursuing a Master's in Allergy. She is actively involved in research and serves as a committee member of the British Dietetic Association Food Allergy Specialist Group. Her years of experience and detailed knowledge of paediatric allergies means Misbah can guide parents through their child's allergic conditions with confidence and care.

An update on Cows Milk Allergy- The current guidelines and formulas

This session will provide an up-to-date overview of cow's milk allergy (CMA), including current guideline recommendations and the different formula options available. It will explore how to assess the suitability of these options for individual patients, as well as key considerations when transitioning to over-the-counter milk alternatives. The session will also highlight common practical challenges encountered in clinical practice and offer clear, take-home tips to support paediatric dietitians in managing CMA effectively.



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Dr Jose Costa

Consultant Paediatrician at Nuffield Hospitals

Dr José Costa runs several allergy clinics in Leamington Spa and Oxford - focusing on the diagnosis and management of Food Allergy, Hayfever, Allergic Rhinitis, Chronic Spontaneous Urticaria and Angioedema, Eczema, Asthma and MCAS. He's also a member of the Royal College Of Paediatrics and Child Health and the British Society of Allergy and Clinical Immunology. He is a member of the Core Group of the British Society of Allergy and Clinical Immunology, Standards of Care Committee. He has been appointed to become an Honorary Clinical Lecturer in Allergy at Warwick Medical School. Recently he has been appointed as a Member of the Paediatric Advisory Group for Mast Cell Action. He is also the National and Regional (Warwickshire) advisor for Children & Young People and Allergy for the Nuffield Hospitals.

Overview and emerging evidence of mast cell activation syndrome (MCAS) and Histamine Intolerance.



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Ursula Philpot

Freelance Consultant Dietitian and Lecturer

A freelance consultant dietitian and senior lecturer in nutrition and dietetics, providing specialist nutritional consultancy to the media, companies and individuals. She has extensive experience in NHS settings, specialist eating disorder services and runs her own private practice. Ursula has a specialist interest in eating disorders, disordered eating, family health, mental health and all types of weight management. Ursula is passionate about communicating the role of good nutrition for health and well-being and has been involved in a variety of projects with publishers, newspapers, journals, TV production companies, charities and NHS trusts. Featuring regularly on BBC radio and television news. Specialising in producing guidelines, pathways and consensus statement within the area of eating disorders and mental health.

An interactive session delivered by the ARFID specialist sub-group on lots of practical tips for managing ARFID in the general paediatric setting:

This session will offer practical guidance for paediatric dietitians working with children and young people who present with highly selective eating behaviours, with or without a formal ARFID diagnosis, in general paediatric settings. It will focus on recognising common presentations, understanding what effective management might look like, and providing clear, practical strategies to support children across settings - including nursery and school environments.

In addition, the session will cover how to approach safe and appropriate discharge planning, using structured templates to support consistent communication and follow-up.



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Angharad Banner

Independent & NHS Dietitian

Angharad specialised in paediatrics early in her career, gaining valuable experience at Guy's and St Thomas' and then Great Ormond Street Hospital. She later led the paediatric dietetics team at Cardiff and Vale University Health Board. After several years—and children—she took a break from the NHS to pursue freelance work. Angharad now has over a decade of experience seeing patients in private practice and provides consultancy services to a wide range of organisations including the BBC, Vegan Society, and various nutrition companies. She serves on two BDA committees: the Paediatric Specialist Group and the ARFID Sub-Group of the Mental Health Group. In 2019, she returned to the NHS part-time as a CAMHS Dietitian, focusing on ARFID. She co-wrote the ARFID BDA study day, position statement, and NDR diet sheet.

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Anjane Kohli

Diabetes Dietitian at Birmingham Children's Hospital

Anjane is an experienced Paediatric Diabetes Dietitian, with a deep commitment to supporting children, young people, and families in managing all forms of diabetes. With a specialist focus in both Type 1 and Type 2 diabetes, she works across multidisciplinary teams to deliver holistic, evidence-based care within the NHS and beyond.

Anjane currently delivers services at Birmingham Children's Hospital, one of the UK's leading paediatric diabetes centres. She also has a strong background in general paediatrics and home enteral feeding, combining clinical expertise with compassionate, family-centred care.

Beyond her clinical work, Anjane is passionate about accessible education and culturally tailored nutrition. Through her platform @anjane.dietitian, she shares practical advice, busts common health myths, and showcases inclusive dietary strategies, particularly through a Punjabi lens.

Weight loss injections- how are they used in the paediatric population. Discussions around adaptations to dietary counselling and managing the side effects:

This session breaks down the latest evidence, real-world challenges, and the dietitian's role in navigating this rapidly evolving area of childhood obesity treatment.



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Katie Greene

Specialist Gastro Dietitian at Sheffield Children's Hospital

Katie has worked as a dietitian since 2005, starting her career at Addenbrooke's Hospital. She specialised in paediatric gastroenterology early on in her career, working in this field since 2007. In 2009 Katie joined the team at Sheffield Children's Hospital, continuing as a specialist dietitian in gastroenterology, and has never left! In 2023, she also took on the role as dietitian for the neonatal surgical unit here at SCH, and now combines this role with gastroenterology.

Nutritional implications and management of GI dystonia, and other complications, in children with neurological impairment: Conditions of neurological impairment (NI) are numerous and varied. Many affect gastrointestinal (GI) motility, and consequently have an effect the nutritional status of patients, as a result of feed tolerance. It is important to understand the mechanism by which the GI tract is affected in such conditions, to allow feeding plans to be adjusted to ameliorate the symptoms caused by feeding.



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Zara Kerr

The Royal Belfast Hospital for Sick Children

Zara Kerr – Specialist paediatric dietitian and a mother of two children, who graduated from University of Chester in 2015. Has been working within The Royal Belfast Hospital for Sick Children since 2018.

Previous experience within the areas of ketogenic diets and renal but recently secured a full time post as an advanced specialist practitioner within paediatric intensive care.

Nutritional management in the critically ill child and the barriers contributing to inadequate nutrition

Nutrition significantly affects the outcomes of critically ill children within intensive care units. Due to the evolving metabolic, neuroendocrine, and immunological disorders associated with severe illness or trauma, there are dynamically changing phases of energy needs requiring tailored macronutrient intake.

This presentation will take you through the nutritional requirements for the phases of critical illness, micronutrient considerations and the challenges in providing nutrition, with a focus on evidence based recommendations and their impact on recovery and development.



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Dr Stina Jensen
Head of Applied HMOs at Novonesis

Stina is heading the Applied HMOs team at Novonesis. She has a scientific background in human diseases, including inflammatory bowel disease and diabetes, along with expertise in animal- and infant nutrition and health. Her professional experience spans both the pharmaceutical and biotechnology industries. Since joining Novonesis, she has been leading a highly skilled science team dedicated to generating pre-clinical and clinical evidence on the effects of Human Milk Oligosaccharides (HMOs). Drawing on her extensive experience as an industry scientist, she has developed a strong understanding of the translational potential of scientific data into practical application and has established partnerships with several academic experts to advance technological innovation.

Human Milk Oligosaccharides (HMO's) - the latest evidence for their use and health benefits. Taking a look at likely future use in practice. A company update
by healthcare scientists

Human milk oligosaccharides (HMOs) are the third most abundant component in human milk, and more than 150 structures have been identified to date. Observational studies in breastfed infants associate HMOs with potential beneficial health outcomes. Pre-clinical and clinical research has demonstrated effects of HMOs on the gut and microbiome, immune system and on the brain and cognition. Ongoing research continues to explore new relevant health areas where HMOs have potential benefits.

Advancements in manufacturing processes allow certain individual HMOs to be produced at scale. This enables exploration of HMOs in basic research and diverse applications of HMOs e.g. whether the beneficial effects can be gained by supplementing HMOs to foods such as infant formula. Since 2015, HMOs have been added to infant formula, and initially, only one HMO was included, but today, some products contain several HMOs from different structural groups.

The objective of this talk is to provide a comprehensive overview of HMOs in human milk and commercially available HMOs and discuss the scientific evidence and potential health benefits of the structurally diverse HMOs.



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YOUR STUDY DAY ORGANISERS

Bahee Van de Bor



Heather Grant



Joanne Kwok



Aimee McEvilly



Thank you for joining our study day!

We hope you found the content useful for your practice and that it will contribute to your ongoing work.

Bahee, Chair of the PSG, hopes you enjoy the carefully curated day. A sincere thank you goes out to all our fantastic speakers, and events officers without whom this wonderful day wouldn't be possible.

See you next year!