



Centre for Nutrition Education  
Southampton



## Practical Nutrition Support Course

Best Western Chilworth Manor Hotel

Sunday 5<sup>th</sup> to Tuesday 7<sup>th</sup> November 2017

## Draft Programme

### Sunday 5<sup>th</sup> November 2017

**08.30 – 09.00** Registration and coffee/tea

**09.00 – 09.15** Introduction and Course overview

Dr Trevor Smith (*Southampton*)

**Session 1** Basics of clinical nutrition 1

**Chair** Dr Trevor Smith

**09.15 – 10.00** The pathology of malnutrition

Professor Alan Jackson (*Southampton*)

**10.00 – 10.45** Macro and micronutrients – what to give?

Professor Mike Stroud (*Southampton*)

**10.45 – 11.15** Coffee/Tea Break

**Session 2** Basics of clinical nutrition 2

**Chair** Professor Alan Jackson

**11.15 – 12.15** Cases and Quiz

Dr Steve Wootton, Professor Mike Stroud (*Southampton*)

**12.15 – 13.15** Lunch

**Session 3** Malnutrition and assessment

**Chair** Dr Charlotte Rutter

**13.15 – 13.30** Case: Elderly acute medical admission

Dr Trevor Smith (*Southampton*)

**13.30 – 14.00** Malnutrition and its consequences

Dr Trevor Smith (*Southampton*)

**14.00 – 15.00** Nutritional screening & assessment workshop

30 minutes each  
MUST & Anthropometrics – Dr Abbie Cawood (TBC), Mrs Hannah Leach (*Southampton*)

Calculating nutritional requirements - Dr Charlotte Rutter, Ms Lucy Bakewell (*Southampton*)

**15.00 – 15.30** Tea

**Session 4** Oral nutritional support

**Chair** Dr Trevor Smith

**15.30 – 15.45** Welcome to the NST

Dr Charlotte Rutter (*Southampton*)

**15.45 – 16.15** Oral nutritional supplements - evidence base for practice

Dr Rebecca Stratton (*Southampton*)(TBC)

**16.15 – 17.15** Ethics Debate: Anorexia and Dementia

Dr Trevor Smith, Professor Mike Stroud (*Southampton*)



<b>17.30</b>	<b>End</b>
<b>18.00 - late</b>	<b>Course dinner (transport provided)</b>

## Monday 6<sup>th</sup> November 2017

**08.30 – 09.00** Coffee/Tea

**Session 5**      **Enteral Support 1**  
**Chair**            **Dr Steve Wootton**

**08.30 – 08.45**    **Case: Gastroparesis**  
 Dr Charlotte Rutter (*Southampton*)

**08.45 – 09.15**   **Who, why and what of enteral nutritional support**  
 Dr Charlotte Rutter (*Southampton*)

**09.15 – 09.30**   **Quiz**  
 Dr Maeve Tierney (*Bournemouth*)

**09.30 – 10.00**   **NG tube insertion and management**  
 Dr Charlotte Rutter, Sr Catherine Sibley (*Southampton*)

**10.00 – 10.30**   **Coffee/Tea Break**

**Session 6**      **Enteral Support 2**  
**Chair**            **Dr Charlotte Rutter**

**10.30 – 11.30**   **Enteral tube workshop**  
 20 minutes each    Enteral tubes - Sr Zillah Leach, Sr Catherine Sibley (*Southampton*)  
 Endoscopic tubes – Dr Emily Clarke (*Torbay*), Dr Charlotte Rutter (*Southampton*)  
 Radiological tubes – Dr Rob Allison (*Southampton*)

**11.30 – 12.00**   **Prescribing enteral nutrition**  
 Ms Lucy Bakewell (*Southampton*)

**12.00 – 13.00**   **Lunch**

**Session 7**      **Enteral Support 3**  
**Chair**            **Dr Charlotte Rutter**

**13.00 – 13.30**   **Refeeding syndrome - the do's and don'ts**  
 Dr Des DeSilva (*Reading*)

**13.30 – 14.30**   **Enteral nutrition in special cases workshop**  
 20 minutes each    IBD – Mrs Catherine Westoby (*Southampton*)  
 Liver and pancreatic disease – Ms Natasha Guildford (*Southampton*)  
 Supplements

**14.30 – 15.15**   **Home enteral feeding workshop**  
 Dr Sue Green (*TBC*)  
 HEN Patient, community nutrition nurse



<b>15.15 – 15.45</b>	<b>Coffee/Tea</b>
<b>Session 8</b>	<b>Intestinal Failure 1</b>
<b>Chair</b>	<b>Dr Trevor Smith</b>
<b>15.45 – 16.00</b>	<b>Case: Complex IBD patient</b> Professor Mike Stroud ( <i>Southampton</i> )
<b>16.00 – 16.45</b>	<b>Peri-operative nutrition and fluid management</b> Professor Mike Stroud ( <i>Southampton</i> )
<b>16.45 – 17.00</b>	<b>Summary of the day</b> Dr Charlotte Rutter ( <i>Southampton</i> )
<b>17.00</b>	<b>End</b>
<b>18.00 – 19.30</b>	<b>Evening Symposium - Malnutrition pathway</b> Anne Holdaway
<b>19.30 – late</b>	<b>Buffet dinner</b>

## Tuesday 7<sup>th</sup> November 2017

<b>08.00 – 08.15</b>	<b>Coffee/Tea</b>
<b>Session 9</b>	<b>Intestinal Failure 2</b>
<b>Chair</b>	<b>Dr Trevor Smith</b>
<b>08.15 – 08.30</b>	<b>Intestinal failure and intestinal insufficiency: Type 1, 2 and 3</b> Dr Trevor Smith ( <i>Southampton</i> )
<b>08.30 – 09.00</b>	<b>IF virtual ward round 1: Short bowel</b> Dr Simon Gabe ( <i>St Mark's Hospital</i> )
<b>09.00 – 09.30</b>	<b>IF virtual ward round 2: Intestinal fistula</b> Mr Andy King/Mr Carl Richardson ( <i>Southampton</i> )
<b>09.30 – 10.00</b>	<b>The inside and out of radiological mapping</b> Dr Charlotte Lane ( <i>Southampton</i> )
<b>10.00 – 10.30</b>	<b>Coffee/Tea</b>
<b>Session 10</b>	<b>Intestinal Failure 3</b>
<b>Chair</b>	<b>Dr Trevor Smith</b>
<b>10.30 – 11.00</b>	<b>IF virtual ward round 3: Intestinal dysmotility</b> Dr Nick Coleman ( <i>Southampton</i> )
<b>11.00 – 11.30</b>	<b>IF virtual ward round 4: Mechanical obstruction &amp; palliative PN</b> Dr Mani Naghibi ( <i>St Mark's Hospital</i> )
<b>11.30 – 12.00</b>	<b>IF virtual ward round 5: Extensive small bowel mucosal disease (IBD)</b> Dr Simon Gabe ( <i>St Mark's Hospital</i> )



**12.00 – 12.30 Q&A**

All

**12.30 – 13.30 Lunch**

**Session 11 Intestinal Failure 4**

**Chair Dr Trevor Smith**

**13.30 – 14.15 Complications of parenteral nutrition**

Dr Charlotte Rutter (*Southampton*)

**14.15 – 14.45 Home parenteral nutrition workshop**

HPN patient

Discharge planning and outpatient monitoring - Sr Zillah Leach, Mrs Priya Mistry (*Southampton*)

**14.45 – 15.00 Tea**

**Session 12 Intestinal transplantation**

**Chair Dr Charlotte Rutter**

**15.00 – 15.45 Intestinal and multivisceral transplantation**

Mr Andrew Butler (*Cambridge*)

**15.45 – 16.00 Summary and Feedback**

Dr Trevor Smith and Dr Charlotte Rutter (*Southampton*)

**16.00**

**End**

