

UCL Partners Nutrition course 2nd - 4th October 2017
UNISON CENTRE 130 Euston Road, Kings Cross, London NW1 2AY

Day 1: MONDAY 2nd OCTOBER 2017

8.45 – 9.15 Registration and Coffee/Tea

9.15 - 9.30 Introduction and course overview

Dr Farooq Rahman (UCLH)

Dr Andrew Rochford (Barts Health)

Session 1: Basics of clinical nutrition I

Chairs: Dr Nathan Davies, Dr Andrew Rochford

9.30 – 10.00 Carbohydrate, fat and protein metabolism – basic principles and a case based approach

Dr George Grimble (UCL)

10.00 - 10.30 Vitamins, antioxidants, trace elements and minerals – basic principles and a case based approach

Dr Nathan Davies (UCL)

10.30 – 11.00 Refeeding syndrome

Dr Mani Naghibi (St. Mark's Hospital)

11.00 - 11.30 Coffee/Tea

Session 2: Basics of clinical nutrition II

Chairs: Dr Farooq Rahman/Dr Sham Mehta

11.30 – 12.00 Pro- and pre-biotics in health and disease

Dr Megan Rossi (King's College London)

12.00 - 12.30 Diets, fads and FODMAPS

Dr Gareth Parkes (Barts Health)

12.30 - 13.30 Lunch

Session 3: Nutrition in practice

13.30 – 14.40 Afternoon session split into specialist facilitated workshops

Specialist facilitated workshops – Discussion rooms (30 minutes each, 2 rooms only then break)

ROOM 1: A hands on guide to nutritional assessment and anthropometrical evaluation (30 minutes)

Ms Niamh Keane (UCLH)

TBC

ROOM 2: A practical guide to stomas, fistulas and appliances (30 minutes)

Mr James Crosbie (UCLH)

Ms Gabriella Boland (UCLH)

Supported by Coloplast

ROOM 3: Calculating energy requirements: Who needs what and how to make the numbers add up (30 minutes)

Dr Clare Donnellan (Leeds General Infirmary)

Ms Pinal Patel (UCLH)

Mrs Shola Ajibodu (UCLH)

ROOM 4: How to approach the patient requiring nutritional support (30 minutes)

Dr Sham Mehta (UCLH)

Mrs Sam Shanley (UCLH)

14.40 - 15.10 Coffee/Tea

Session 4: Nutrition in practice

15.10 – 16.20 Afternoon session split into specialist facilitated workshops

Specialist facilitated workshops – Discussion rooms (30 minutes each, remaining 2 rooms)

ROOM 1: A hands on guide to nutritional assessment and anthropometrical evaluation (30 minutes)

Ms Niamh Keane (UCLH)

TBC

ROOM 2: A practical guide to stomas, fistulas and appliances (30 minutes)

Mr James Crosbie (UCLH)

Ms Gabriella Boland (UCLH)

Supported by Coloplast

ROOM 3: Calculating energy requirements: Who needs what and how to make the numbers add up (30 minutes)

Dr Clare Donnellan (Leeds General Infirmary)

Ms Pinal Patel (UCLH)

Mrs Shola Ajibodu (UCLH)

ROOM 4: How to approach the patient requiring nutritional support (30 minutes)

Dr Sham Mehta (UCLH)

Mrs Sam Shanley (UCLH)

16.20 - 16.30 End of the day summary

Day 2: TUESDAY 3RD OCTOBER 2017

8.30 – 8.55 Coffee/Tea

8.55 Introduction

Session 5: Nutrition in special circumstances

Chairs: Dr Lisa Sharkey/Dr Simona Di Caro

9.00 – 9.30 Parenteral Nutrition and cancer

Dr Lisa Sharkey (Addenbrookes' Hospital)

9.30-10.00 Nutrition consequences of complex functional gastrointestinal disorders
Dr Anton Emmanuel (UCLH)

10.00 – 10.30 Nutritional issues in refractory Coeliac disease
Dr Suzanne Donnelly (St Marks)

10.30 – 11.00 Coffee/Tea

Session 6: Essential guide to EN and PN
Chairs: Dr Jon Shaffer/Dr Penny Neild

11.00-11.40 Essential guide to EN: Indications, contraindications, complications, monitoring, formulations and techniques
Dr Penny Neild (St George's Hospital)

11.40-12.20 Essential guide to PN: Indications, contraindications, complications, monitoring, formulations and techniques
Dr Jon Shaffer (Salford Hope Hospital)

12.20 - 13.20 Lunch

Session 7: Prescribing enteral and parenteral nutrition & complications

13.20 - 14.30 Afternoon session split into specialist facilitated workshops

Specialist facilitated workshops – Discussion rooms (30 minutes each, 2 rooms only then break)

ROOM 1: PN in practice – Insights into the challenges encountered
Dr Farooq Rahman (UCLH)
Ms Niamh Keane (UCLH)
Mr Tony Murphy (UCLH)

ROOM 2: Line care in PN
Ms Krista Murray (UCLH)
Ms Sarah Obbard (UCLH)
TBC

ROOM 3: Nutrition and endoscopy: The do's and don'ts of feeding tubes
Dr Andrew Rochford (Barts Health)
Ms Cheryl McKenzie (Barts Health)
Ms Eva Cardona (UCLH)
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ROOM 4: Abnormal LFTs in PN patients
Dr Simona Di Caro (UCLH)
Ms Pinal Patel (UCLH)
Mrs Shola Ajibodu (UCLH)

14.30 - 15.00 Coffee/Tea

Session 8: Prescribing enteral and parenteral nutrition & complications

15.00 – 16.10 Afternoon session split into specialist facilitated workshops

Specialist facilitated workshops – Discussion rooms (30 minutes each, remaining 2 rooms)

ROOM 1: PN in practice – Insights into the challenges encountered

Dr Farooq Rahman (UCLH)

Ms Niamh Keane (UCLH)

Mr Tony Murphy (UCLH)

ROOM 2: Line care in PN

Ms Krista Murray (UCLH)

Ms Sarah Obbard (UCLH)

TBC

ROOM 3: Nutrition and endoscopy: The do's and don'ts of feeding tubes

Dr Andrew Rochford (Barts Health)

Ms Cheryl McKenzie (Barts Health)

Ms Eva Cardona (UCLH)

Supported by Fresenius Kabi

ROOM 4: Abnormal LFTs in PN

Dr Simona Di Caro (UCLH)

Ms Pinal Patel (UCLH)

Mrs Shola Ajibodu (UCLH)

Session 9: Nutrition and Obesity

Chairs: Simona Di Caro/TBC

16.10-16.40 Obesity: The medical approach and Appetite regulation and the principles of metabolic surgery

Dr Andrea Pucci (UCLH)

16.40 – 17.10 Nutrition after bariatric surgery

TBC

17.10 - 17.20 End of the day summary

Day 3: WEDNESDAY 4TH OCTOBER 2017

8.30 - 8.55 *Coffee/Tea*

8.55 Introduction

Session 10: Short bowel syndrome

Chairs: Dr Farooq Rahman/Professor Simon Lal

9.00 - 9.45 Short bowel syndrome - 'The more in, the more out': Pathophysiology, causes and complications

Dr Charlotte Rutter (Southampton)

9.45 - 10.30 The SNAP approach to Type II intestinal failure

Professor Simon Lal (Salford Hope Hospital)

10.30 - 11.00 Coffee/Tea

Session 11: Surgery, home parenteral nutrition and small bowel transplantation

Chairs: Dr Farooq Rahman/Mr Al Windsor

11.00-11.30 Causes of IF and approach to surgical management
Mr Al Windsor (UCLH)

11.30 - 12.00 Discharging on home parenteral nutrition
Professor Simon Lal (Salford Hope Hospital)

12.00 - 12.30 The last resort: Small bowel transplantation
Mr Andrew Butler (Addenbrookes' Hospital)

12.30-13.00 Face-to-Face debate: Home Parenteral Nutrition vs. Transplantation
Professor Simon Lal/ Mr Andrew Butler

13.00 – 14.00 Lunch

Session 12: Nutritional support in special circumstances I

Chairs: Dr Simona Di Caro/Dr Sham Mehta

14.00 – 14.30 Nutrition in IBD
Dr Phillip Allan (Oxford)

14.30 – 15.00 Nutrition in acute pancreatitis and pancreatic exocrine insufficiency
Dr Gavin Johnson (UCLH)

15.00 - 15.30 Nutrition and liver disease
Dr Jane MacNaughtan (UCLH)

15.30 - 16.00 Coffee/Tea

Session 13: Nutritional support in special circumstances II

Chairs: Dr Paul Robinson/Dr Andrew Rochford

16.00 - 16.30 Anorexia nervosa / Eating disorders
Dr Paul Robinson (UCL)

16.30 - 17.00 The functional patient with nutritional problems
Dr Yoram Inspector (St. Mark's Hospital)

17.00 - 17.20 Course summary and feedback

Dr Simona Di Caro and Dr Shameer Mehta (UCLH)