

Report on 46th ESPEN Congress On Clinical Nutrition and Metabolism for the NZHPA CNO Nutrition and Compounding Education Grant.

Thanks to the CNO education grant to cover the registration fee I was able to attend the 46th ESPEN Congress On Clinical Nutrition and Metabolism in Milan September 2024.



The delegates represented a range of professional groups, surgeons, gastroenterologists, dietitians, nurses and, of course, pharmacists, who care patients of across all age groups who require clinical nutrition support usually via the enteral or intravenous route.

With that many abstracts the multiple concurrent sessions over the 3 and half days made choosing which ones to attend a challenge.

It was interesting to hear during a sessions on Home Parenteral Nutrition (HPN) provision that Australia and New Zealand have a prevalence of 9.4 per million, putting us in an intermediate grouping with countries such as Canada, Italy, Argentina and Spain. However many countries have no access to HPN and those that do have a wide variety of funding models. A session on the relatively recently released ESPEN practical guideline: Home Parenteral Nutrition, gave good background on a selection of the recommendations. It was pleasing to hear that what I believe is the usual practice in New Zealand of using either customised compounded bags or ready to use multi-chamber bags including trace elements and multivitamins is recommended as good practice with a strong consensus according to expert opinion.

Hearing about the experiences of various teams transitioning patients from the care of paediatric services where it is usual to have family centred care to adult services which are more patient centred turned out to be of practical use. Not long after returning to work one of the paediatricians called an initial meeting to start discussions on transitioning one of their patients to adult services, albeit in the end the family moved regions before our teams could progress.

The new ESPEN practical guidelines are, available free on the app, a great easy to use resource.

