

# NZHPA CNO SIG Grant Report

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Course Attended: AuSPEN Advanced Nutrition Course 2025

Dates: Thursday 19th – Saturday 21st June 2025

Location: RACV City Club, 501 Bourke Street, Melbourne, VIC 3000

Grant Awarded By: NZHPA Clinical Nutrition Oncology Special Interest Group

## Purpose of Grant and Event Overview

I attended the AuSPEN Advanced Nutrition Course 2025, held in Melbourne from 19–21 June. This intensive three-day course brought together a multidisciplinary audience to explore key issues in clinical nutrition, including gastrointestinal disorders, intestinal failure, parenteral nutrition, critical care and ethical considerations in practice.

As a Senior Pharmacist specialising in paediatric gastroenterology and intravenous nutrition at Te Toka Tumai Auckland, the course content was directly relevant to my clinical focus. While I did not present, I actively engaged in case-based workshops and networking discussions. Although the content was mostly in relation to adult patients, for someone relatively new to the field of nutrition, it was a great opportunity to cover the basics, and build on them in more complex situations.

Full event details:

[Summary - 2025 Advanced Clinical Nutrition Course](#)

## Highlights and Key Learnings

### 1. Disorders of Gut–Brain Interaction (DGBIs)

This session delved into the pathophysiology, diagnosis, and nutritional and psychological management of DGBIs, including functional abdominal pain, IBS, and chronic nausea syndromes. The presenter was a consultant who runs public and private DGBI multidisciplinary clinics and shared great examples of utilizing physiotherapy and nutrition to address the physiological effects and psychology and pharmacological agents to address the psychological aspects.

## **2. Management of Intestinal Failure**

This was highly applicable to my daily practice. Presenters discussed acute and chronic intestinal failure, the role of multidisciplinary IF teams, and strategies for stabilisation, transition to home PN, and long-term monitoring. The presentation and subsequent discussions covered important considerations such as length of gut, other anatomical changes, osmolality of enteral fluids as well as pharmacological options. All of which were of great interest to me and will certainly be included into my daily practice reviewing these patients.

## **3. Ethics in Nutrition**

A thought-provoking session focused on ethical dilemmas in nutrition support by a clinical ethicist, particularly around artificial nutrition in end-of-life care, and situations where patient values may differ from clinical recommendations. Case studies highlighted the importance of shared decision-making, cultural considerations, and clinician self-reflection. This session helped me realise that I should keep an open mind while exploring all options, ensure that you consider appropriate ethical reasoning before coming to a decision. It also highlights the importance of including the multidisciplinary team in these decisions.

## **Acknowledgements**

I would like to express my sincere thanks to the NZHPA Clinical Nutrition Oncology Special Interest Group for awarding me this grant and enabling my attendance at the AuSPEN Advanced Nutrition Course 2025.