



*The 20th Anniversary of
Study Days and Workshops*

St Mark's Nutrition &
Intestinal Rehabilitation Unit

10th–12th December, 2018

at the Royal Society of Medicine, London

A three-day course for healthcare professionals interested and involved in looking after patients with acute and chronic intestinal failure, including those requiring home parenteral nutrition.

St Mark's Hospital nutrition and intestinal failure team celebrate their 20th anniversary and are happy to announce that the congress on intestinal failure, rehabilitation and home parenteral nutrition has been extended to three days to cover all three types of intestinal failure.

Day 1 Aspects of type 1 intestinal failure including causes and prevention, refeeding, requirements, short term access, types of enteral and parenteral nutrition, drug management and a TED style talk on enhanced recovery after surgery (ERAS).

Day 2 Aspects of type 2 intestinal failure and will focus on the management of enterocutaneous fistula, fistuloclysis/distal feeding, pharmacology issues, management of chronic pain and dysmotility plus a TED style talk on the microbiome and IBD in intestinal failure.

Day 3 Covering type 3 intestinal failure and will focus on home parenteral nutrition including HIFNET and the HPN framework, monitoring, psychological aspects, complications such as infections, metabolic and abnormal LFTs, malignancy, intestinal rehabilitation and transplantation.

St Mark's Institute
for Colorectal Medicine and Surgery



DAY 1: Monday 10th December, 2018

08.45 Registration with coffee

09.15 Welcome **Simon Gabe**

09.20 **Overview & initial assessment** **Mia Small**

- Definition and causes of type 1 IF **Mani Naghibi**
- Recognising refeeding risk and update **Alison Culkin**
- Estimating requirements for short term PN **Nicola Vernon**
- Panel discussion

10.40 Coffee

11.00 **Prevention and early rehabilitation** **Uchu Meade**

- Perioperative management to prevent ileus **Ian Johnston**
- When Type 1 turns into Type 2 **Simon Gabe, Trevor Smith**
- TEDtalk – ERAS (title to follow) **Olle Ljungqvist**
- Panel discussion

12:30 Lunch

13.30 **PN and EN in Type 1 IF** **Ian Johnston**

- Early enteral nutrition support in ITU **Mina Bharal**
- Routes of short term PN administration – central vs peripheral **Mia Small**
- Multi-chamber bags vs. tailored PN bags **Uchu Meade**
- Panel discussion

14.50 Coffee

15.10 **MDT Management of Type 1 IF** **Mani Naghibi**

- Drug management in type 1 IF **Riddhika Joshi**
- Monitoring and managing lipids in PN **Martin Crook**
- Discussion
- Out of hours off the shelf PN: The debate
For: **Trevor Smith** / Against: **Alison Culkin**
- Discussion

17:00 **Summary and close** **Mani Naghibi**

DAY 2: Tuesday 11th December, 2018

08.55 Management of enterocutaneous fistula

Janindra Warusavathane

09.00 The medical management Jeremy Nightingale

09.30 When to operate Carolynne Vaizey

09.50 Abdominal wall reconstruction Joannis Constantinides

10.10 Panel discussion

10.30 Coffee

11.00 Feeding issues MDT:

lightening learning on distal feeding Suzanne Donnelly

- Who to feed and prep the patient Stella Dilke
- What paraphernalia to use Mia Small
- What to feed distally Beth Rye

11.30 Panel discussion

11.50 Dietary management of short bowel for clinicians Beth Rye

12.10 Discussion

12.20 Future directions: Microbiome in IBD and IF (TED talk)

Ailsa Hart

12.55 Lunch/exhibitions/informal chat to SMH Team

14.00 Pharmacology conundrums in intestinal failure

Mia Small

14.00 Loperamide: past, present and future Jeremy Nightingale

14.20 Drug absorption in IF Uchu Meade

14.40 Top ten IF medications and common pitfalls? Angela Chana

15.00 Polypharmacy and Deprescribing Roshni Patel

15.15 Panel discussion

15.25 The management of Chronic pain Cathy Stannard

16.10 When dysmotility becomes type 3 Alison Culkin

16.10 Dysmotility Qasim Aziz

16.40 Case Simon Gabe

17.30 Close





DAY 3: Wednesday 12th December, 2018

08.15 Registration with coffee

08.50 Welcome **Alison Culkin**

09.00 **Home parenteral nutrition** **Alison Culkin**

09.00 Current trends including HIFNET, HPN Framework & IF Registry **Mia Small**

09.30 Getting patients home on parenteral nutrition
Jo Gent and Roshni Patel

09.50 Monitoring & weaning parenteral nutrition **Diane Brundrett**

10.20 Discussion

10.30 Coffee

11.00 **Complications** **Simon Gabe**

11.00 Metabolic complications **Suzanne Donnelly**

11.25 Complications of central venous catheters **Mia Small**

11.50 IF under the microscope **TBC**

12.15 How we manage abnormal LFTs **Simon Gabe**

12.45 Discussion

13.00 Lunch

14.00 **Patient perspectives** **Mia Small**

14.00 A series of patient interviews with panel discussion
MDT panel

15.00 Summary **Yoram Inspector**

15.15 Tea

15.45 **Difficult decisions** **Suzanne Donnelly**

15.45 Parenteral nutrition & end stage malignancy
Mani Naghibi

16.05 Intestinal rehabilitation **Sid Oke**

16.25 Intestinal transplantation **Lisa Sharkey**

16.45 Discussion **All**

17.00 Summary and close **Alison Culkin**

St Mark's Hospital Institute for Colorectal Medicine and Surgery

St Mark's Academic Institute, Level 5, Northwick Park, Watford Road,, Harrow, Middlesex
HA1 3UJ Telephone: 020 8235 4046/48, Email: info@stmarksacademicinstitute.org.uk
Website: www.stmarksacademicinstitute.org.uk

St. Mark's Hospital is dedicated to bringing about a future free from the fear of bowel disease through Research, Education and Dissemination of Clinical Excellence.
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