



St Mark's Nutrition and Intestinal Rehabilitation Course

9th–11th December, 2019
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 presents a three day course covering 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 parenteral nutrition, drug management, management of short-term complications.

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, supporting the patients' psychological needs.

Day 3 Covering type 3 intestinal failure and will focus on home parenteral nutrition including HIFNET and the HPN framework, monitoring micronutrients, complications such as infections, metabolic and abnormal LFTs, malignancy, intestinal rehabilitation and management of a homecare crisis.

St Mark's Hospital
The National Bowel Hospital



DAY 1: Type 1 Intestinal Failure Monday 9th December, 2019

08.45 Registration with coffee

09.15 Welcome **Suzanne Donnelly**

09.20 Overview & initial assessment **Chair: Suzanne Donnelly**

09.20 Definition and causes of Type 1 **Mani Naghibi**

09.40 Recognising and managing refeeding risk **Alison Culkin**

10.00 Estimating requirements for short term PN **Alison Culkin**

10.20 Panel discussion

10.40 Coffee

11.00 Perioperative management of type 1 **Chair: Mani Naghibi**

11.00 National Audit of Small Bowel Obstruction (NASBO) **Matt Lee**

11.20 Surgical management of bowel obstruction **Phil Tozer**

11.40 Dietary management of bowel obstruction **Alison Culkin**

12.00 Prevention & management of post op ileus **Mani Naghibi**

12.20 Panel discussion

12.30 Lunch

13.30 High output stomas and short term parenteral nutrition

Chair: Alison Culkin

13.30 Management of high output stoma **Simon Gabe**

13.50 Vascular access for short term PN **Misha Virtudazo**

14.10 Multi-chamber bags vs. tailored PN bags **Uchu Meade**

14.30 Panel discussion

14.50 Coffee

15.10 Complications of short term parenteral nutrition

Chair: Uchu Meade

15.10 Drug management in Type 1 IF **Riddhika Joshi**

15.30 Managing abnormal LFTs **Simon Gabe**

15.50 Managing lipid and glucose abnormalities **Suzanne Donnelly**

16.10 When type 1 turns into type 2 **Simon Gabe**

16.30 Discussion

17.00 Summary and close

DAY 2: Type 2 Intestinal Failure

Tuesday 10th December, 2019

08.45 Registration with coffee

09.00 Welcome

09.05 Management of enterocutaneous fistula

Chair: Akash Mehta

09.05 Medical management Suzanne Donnelly

09.30 Getting it right the first time Carolynne Vaizey

09.50 Abdominal wall reconstruction Joannis Constantinides

10.10 Panel discussion

10.30 Coffee

11.00 MDT management of enterocutaneous fistula

Chair: Akash Mehta

11.00 The defunctioned gut Stella Dilke

11.15 Distal limb feeding – challenges & success

Mia Small, Morag Pearson

11.35 Dietary management of short bowel Morag Pearson

12.00 Complex stoma care management Sarita Dhamala-Bhatta

12.20 Panel discussion – what I get asked about ECF?

12.50 Lunch

13.45 Medicines management Chair: Uchu Meade

13.50 The use of loperamide and cyclizine in intestinal rehabilitation Jeremy Nightingale

14.10 Drugs: taking the tube... Mia Small & Uchu Meade

14.40 Polypharmacy and deprescribing Roshni Patel

15.00 Discussion

15.10 Coffee

15.30 Pain and dysmotility Chair: Mia Small

15.30 Diagnosing dysmotility Giles Major

16.00 Management of chronic pain Cathy Stannard

16.30 Supporting the patients psychological needs – case studies Yoram Inspector

17.00 Discussion

17.30 Summary and close





DAY 3: Type 3 Intestinal Failure

Wednesday 11th December, 2019

08.30 Registration with coffee

08.55 Welcome

09.00 Home parenteral nutrition **Chair: Simon Gabe**

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

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

09.50 Monitoring and weaning PN **Diane Brundrett**

10.20 Panel discussion

10.30 Coffee

11.00 Complications **Chair: Mia Small**

11.00 Metabolic complications **Suzanne Donnelly**

11.25 Managing abnormal LFTs in HPN **Simon Gabe**

11.55 Catheter related thrombosis **James Willsmore**

12.20 Catheter-related sepsis under the microscope **Mia Small**

12:50 Discussion

13.00 Lunch

14.00 Patient perspective **Chair: Mia Small**

14.00 A series of patient and carer interviews
with panel discussion **MDT panel**

15.00 Summary and discussion

15.15 Coffee

15.45 Difficult decisions **Chair: Simon Gabe**

15.45 Parenteral nutrition & end stage malignancy **Mani Naghibi**

16.05 Intestinal rehabilitation using growth factors **Simon Gabe**

16.25 Managing a homecare company crisis:
patient safety from NHSE **Aidan Fowler**

16:45 Discussion

17.00 Summary and close

St Mark's Hospital gratefully acknowledges support from:



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
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