

NNNG Update



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Normality feels within touching distance now. The small talk is done, replaced with lengthy waiting lists, delays in clinical presentations with increasing demands on front door services. A new normal begins where uncertainty lies.

The importance of front-line staff experience and insight on practice

Insights from front-line staff are generally agreed to be vital for informing quality improvement. Front-line staff whose roles and experience provide rich insights and ideas across a range of dimensions (including how to improve patient care, workplace efficiency and staff wellbeing) often lack time, or power, to enact change or make systemic change. While local problem solving can be helpful, a default to firefighting and finding local 'workarounds' rather than systematic improvements mean that valuable systemic learning is lost, and standard ways of working are not improved. The net result may be worse organisational performance, combined with wasted resource and frustration for staff. The real, but tricky, territory of data, evidence base and best practice guidance provides useful insights and reflections as we navigate these challenging times.

Essential reading

- Boeykens K, Duysburgh I (2021). Prevention and management of major complications in percutaneous endoscopic gastrostomy. *BMJ Open Gastro.*; <https://bmjopengastro.bmj.com/content/8/1/e000628>
Percutaneous endoscopic gastrostomy is a commonly used endoscopic technique. Major complications are rare but prevention, early recognition and proper management are important. The presence of a multidisciplinary nutritional support team can play a very important role in decreasing morbidity and mortality.
- Hill A, et al. (2021). A combination of enteral and parenteral nutrition in the acute phase of critical illness: An updated systematic review and meta-analysis. *JPEN*; <https://aspenjournals.onlinelibrary.wiley.com/doi/10.1002/jpen.2125>
Uncertainty remains about the best route and timing of medical nutrition therapy in the acute phase of critical illness. Early combined enteral (EN) and parenteral nutrition (PN) may represent an attractive option to achieve recommended energy and protein goals in select patient groups.
- Hogan S, et al. (2021). Early enteral feeding is beneficial for patients after pelvic exenteration surgery: A randomized controlled trial. *JPEN*; <https://aspenjournals.onlinelibrary.wiley.com/doi/10.1002/jpen.2120>
Postoperative feeding practices vary after pelvic exenteration surgery because of the lack of nutrition research in this specific surgical area. Postoperative ileus (POI) is common after pelvic exenteration surgery.

Early enteral feeding is often avoided because of the belief that this may induce POI in this patient cohort, and the lack of evidence otherwise.

- Hollingworth TW, et al. (2021). Getting to grips with sarcopenia: recent advances and practical management for the gastroenterologist. *Frontline Gastroenterol.*; <https://fg.bmj.com/content/12/1/53>
Sarcopenia or muscle failure is an increasingly common condition that is associated with significant negative health outcomes. It is increasingly common in patients with gastrointestinal or liver disease, with significant clinical consequences. Sarcopenia is still poorly recognised by clinicians, in part due to the lack of a consensus definition. However, similar to malnutrition, it should become standard practice that we screen all patients for sarcopenia.
- Cardenas D, et al. (2021). Clinical nutrition and human rights. An International position paper. *Nutr Clin Pract.* <https://doi.org/10.1002/ncp.10667>
The International Working Group for Patients' Right to Nutritional Care presents its position paper regarding nutritional care as a human right intrinsically linked to the right to food and the right to health. Application of the human rights-based approach to the field of clinical nutrition will contribute to the construction of a moral, political and legal focus to the concept of nutritional care.

National Updates 2021

BAPEN: BAPEN has signed a Memorandum of Understanding with the Nutrition Society. For some time, they have been working together closely and this marks both an exciting development and a natural step to formalise this relationship. BAPEN and the Nutrition Society share many of the same objectives, missions and goals and believe their respective areas of focus complement one another.

NNNG: July 2021 will see the launch of collaborative working between the *British Journal of Nursing* (BJN) and the NNNG, with the creation of our very own BJN supplement. The NNNG supplement will be included in the BJN three times per year and NNNG members will receive a copy free of charge. If you are a budding writer or have an interesting case study to share – this is an opportunity for NNNG members to have their work published. Don't worry if you have not published before and need advice with the process, we are keen to support and encourage all members to be involved and get their voices heard.



SAVE THE DATES!

Virtual Conference 2021

Nursing and Nutritional Care – complex, diverse, essential

Monday 20th – Friday 24th September, 7 – 8pm

Our annual conference in September will be a virtual event running over several evenings during the week 20th–24th September. It will be free to all NNNG members, with a small fee for non-members. We are busy finalising details for our virtual Nutrition Village, allowing members and attendees to visit a variety of industry stands and demonstrations. We plan to bring you interesting, thought-provoking, challenging and reflective speakers straight to your homes and PCs.

To book your place, visit: www.NNNGConference.co.uk or call: +44(0)20 75016748

Join us: www.nnng.org.uk

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