

2023 CN Awards The Winners

The CN Awards recognises excellence & achievement in clinical, medical & health nutrition, and acknowledges the nutrition industry as a whole - individuals, groups and organisations that have gone above and beyond, making a positive contribution and significant difference to the nutrition profession. This year, we had more votes than ever before, showing that the CN Awards are doing exactly what they set out to do!

Here we reveal our 2023 CN Award winners...



Nutrition Resource of the Year

ARFID Position Statement

Authors: Angharad Banner, Paola Falcoski, Claire Knight, Elizabeth Roberts, Michelle Simpson, Sian Taylor, Clare Thornton-Wood, Mala Watts, Emma Jordan & Jessica Rann - British Dietetic Association (BDA) ARFID Special Interest Group Committee

"We are absolutely thrilled and honoured to receive the award for Nutrition Resource of the Year, and we are so grateful for all the nominations. We are a group of dietitians from across the UK who came together with a shared vision to produce a document to define best practice, and that would demonstrate the specific set of skills that we have as dietitians to support families and young people with ARFID. We are passionate about ARFID and dietetics and, as a group, we are involved in a number of other projects that will promote and empower dietitians to gain knowledge and skills in support of our patients with ARFID. Watch this space and do get in touch via the ARFID Special Interest Group of the BDA if you would like to be involved! Thank you again for the recognition of this resource that we poured our time and energy into. It really means so much to us all."

ARFID Position Statement Working Group



Angharad Banner



Paola Falcoski



Claire Knight



Elizabeth Roberts



Michelle Simpson



Sian Taylor



Clare Thornton-Wood



Mala Watts



The Geoff Simmonett 'Commitment to Patient Care' Award

KINDLY SPONSORED BY NUTRICIA HOMEWARD

Alison Ashworth

Paediatric Diabetic Dietitian, East Lancashire NHS Trust

"I was delighted to find out that I'd been nominated by my colleague for this award. Thank you to everyone who voted for me, and thanks also go to all the wonderful people I've worked with over the years. I've always tried to offer the very best care to my patients; to be recognised for that commitment to patient care means so much to me. Thank you."

Kindly sponsored by Nutricia Homeward

"Congratulations to Alison Ashworth from all the Nutricia Homeward Team, we are delighted she is the winner of the 2023 Geoff Simmonett Award for her commitment to patient care.

Alison, a Paediatric Diabetic Dietitian with a wealth of clinical knowledge, ensures patients are at the heart of service provision. As department lead for professional promotion, she has

produced written information, promotional videos, liaised with the BDA, and attended multiple career events for 14-18-year-olds.

Alison has supported many students and dietitians, passing on her wealth of knowledge, and is a regular member of the paediatric diabetes peer review panels, visiting several paediatric diabetes departments across the country.

Within her role for type 2 prevention and complications of excess weight, Alison has worked with the integrated care board, identifying services operating to support children, young people and their families to reduce risks. She has provided training to council employees and volunteers from local charities, ensuring engagement for ethnic minorities and those in socially deprived areas.

Alison has been very involved in a national quality improvement project, aiming for a smoother transition for diabetic patients, leading to improved patient engagement and outcomes."

The Nutricia Homeward Team - www.nutriciahomeward.co.uk





New Product of the Year

Peptisip Energy HP

Nutricia - www.nutricia.co.uk/hcp.html

"All of us at Nutricia are delighted that Peptisip Energy HP has won the 2023 CN Award for New Product of the Year.

We have an ongoing commitment to provide life-transforming nutrition for patients at key moments throughout their life, and continuously strive to provide support for patients and their families through innovative solutions.

Peptisip Energy HP was designed with patient outcomes as a priority. It provides a peptide-based Oral Nutritional Supplement that is both heavy on protein (15 g/200 ml serving), yet light on the gut and has an excellent tolerability, compliance and taste profile.¹

We would like to extend our thanks to every CN reader that voted for Peptisip Energy HP for this award. The fact that this has been voted for by the nutrition and dietetic community that inspired the development and use of this product makes it even more special." - Philippa Montgomery, Brand Manager.

Peptisip Energy HP is a Food for Special Medical Purposes for the dietary management of disease related malnutrition in patients with malabsorption and/or maldigestion and must be used under medical supervision. Reference: 1. Nutricia ACBS trial, data on file 2022.



Clinical Nutrition Professional of the Year

KINDLY SPONSORED BY NESTLÉ HEALTH SCIENCE

Emma Gaskin

Dietitian, Royal Stoke University Hospital

"I feel extremely honoured to be nominated and win this award. I am very grateful to Phill Johnston, who nominated me with a lovely nomination and all those who voted for me. Thank you so much!

I am extremely proud to volunteer as Chair for the BDA Critical Care Specialist Group (CCSG). I get to work closely with an absolutely fab group of dietitians, of which their hard work and dedication inspires me daily. I owe much of any success to them and the CCSG members; you are all amazing!"

Kindly sponsored by Nestlé Health Science

"Nestlé Health Science would like to congratulate the winner of the 2023 CN Award for Clinical Nutrition Professional of the Year, Emma Gaskin.

Well done Emma, what a fantastic achievement to be recognised for all the great work that you do and your achievements this year. Thoroughly deserved. We hope that you enjoy the celebrations."

The Nestlé Health Science Team - www.nestlehealthscience.co.uk



Sustainability Initiative Award

KINDLY SPONSORED BY NUTRICIA FLOCARE

Clinical Nutrition & Dietetics Team

Kent Community Health NHS Foundation Trust

"I am absolutely thrilled that our team have won the CN Sustainability Initiative Award, not only because of the huge amount of work put in by the paediatric dietitians and our admin support team, but also due to the clear drive within our Trust and the nation for sustainable care for a protected future of the NHS."

- Elaine Greenman, Highly Specialist Paediatric Dietitian/Team Leader, Kent Community Health NHS Foundation Trust



Top row left to right: Rose Jakeman, Jemma Williams, Maria Bishop, Jo Hulks, Victoria Delf.
Bottom row left to right: Zsofia Bogadi, Meggie Chivers, Elaine Greenman, Trista Lam.

Kindly sponsored by Nutricia Flocare
www.nutriciaflocare.com





CN Writer of the Year

KINDLY SPONSORED BY NUTRINOVO

Bruno Mafrici

MSc, RD, SP, Clinical Specialist Renal Dietitian, Lecturer in Clinical Nutrition, Dietetics and Nutrition Department, Nottingham University Hospitals NHS Trust, Nottingham

"I am very honoured to have been shortlisted by the CN Magazine team, and I would like to thank all the readers and all those people who took the time to submit their vote. Winning the 2023 CN Writer of the Year Award means a lot to me from a personal and professional level. I have dedicated the last 2 years to reading and critically appraising nutritional related guidelines, and peer reviewing scientific papers on kidney disease and nutrition. CN Magazine gave me the opportunity to share my learning and to reach many peers interested in kidney nutrition. Writing in a second language is not always easy for me (and the CN editors know this well!), so from a personal level this is a great achievement for me. Thank you again to all the CN readers and the CN team!"



Kindly sponsored by Nutrinovo

"On the behalf of everyone at Nutrinovo, we would like to congratulate Bruno Mafrici on winning the CN Award for Writer of the Year.

Bruno has become increasingly prominent across both conventional, and social media for a number of years, and was shortlisted by the publishers of CN Magazine for three excellent articles written around pertinent renal topics.

As a Clinical Specialist Renal Dietitian, and a Lecturer in Clinical Nutrition, Bruno draws upon his extensive experience to write well-researched, practical articles that are both educational and thought-provoking – often questioning the status quo.

As a specialist clinical nutrition business that prides itself on innovation and also likes to question the status quo, it gives us great pleasure to be able to congratulate Bruno on this excellent and very well-deserved achievement."

The Nutrinovo Team - <https://nutrinovo.com/>



Social Media Personality of the Year

KINDLY SPONSORED BY YAKULT

Long Li

Lecturer in Dietetics and Registered Dietitian, University of Surrey, Twitter: @LongLiPro

"I am absolutely delighted to have won the Social Media Personality of the Year CN Award, an honour that is all the more special as it has been voted for by the CN readers. My gratitude goes to my students and fellow dietitians for their nominations, which has touched me deeply.

Central to my social media content is the mission to raise the profile of nutrition and dietetics and to shine a light on the diverse and rewarding roles that dietitians can undertake. As a Specialist Dietitian in Educational and Pedagogical Practice, I have used the power of social media to expose student dietitians to the myriad career paths that await them post-qualification, to attract prospective students to the field of dietetics, and to advocate for evidence-based educational practices to enhance academic and clinical teaching and patient care.

Do follow me on Instagram, Twitter, and LinkedIn @LongLiPro to stay up-to-date with the latest insights into the world of dietetics and education. Here's to our shared journey in this fascinating field!"

Kindly sponsored by Yakult

"We are delighted to support the 2023 CN Award for 'Social Media Personality of the Year' and celebrate this year's winner... Long Li (@LongLiPro)! Long is a Registered Dietitian, board member for the BDA and a lecturer in dietetics at the University of Surrey. His engaging presence and evidence-based posts are invaluable in helping raise the profile of dietitians and calmly adding facts to counter distorted and inaccurate social media nutrition information. Yakult Science is dedicated to providing evidence-based insights to the HCP community; therefore, we are so thrilled to be providing this award to such a deserving candidate. Congratulations Long! We look forward to seeing where your online presence continues to take you!"

The Yakult Team - yakult.co.uk/hcp





Student of the Year

KINDLY SPONSORED BY BENECOL

Fiona Macintosh & Adelaide 'Kaitlyn' Black

Student Dietitians, University of Chester

"We are so proud to have won the CN Award for 'Student of the Year,' and are very grateful to everyone who voted! The other nominees have all done outstanding work, so we would like to recognise them as well.

We started the Society as a way for all students at the university with an interest in nutrition to have the opportunity to meet one another and participate in a range of social and educational activities. Winning this award and the recognition of the hard work we put in, alongside our studies, means so much to us.

We owe a big thank you to the Nutrition and Dietetics lecturers at the University of Chester, with an especially big thank you to Calvi Thompson and Luke Davies, whose guidance and support was invaluable in getting started. Lastly, we owe a big thank you to all of our Society members for making this year such a success! We look forward to carrying on the Society this coming autumn."



Kindly sponsored by Benecol

We warmly congratulate Fiona Macintosh and Kaitlyn Black as 'CN Students of the Year.' Their exceptional leadership and dedication within the Nutrition and Dietetics programme at the University of Chester are inspiring. Through founding the Nutrition Society, they've created a supportive platform for students to connect and learn. Their events, featuring experienced dietetic graduates, showcase their commitment to fellow students' success.

Fiona and Kaitlyn's @uocnutritionsociety Instagram page further empowers aspiring dietitians with informative content and expert insights. Their contributions during Nutrition and Hydration Week highlight their passion for promoting well-being.

Their volunteer work, such as Fiona's assistance at the local hospital and Kaitlyn's role as a spokesperson, demonstrate their commitment beyond academics. We applaud their outstanding efforts, which reflect Benecol's values of leadership and compassion. Fiona and Kaitlyn are undoubtedly poised for a bright future as accomplished dietitians."

The Benecol Team - <https://benecol.co.uk>



Paediatric Nutrition Professional of the Year

KINDLY SPONSORED BY FRESENIUS KABI

Susan Meredith

Clinical Lead Paediatric Dietetics and Enteral Feeding, Birmingham Community Healthcare NHS Trust, Chair of the BDA Paediatric Specialist Group

"I am over the moon and in slight disbelief that I have won this award, when I know there's better paediatric dietitians out there than me. I would like to say thank you to my colleagues from the BDA Paediatric Specialist Group who nominated me. It has been an absolute privilege to lead and work with such an enthusiastic, knowledgeable, and talented group of people. I'd also like to thank the amazing team at Birmingham Community, who have supported me on this journey. Finally, thank you to all the children and parents of Birmingham, with whom I've had the privilege of working with and learning so much from over the last 25 years!"



Kindly sponsored by Fresenius Kabi

"Fresenius Kabi are delighted to be sponsoring the CN Paediatric Professional of the Year Award for 2023! We would like to send huge congratulations to Susan Meredith, this year's winner. We recognise the significant impact that paediatric professionals have on their patients' daily lives and commend Susan for her outstanding contribution to paediatric nutritional care! Susan is a dietitian with over two decades of experience, who does a fantastic job as Chair of the BDA Paediatric Specialist group, working to develop paediatric dietetics. Susan also continues to make strides as the Clinical Lead for Paediatric Dietetics and Enteral Feeding at Birmingham Community Healthcare NHS Trust. We would like to take this opportunity to thank Susan for her ongoing commitment to supporting paediatric patients and their families. Congratulations from everyone at Fresenius Kabi!"

The Fresenius Kabi Team - www.fresenius-kabi.com/gb





Community Nutrition Professional of the Year

KINDLY SPONSORED BY BAXTER

Rehab Dietitian Team (Debbie McGugan, Pamela McMullan, Katie Wilson, Aislinn Bryson & Aaron Currans)

Community Rehab Dietetic Team, Northern Health and Social Care Trust

"We were delighted to be nominated by our nursing colleague (at Dalriada Community Hospital) for this award and are now very honoured to have won! We would like to thank all the CN readers who voted for our small Rehab Dietetic Team. With our work capturing the attention of senior management, this award will help strengthen our endeavour to progress our vision of ensuring older people at risk of malnutrition, sarcopenia and frailty within our Trust have access to appropriate dietary interventions and are also enabled to self-assess and manage."



Kindly sponsored by Baxter

"Congratulations to the Rehab Dietitian Team for their innovative approach to raising awareness of the importance of nutritional interventions. Their work delivering 'nutrition for recovery' training to nursing and support staff, as well as developing patient educational resources for those at risk of malnutrition, is making a difference for patients and exemplifies what the 'CN Award for Community Nutrition Professional of the Year' represents - which Baxter is proud to support. Thank you for your enthusiasm and commitment!"

Natasha Rees, Business Unit Head, UK, Ireland & Nordics, Baxter Healthcare - www.baxter.com



Outstanding Achievement

KINDLY SPONSORED BY ABBOTT

Paula Edwards

Clinical Nutrition Nurse Specialist Lead, Betsi Cadwaladr University Health Board

"There are so many that I should be thanking for the nomination and even more for voting for me. Diolch yn fawr (English translation "thank you"). One cannot be outstanding in the field of nutrition without a team and/or individuals that sit alongside in support and be leaders and influencers in their own right! Of course, I also should thank my husband and family without whom I could not have been as effective or be able to give as much as I have during my career. After over 3 decades in the NHS, over 2 of which has been in my role as Nutrition Nurse, it's time to hand the lead baton over to my deputy, who I am assured will continue to drive forward the nutrition agenda. I am sure there will be some I have forgotten to thank, so thanks to all those who I have not mentioned, I am truly grateful to all that have supported me."

Kindly sponsored by Abbott

"Abbott is delighted to recognise Paula Edwards, voted this year's winner of the Outstanding Achievement Award by Complete Nutrition readers. Paula has made a significant contribution to the field of nutrition during her career in nursing, which spans over more than 20 years, in particular in her current role as Clinical Nutrition Nurse Specialist Lead.

She has implemented countless initiatives and improvements in nutritional care and safety, always with a patient-centric approach to ensure the best possible nutritional outcomes for individual patients. Over her career this has involved working in both primary and secondary care delivering patient care on a daily basis, developing and delivering education and training, and working strategically within the Health Board and with national partners whilst managing a team of Nutrition Nurse Specialists.

A big congratulations to Paula, on her commitment to delivering exceptional patient care in the field of nutrition."

Rebecca Stevenson, Medical Director, Abbott's Nutrition business - www.nutrition.abbott/uk



Congratulations to all the 2023 CN Award winners and compliments to all those that were shortlisted.

The CN Team would like to THANK everyone who has been involved in this year's Awards - sponsors, nominators, nominees and all the readers of CN Magazine. Your combined support is what makes the CN Awards so successful year-on-year.

The CN Awards are *your* Awards to recognise *your* profession.

Kindly sponsored by...

