

# News from PENG

Welcome to the PENG column with the latest updates as PENG celebrates its 40<sup>th</sup> Birthday.

While the first meeting of a small, but hard working, group of dietitians interested in nutrition support as a speciality took place in 1982, it wasn't until 1984 that PENG became recognised as a specialist group of the BDA. Many of the initial group of enthusiastic committee volunteers later led on the development of some of the core and, subsequently, award-winning PENG educational resources; these include the PENG Pocket Guide to Clinical Nutrition and the MSc level Clinical Update Course, for which PENG is recognised for delivering nationally and internationally.

## Celebrations & events

Throughout this year, PENG is looking forward to undertaking a greater number of collaborations with different specialist groups than ever before to 'celebrate' our birthday and, more importantly, to explore and highlight the nutrition support challenges that exist within a variety of different clinical conditions across the acute and community settings. These will be delivered through a variety of evening webinars, online study days and a two-day annual study day and birthday celebration evening event. You will find more information about these events below but for further updates please follow us on social media on X or Instagram: @bda\_PENG.

## Recent events

PENG held its AGM in February where a number of significant achievements were highlighted, including: hosting five educational webinar and study day events that reached over 800 registered delegates; providing £6,000 in grants/bursaries to members through the ESPEN award, PENG award, BDA Research Symposium and Clinical Update Course; and also the first electronic version of the 5<sup>th</sup> Edition of the PENG Pocket Guide has been under significant development and will be coming to members and dietetic community soon. We received presentations from our first ESPEN award winner, Dr Sarah Anderson (Feasibility of prebiotic enteral nutrition provision during allogenic stem cell transplantation), and the PENG award winners from BAPEN: Hayley Williams (Parenteral nutrition use post cytoreductive surgery and hyperthermic intraperitoneal chemotherapy); Emma Noble (The vitamin and trace element status of intestinal failure patients receiving long-term home parenteral nutrition and home parenteral fluids); and Dr Alison Culkin (A randomised controlled crossover trial comparing polymeric and semi-elemental oral nutritional supplements in short bowel). You can view these presentations online via the PENG website. As this column reaches you, a reminder to all PENG members to take the opportunity to apply for the 2024 PENG Award, for the chance to received one of three £500 education grants, so you can present your abstract at the 2024 BAPEN Conference.

## What else is in store

This April we will be hosting an evening webinar in conjunction with the Mental Health Specialist Group of the BDA, covering nutrition support concerns in the management of avoidance restrictive food intake disorder (ARFID).

On the 11<sup>th</sup> June, in collaboration with the Obesity Specialist Group and the First Contact Practitioner Group of the BDA, we are exploring the management of nutrition support complications in patients living with obesity following bariatric surgery, and the potential complications that can arise both within the acute and community setting.

Following the success of our student-focused webinar last year this will also be making a return in September.

## 40<sup>th</sup> birthday celebration event

We would like to invite you to save the date for PENG Annual Study Day and birthday celebrations, which will take place over two days in the vibrant city of Liverpool – 26<sup>th</sup> and 27<sup>th</sup> September – with an evening event on Thursday night. The full programme will be released later this year but will cover complex issues across both parenteral and enteral nutrition support.

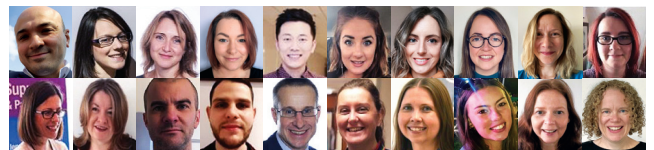
## Benefits of PENG membership

- FREE BAPEN membership
- Access to regular FREE educational webinars live and recorded
- Opportunity to win a FREE place on the award winning MSc Clinical Update Course
- Discounted PENG Pocket Guide to Clinical Nutrition
- Discounted price of annual study days
- Opportunity to win 1 of 3x £500 educational awards to present your work at BAPEN Conference
- Opportunity to win £1,000 education award to attend ESPEN Congress
- Bursaries to attend BDA Research Symposium
- Support with research applications
- BDA students members can choose PENG as part of their 2x FREE specialist group memberships

## Get in touch, get involved

PENG is always keen to hear from members regarding the work that they are doing and may wish to share through social media or through our ePENlines newsletter. Additionally, if you are interested in joining the Committee, please contact us at: [peng@bda.uk.com](mailto:peng@bda.uk.com) or through @bda\_PENG.

If you are not a member, you can add PENG membership to your main BDA membership (if a member of the BDA) and remember if you are a **student member** of the BDA, you are entitled to two **FREE** specialist group memberships.



**2024 Committee Members:** Bruno, Linda, Kate, Kira, Long, Ellie, Hayley, Helen, Anna, Rebekah, Alison, Alisa, Sean, Kostas, Peter, Lisa, Nicky, Rhiannon, Kristine & Melanie.  
**Not pictured:** Jenny Towey.