

News from PENG

This PENG column is dedicated to celebrating the success and achievements of PENG over the past 40 years.

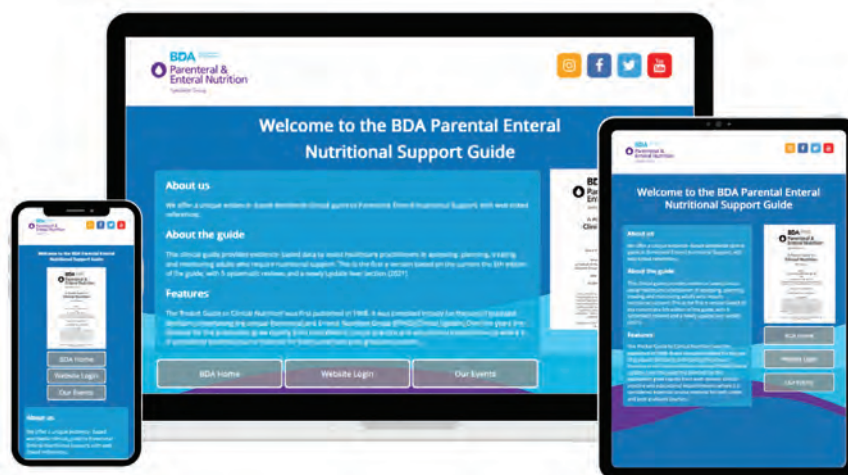
In 1984, through a campaign led by Doug Scott (first Chairman), along with other well-known and inspirational dietetic figures in nutrition support (Ann Micklewright, Vera Todorovic, Christine Russell, Pat Howard, Sue Beacon, Rita Hopkins, Kay Carr), the Parenteral and Enteral Nutrition Group (PENG) became recognised as a Specialist Group of the British Dietetic Association (BDA).

At the time, nutrition support was in its infancy and dietitians had very little formal training in nutrition support assessment and monitoring. There was little understanding of the prevalence of malnutrition in hospitals and parenteral nutrition was often in the domain of doctors. The core aim of PENG group was to increase dietetic capacity and capability within enteral and parenteral nutrition, raising the profile of dietitians as experts in its management. They achieved this through a number of activities, with some of the most influential being:

- The Home Enteral Feeding Register** – Following a survey and publication of *The Current Trends in Home Enteral Feeding* by PENG in 1988, an application was submitted in 1989 to establish a Home Enteral Feeding (HEF) Registry, which launched in 1990. This provided the opportunity to monitor the trends in HEF administration route, clinical indications, length of time, report on outcomes, establish prevalence rates and consider possible reason for disparities. In 1996, this became incorporated into the BAPEN Artificial Nutrition Survey (BANS) that was published nationally and became an essential reference for organisations to report on the growth of HEF to secure adequate resources and funding.
- National & international marketing & collaborations** – The early PENG committee recognised the importance of networking, communication and marketing. They became regular attendees and presenters at the European Society for Clinical Nutrition and Metabolism (ESPEN) congress. They were part of the Parenteral and Enteral European Dietitian Society (PEEDS) that produced a dietetic session at ESPEN. They were one of the first groups to collaborate with industry. The committee disseminated their early publications and commented on other publications on local and national radio. They were part of a Kings Fund Working Party that led to the seminal report – *A Positive Approach to Nutrition as Treatment*, 1992.
- BAPEN** – In 1992, PENG was one of the founding Core Group members of BAPEN. PENG remains on BAPEN Council where it contributes to the delivery of the BAPEN Strategy. The PENG committee, notably Vera Todorovic and Ann Micklewright, were key contributors in the development of the 'Malnutrition Universal Screening Tool' ('MUST'), launched in 2003. A nationally and internationally gold standard tool for malnutrition risk screening.



- **The Clinical Update Course** – The course was established in 1985 to meet the training need for dietitians who had little formal teaching on the clinical and practical aspects of measuring nutritional status, estimating requirements and managing enteral and parenteral access routes. It also aimed to enhance the skills and knowledge of dietitians to critically evaluate clinical decisions. It became the first post graduate accredited training course for dietitians by the BDA. The course gained master accreditation through Queen Margaret University, Edinburgh in 2009. It is now often reported on dietetic job specifications as a desirable or essential criteria. It won the CN Award for Resource of the Year in 2018 and in September it was awarded the PENG 40th Anniversary Excellence in Nutrition Support Award for Education.
- **The Pocket Guide to Clinical Nutrition** – First published in 1989 as a resource to support the Clinical Update Course, it's development was led by editors Vera Todorovic and Ann Micklewright. It contained five chapters covering paediatric and adult assessments, including body composition, amino acid profiles and electrolyte solutions. Reflecting the complexities and advances within nutrition support over the past 40 years, additional chapters have been added and it's regularly updated. There have been significant changes to the recommendations of estimating nutritional requirements, which have moved away from predictive equations and stress factors, to requirements that are based on a systematic review of the evidence of estimating resting energy expenditure from actual disease states. Consequently, it has now certainly outgrown the size of our pockets. The vision of Vera in 2017, when presenting on the launch of the 5th edition alongside new editor Bruno Mafrić, was for the development of an electronic version of the pocket guide and discussions had commenced with the BDA. PENG were absolutely delighted to launch the first **Electronic Pocket Guide to Clinical Nutrition, FREE for PENG members** at the first day of their 40th anniversary study day, representing a new era for the legacy that Vera and Ann have given students and registered dietitians to support the delivery of evidence-based nutrition support.



The PENG 40th anniversary study days demonstrated how far dietitians working in nutrition support have progressed over the past 40 years. Dietitians are leaders in research and national health crisis responses, have extended roles and skills in prescribing, clinical diagnostics, placement and replacement of enteral feeding tubes, understand the holistic needs of patients and collaborate with patients to optimise and improve quality of life through rehab, prehab and transition quality improvements projects, ultimately making dietetics a diverse and rewarding profession to be a part of.

2024 Committee Members: Bruno, Linda, Kate, Kira, Long, Ellie, Hayley, Helen, Anna, Rebekah, Alison, Alisa, Sean, Kostas, Peter, Lisa, Nicky, Rhiannon, Kristine, Melanie, Dan & Jenny



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