

# An update from PENG

Welcome to your PENG column, detailing our latest news, updates and events.

## Recent events

PENG are currently collaborating with BAPEN and Louise Davey Hewins, a Greener NHS England Fellow, with the long-term aim to develop resources that will help dietitians and health professionals reduce the environmental impact of home enteral feeding. To inform this work, we recently conducted a survey to understand health professionals' views, concerns and challenges related to environmental sustainability in this area, and we also invited example case studies. We received over 100 responses to the survey and are eager to share the findings. We hope that this information will guide future workshops aimed at developing practical resources to build knowledge and integrate sustainability into home enteral feeding practices.

## Future events

### Complex Nutrition & EDS

Join us online on **Wednesday 9<sup>th</sup> July** for a half-day event focusing on the management of complex nutrition, including nutrition support in Ehlers-Danlos syndromes (EDS) and gastroparesis. This will be FREE for PENG members.

### Annual PENG Study Day

Save the date for our annual PENG study day on **Thursday 2<sup>nd</sup> October!** This year, we're collaborating with the BDA Gastroenterology Specialist Group at **The Studios Manchester**, conveniently located in Manchester's Northern Quarter between Manchester Piccadilly and Manchester Victoria train stations. The day will cover crucial topics including: the microbiome, liver health, and managing the comorbid patients.

### PENG at BAPEN Conference

As a Core Group of BAPEN, PENG will have a strong presence at the BAPEN Conference. Taking place in Wales this year, on **11<sup>th</sup>-12<sup>th</sup> November 2025**, we are hosting two exciting symposia:

- **Protein Focus:** Get the latest insights on protein requirements based on the latest systematic review for the 6th Edition of the PENG Pocket Guide to Clinical Nutrition, alongside discussions on protein metabolism, sarcopenia and a detailed review of protein quality.
- **ARFID Management:** Join us for an engaging session exploring the multidisciplinary support and management of avoidant restrictive food intake disorder (ARFID) through case-based examples.

Plus, don't miss the many other valuable topics at the BAPEN Conference, including nutrition and fluid management in small bowel obstruction, dysfunctional gut management, 'MUST' and malnutrition management, sustainability and much more.

## Education/research awards

### The PENG Award

Open to all PENG members! Supported by Nutricia, Fresenius Kabi and Abbott, the PENG Award offers three £500 bursaries to attend and present

your accepted high scoring abstract at the BAPEN Conference in Wales on **11<sup>th</sup>-12<sup>th</sup> November 2025**. **Applications are now open and will close on 7<sup>th</sup> July 2025**. If you've completed any audit, quality improvement projects or research, take this fantastic opportunity! Write an abstract and submit it to the BAPEN Conference. As a PENG member, you can choose to be considered for the PENG Award during the submission process.

### BDA Research Symposium bursaries

PENG is also offering up to ten £120 bursaries for successful abstracts submitted to the Nutrition Support Stream of the BDA Research Symposium in Birmingham, taking place on **3<sup>rd</sup> December 2025**. The application deadline for these bursaries is **8<sup>th</sup> August** via the BDA website.

## Electronic Pocket Guide to Clinical Nutrition

Have you got your Pocket Guide in your pocket? The 5th edition of the PENG Pocket Guide to Clinical Nutrition is now available as an electronic version. It is FREE for PENG members or just £25 for BDA members. It's also available for non-BDA members and there are licensing options for business use, such as universities and departments. You can find this on the British Dietetic Association shop: [www.bda.uk.com/](http://www.bda.uk.com/).

## Join PENG

If you are not a member you can add PENG membership to your main BDA membership. If you are a **student member** of the BDA you are entitled to two **FREE** specialist group memberships, with all the below to offer why not join today!

### Benefits of PENG membership:

- **\*NEW\* FREE electronic version of PENG Pocket Guide to Clinical Nutrition 5th edition**
- **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 one of 3 x £500 educational awards to present your work at the BAPEN Conference
- ESPEN Award opportunity to win up to £1500 education award to attend ESPEN Congress
- Bursaries to attend the BDA Research Symposium
- Support with research applications

**P.S. We are now on LinkedIn, please come and follow us!**

2025 Committee Members: Bruno, Linda, Deniz, Kira, Long, Ellie, Helen, Anna, Rebekah, Alison, Alisa, Sean, Kostas, Lisa, Nicky, Rhiannon, Kristine, Melanie & Dan



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