



### SASPEN News: November 2023

SASPEN is honoured to be part of the collaborative healthcare community involved in innovative endeavours that is transforming healthcare and promoting an attitude of excellence. SASPEN had a busy year supporting ongoing education to promote the practical implementation of nutrition related topics into everyday healthcare practices.

The 45th ESPEN Congress on Clinical Nutrition & Metabolism was held in Lyon, France in September 2023. South Africa was represented by SASPEN's president.

The SASPEN PM Ward Round Club concluded a very successful year as an online platform with CPD accreditation. For information on next year's topics, keep an eye out on our social media platforms or our website. If you are interested in presenting a case at one of these events, please contact [info@saspens.co.za](mailto:info@saspens.co.za).

The annual congress hosted by the Critical Care Society of Southern Africa Congress (CCSSA) and SASPEN was hosted with great excitement as an "in-person event" on 12–15 October 2023 at the Boardwalk Convention Centre in Gqeberha / Port Elizabeth. The congress featured local and international speakers with vast expertise in the field of clinical nutrition. Delegates had the opportunity to attend the ESPEN LLL (Life-Long Learning) workshops on different topics and the program included exiting pre-congress workshops.

The SASPEN recognition awards were presented at the CCSSA Congress for contributions in the field of clinical nutrition:

- The Award for best oral presentation at the 2023 congress was awarded to Janicke Visser for her work on "Barriers and enablers to address adult hospital malnutrition: a (South) African perspective".
- The Arina Prins Award for best original research publication in an international journal was awarded to Zarina Ebrahim for her publication "The effect of b-glucan prebiotic on kidney function, uremic toxins and gut microbiome in Stage 3 to 5 chronic kidney disease (CKD) predialysis participants: a randomized controlled trial".

- The Award for the best publication for clinical nutrition in a national journal was awarded to Ilde-Marie Kellerman for her publication "Agreement between measured energy expenditure and predictive equations in paediatric oncology".
- The Award for the best publication for clinical nutrition: - review article was awarded to Ermi Spies for her publication on "Nutrition and vasoactive substances in the critically ill patient".
- The SASPEN President's award was awarded to a leader in the field of clinical nutrition both locally and internationally. The award was presented to Prof. Demetre Labadarios, Professor Emeritus Faculty of Medicine and Health Sciences, Stellenbosch University for his exceptional contribution to the field of clinical nutrition.

SASPEN offers an all-inclusive membership. Healthcare delegates from neighbouring African countries with an interest in clinical nutrition are welcomed as full SASPEN members at no additional international cost. Membership includes access to educational opportunities, interest-based working groups, updated clinical guidelines, research grants and opportunities to network within the greater field of healthcare in the context of nutrition. For more information on membership and information to access membership benefits, visit our new website, [www.saspens.co.za](http://www.saspens.co.za), or contact [info@saspens.co.za](mailto:info@saspens.co.za).

The SASPEN committee would like to thank all our members for their support, dedication and commitment to science-based nutritional care and innovation. We are looking forward to an exciting 2024 that will support and encourage the development and application of clinical nutrition practices in South Africa and beyond.

We would like to hear about your initiatives and plans. Please join us on Facebook, Instagram, Twitter and on LinkedIn to stay informed about events and opportunities. You can visit our webpage on [www.saspens.com](http://www.saspens.com) for any information on the Society and our activities.