



The third quarter of 2025 has been an eventful one for SASPEN. Our highlight was the annual SASPEN congress, hosted in collaboration with the Critical Care Society of Southern Africa (CCSSA) in Durban from 14-17 August 2025. This year's theme, "From Shoreline to Lifeline: Anchoring Critical Care Excellence", set the stage for a dynamic programme featuring international keynote speaker Professor Arthur van Zanten alongside leading local faculty.

The congress was preceded by a series of pre-congress workshops- including practical sessions on nutritional assessment and Surgical implications on GIT anatomy. As part of the congress, SASPEN proudly presented the annual Arina Prins Clinical Nutrition Awards, recognising members for their important contributions to advancing clinical nutrition research in South Africa. These awards were presented alongside the Congress scientific presentation awards. We congratulate all winners of the awards this year:



International keynote speaker Professor Arthur van Zanten addressing delegates at the 2025 CCSSA/SASPEN Congress.



The Critical Care Society of Southern Africa (CCSSA) Best Oral Presentation Award (Allied/Nurse category) awarded to SASPEN member, Lizl Veldsman at the 2025 CCSSA/SASPEN Congress, pictured with Professor Renée Blaauw.

- **International Journal – Lizl Veldsman**  
Veldsman Lizl, Richards Guy, Lombard Carl & Blaauw Renee. Course of measured energy expenditure over the first 10 days of critical illness. Clinical Nutrition ESPEN 2025, 65: 227–235.

- **National Journal – Bianca Kroukam**  
Kroukam, Bianca, Du Toit, Anna-Lena., Nel, Daan, & Visser, Janicke. Are South African registered dietitians ready to take responsibility for prescription of parenteral nutrition and intravenous nutrients? S Afr J Clin Nutr 2025, 38(2): 55–63.

- **Review Article – Esmarie Van Tonder**  
Van Tonder Esmarie, Wenhold Friede, Esterhuizen Tonya & Blaauw Renee. Paving the way to detect adult malnourished patients in resource-limited settings: the first step to the right to nutritional care. S Afr J Clin Nutr 2025: 1–8.

- **Case Study – Tanna Cohen**

Cohen Tanna. Lung transplantation in cystic fibrosis, a South African case study. S Afr J Clin Nutr 2024, 37(3): 148–154.

- **Best Oral Presentation by an Allied / Nurse (CCSSA) – Lizl Veldsman**

The effect of amino acid supplementation and mobilization of skeletal muscle during the late acute phase of critical illness.

Beyond the congress, SASPEN continues to host monthly PM ward round case discussions and online symposiums, providing a regular platform for clinical exchange and the promotion of evidence-based practice.

Looking ahead, a core working group has begun the development of national clinical nutrition practice guidelines for South Africa. This ambitious project, launched this month, represents an important step towards standardising and strengthening critical care nutrition care practices across the country. We thank all our members and partners for their continued support in helping advance clinical nutrition in South Africa.

**SASPEN Council 2025**