



NEWS FROM SASPEN

The South African Society for Parenteral and Enteral Nutrition (SASPEN) has started the year with its regular educational activities, including the monthly PM Ward Rounds, which continue to provide a platform for multidisciplinary discussion of complex clinical nutrition cases. Recent sessions included presentations on medical nutrition therapy considerations for a paediatric patient living with a cardiac defect, presented by dietitian Slava de Gouveia, and managing the Somogyi effect in a patient with uncontrolled type 1 diabetes, presented by Dr Janine Boswell and Vanessa Kotze.

SASPEN also supported a hands-on Blended Tube Feeding Workshop, facilitated by registered dietitians based in Johannesburg. The workshop, held in February 2026, was well attended and provided practical guidance on the preparation and clinical considerations of blended enteral tube feeding.

At the recent ASPEN Nutrition Science & Practice Conference, held in February 2026 in Long Beach,

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California, Professor Renée Blaauw, SASPEN President Elect and a core group member of the Global Leadership Initiative on Malnutrition (GLIM), presented a lecture as part of the GLIM initiative. In addition, one of our council members, Dr Lizl Veldsman, received the Best International Abstract Award for her research on nutrition and muscle metabolism in critically ill patients. Together, these contributions highlight the growing involvement of South African dietitians in the global clinical nutrition community.

Looking ahead, the Critical Care Society of Southern Africa (CCSSA) and SASPEN Joint Congress will take place at the Century City Conference Centre in Cape Town from 17–20 September 2026, under the theme Critical Thinking, with both international and local faculty contributing to the programme. Be sure to save the date for this important event on the clinical nutrition calendar.