



NEWS FROM SASPEN

Moving into the second quarter of the year, SASPEN continued to offer valuable educational opportunities through our ongoing monthly PM Ward Rounds, a successful Virtual Mini Symposium, and continued support for collaborative clinical nutrition initiatives.

Our April PM Ward Round, presented by Dr Zarina Ebrahim and Nazeema Esau, focused on translating evidence into practice in the management of obesity and chronic kidney disease. In May, Dr Prenolan Pillay and Margriet Barnard presented Beyond the Liver: A Nutritional Perspective on Primary Biliary Cholangitis. We now look forward to our June PM Ward Round, featuring dietitian Mariam Forgan, who will explore The Bariatric Journey of Body, Mind and Resilience.

In addition, SASPEN hosted a successful Virtual Mini Symposium on 30 May 2026, providing a focused update on clinical nutrition in gastrointestinal disease, covering inflammatory bowel disease, surgical timing, coeliac disease, and irritable bowel syndrome.

SASPEN – Q2

Following the success of the first-quarter workshop, SASPEN was also pleased to support the PEG Feeding SA Workgroup through endorsement of their second Blended Tube Feeding Workshop, held on 6 June 2026 in Johannesburg.

Looking ahead, preparations are well underway for our joint annual congress with the Critical Care Society of Southern Africa (CCSSA), taking place from 17–20 September 2026 at the Century City Conference Centre in Cape Town. The congress will bring together local and international experts to advance discussions in critical care nutrition and multidisciplinary patient care. For more information and registration, visit: <https://criticalcarecongress.co.za/registration>

SASPEN encourages healthcare professionals with a special interest in nutrition to join our growing community, become involved in our initiatives, and play a role in strengthening and advancing clinical nutrition practice in South Africa.