The 20th Anniversary of
Study Days and Workshops
St Mark’s Nutrition &
Intestinal Rehabilitation Unit
10th–12th December, 2018
at the Royal Society of Medicine, London

A three-day course for healthcare professionals interested and involved in looking after patients with acute and chronic intestinal failure, including those requiring home parenteral nutrition.

St Mark’s Hospital nutrition and intestinal failure team celebrate their 20th anniversary and are happy to announce that the congress on intestinal failure, rehabilitation and home parenteral nutrition has been extended to three days to cover all three types of intestinal failure.

Day 1  Aspects of type 1 intestinal failure including causes and prevention, refeeding, requirements, short term access, types of enteral and parenteral nutrition, drug management and a TED style talk on enhanced recovery after surgery (ERAS).

Day 2  Aspects of type 2 intestinal failure and will focus on the management of enterocutaneous fistula, fistuloclysis/distal feeding, pharmacology issues, management of chronic pain and dysmotility plus a TED style talk on the microbiome and IBD in intestinal failure.

Day 3  Covering type 3 intestinal failure and will focus on home parenteral nutrition including HIFNET and the HPN framework, monitoring, psychological aspects, complications such as infections, metabolic and abnormal LFTs, malignancy, intestinal rehabilitation and transplantation.

St Mark’s Institute
for Colorectal Medicine and Surgery
DAY 1: Type 1 Intestinal Failure  
Monday 10th December, 2018

08.45  Registration with coffee
09.15 Welcome  Simon Gabe

09.20  Overview & initial assessment  Chair: Mia Small
09.20 Definition and causes of Type 1 IF  Mani Naghibi
09.40 Recognising refeeding risk and update  Alison Culkin
10.00 Estimating requirements for short term PN  Nicola Vernon
10.20 Panel discussion

10.40 Coffee

11.00 Prevention and early rehabilitation  Chair: Uchu Meade
11.00 Perioperative management to prevent ileus  Ian Johnston
11.20 When Type 1 turns into Type 2  Simon Gabe, Trevor Smith
11.40 TED talk – ERAS  Olle Ljungqvist
12.00 Panel discussion

12.30 Lunch

13.30 PN and EN in Type 1 IF  Chair: Ian Johnston
13.30 Early enteral nutrition support in ITU  Mina Bharal
13.50 Vascular access for PN  Mia Small
14.10 Multi-chamber bags vs tailored PN bags  Uchu Meade
14.30 Panel discussion

14.50 Coffee

15.10 MDT Management of Type 1 IF  Chair: Mani Naghibi
15.10 Drug management in Type 1 IF  Riddhika Joshi
15.30 Monitoring and managing lipids in PN  Martin Crock
16.00 Discussion
16.10 Debate: Out of hours off the shelve PN  
   For: Trevor Smith / Against: Alison Culkin
16.50 Discussion

17.00 Summary and close  Mani Naghibi
DAY 2: Type 2 Intestinal Failure
Tuesday 11th December, 2018

08.30  Registration with coffee
09.00  Welcome  Janindra Warusavitane

09.05  **Management of enterocutaneous fistula**  Chair: Janindra Warusavitane
09.05  Medical management  Jeremy Nightingale
09.30  When to operate  Carolynne Vaizey
09.50  Abdominal wall reconstruction  Joannis Constantinides
10.10  Panel discussion

10.30  Coffee

11.00  **Enteroclysis and hypodermoclysis**  Chair: Suzanne Donnelly
11.00  The defunctioned gut  Stella Dike
11.15  Distal limb feeding  Alison Culkin & Mia Small
11.35  “Hypodermo- what”??  Mia Small
11.50  Dietary management of short bowel  Beth Rye
12.10  Discussion
12.20  TED talk – Microbiome in IBD and IF  Ailsa Hart
12.40  Discussion

12.50  Lunch

13.50  **Pharmacology conundrums in IF**  Chair: Simon Gabe
13.50  Loperamide: past, present and future  Jeremy Nightingale
14.10  Drug absorption in IF  Uchu Meade
14.20  IF medications and common pitfalls  Angela Chana
14.40  Polypharmacy and Deprescribing  Roshni Patel
15.00  Discussion

15.10  Coffee

15.30  **Pain and dysmotility**  Chair: Mia Small
15.30  Management of chronic pain  Cathy Stannard
16.00  Dysmotility  Qasim Azz
16.30  Case presentation  Simon Gabe & Alison Culkin
16.50  Discussion

17.30  Summary and close  Mia Small
DAY 3: Type 3 Intestinal Failure
Wednesday 12th December, 2018

08.30  Registration with coffee
09.00  Welcome  Suzanne Donnelly
09.00  Home parenteral nutrition  Chair: Suzanne Donnelly
09.00  Current trends including HIFNET, HPN Framework & IF Registry  Mia Small
09.30  Getting patients home on parenteral nutrition  Jo Gent & Roshni Patel
09.50  Monitoring & weaning parenteral nutrition  Diane Brundrett
10.20  Discussion
10.30  Coffee
11.00  Complications  Chair: Simon Gabe
11.00  Metabolic complications  Suzanne Donnelly
11.25  Complications of central venous catheters  Mia Small
11.50  How we manage abnormal LFTs  Simon Gabe
12.20  Catheter-related sepsis under the microscope  Mia Small
12.40  Discussion
13.00  Lunch
14.00  Patient perspective  Chair: Mia Small
14.00  A series of patient and carer interviews with panel discussion  MDT panel
15.00  Summary and discussion  Mia Small
15.15  Coffee
15.45  Difficult decisions  Chair: Suzanne Donnelly
15.45  Parenteral nutrition & end stage malignancy  Mani Naghibi
16.05  Intestinal rehabilitation  Sid Oke
16.25  Intestinal transplantation  Lisa Sharkey
16.45  Discussion
17.00  Summary and close  Alison Culkin

St Mark’s Hospital gratefully acknowledges support from:

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