



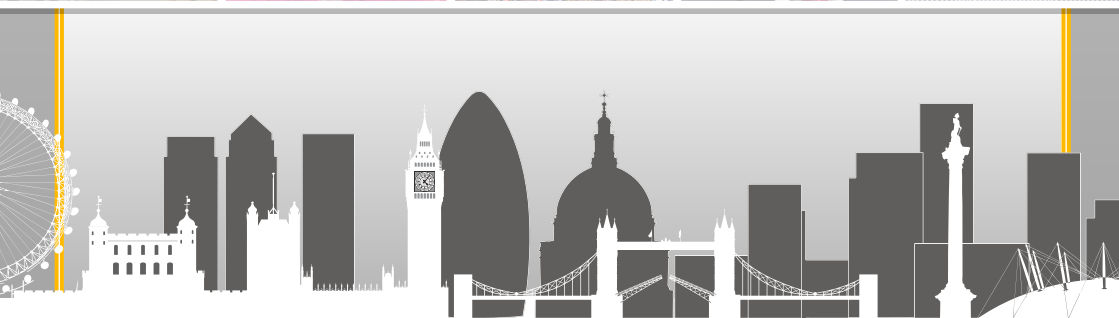
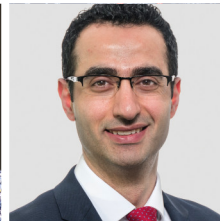
Celebrating our 25th Annual Conference

Horizons2023

Horizons in intestinal failure, rehabilitation
and home parenteral nutrition

11–13 October 2023

Please join us in person at this live event, or as part of our large international audience online!
This year we will be at the Royal College of Physicians, 11 St Andrews Place, London NW1 4LE.



www.stmarksacademicinstitute.org.uk

Welcome

Welcome to our 25th Annual Course

Welcome to our 25th annual course, Horizons in Intestinal Failure, Rehabilitation and Home Parenteral Nutrition.

It is our pleasure and privilege as co-directors to welcome you to London to our 25th annual conference, Horizons in intestinal failure, rehabilitation and home parenteral nutrition. We look forward to welcoming a face-to-face audience to the Royal College of Physicians, 11 St Andrews Place, London NW1 4LE.

In addition, we are delighted to welcome our online audience from around the world. We will be making full use of high-quality audio-visual facilities at the Royal College of Physicians to give you an excellent and interactive experience. We are keen to make this course interactive using voting technology to get some debate and discussion going from the audience.

Established in 1998 as a one-day course on intestinal failure, it was then developed in 2011 into a 2-day course including a day of workshops where more in depth discussion was integrated including aspects of home parenteral nutrition. As the field of intestinal failure and home parenteral nutrition expanded, we decided that each of the types of intestinal failure deserved its own day and in 2018, our 3-day course was created.

We will combine our medical, surgical, dietetic, pharmaceutical and nursing expertise throughout the three days. The course is organised into a number of sessions.

Day 1 will cover aspects of type 1

intestinal failure including causes and prevention, refeeding syndrome, estimating requirements, IV access, ileus and bowel obstruction, choosing a PN bag and managing short term metabolic complications.

Day 2 will cover aspects of type 2 intestinal failure including the management of enterocutaneous fistula and high output stomas, prehabilitation, fistuloclysis/distal feeding, maximising gut function with jejunal access, medical management of dysmotility plus psychological and psychiatric support for patients.

Day 3 will cover aspects of type 3 intestinal failure including the safe discharge of patients on home parenteral nutrition, monitoring, complications including infections and abnormal liver function, quality of life, growth factors, end stage malignancy, intestinal transplantation and the patient perspective.

Members of the St Mark's nutrition teams will be available during the breaks to answer any questions you may have.

We would like to take this opportunity to thank our sponsors for their support over the years and for this, our 25th anniversary course.

We hope you find the course interesting, stimulating and engaging and look forward to your interaction, questions and comments.

We wish you an enjoyable time here in London for the 25th anniversary of our course.

Alison Culkin & Simon Gabe



08:30 Registration 08:55 Mani Naghibi & Alison Culkin

Type 1 intestinal failure

Chairs: TBC

- 09:00** What is type 1 intestinal failure
Mani Naghibi
- 09:20** Managing refeeding syndrome
Alison Culkin
- 09:45** Estimating nutritional requirements
Kathleen McGrath
- 10:05** Case presentation
Alison Culkin
- 10:15** Panel discussion

10:30 Break

Peri-operative management of Type 1 intestinal failure

Chairs: TBC

- 11:00** Medical management of ileus & obstruction **Mani Naghibi**
- 11:20** Drug management in ileus & obstruction **Uchu Meade**
- 11:40** Nutritional management of bowel obstruction **Alison Culkin**
- 12:00** Surgical management of type 1 intestinal failure **Sujay Shah**
- 12:20** Panel discussion

12:40 Lunch

Parenteral nutrition in type 1 intestinal failure

Chairs: TBC

- 13:40** Choosing an MCB
Uchu Meade, Kathleen McGrath
- 14:00** Debate: Patients with type 1 intestinal failure should receive peripheral parenteral nutrition
For: Charmain Banks
Against: Uchu Meade
- 14:30** Case presentation update
Alison Culkin, Kathleen McGrath
- 14:40** Panel discussion

15:00 Break

Complications during short term parenteral nutrition

Chairs: TBC

- 15:30** Abnormal liver function: don't blame the PN – case study **Alison Culkin**
- 15:50** Sepsis: the difficult questions
Simon Gabe
- 16:10** Should all venous access devices be treated the same? **Mia Small**
- 16:30** Final discussion

17:00 Close



08:30 Registration 08:55 Welcome – Simon Gabe

High output stoma and enterocutaneous fistulae

Chair: TBC

09:00 Medical management
Simon Gabe

09:20 Surgical management
Carolynne Vaizey

09:50 Dietary management
Lilia Malcolm

10:10 Panel discussion

10:30 Break

Prehabilitation and distal limb feeding / fistuloclysis

Chair: Simon Gabe

11:00 Prehabilitation and preparing the IBD patient for surgery – Case
Richard Holman, Hannah Voisin

11:25 Nursing aspects of distal feeding
Riya James, Petya Marinova

11:50 Nutritional & pharmaceutical aspects of distal feeding
Diane Brundrett, Roshni Patel

12:15 Panel discussion

12:30 Lunch

How to avoid PN when the gut stops working

Chairs: TBC

13:30 Jejunal feeding tubes
Mia Small

13:40 Optimising jejunal feeding
Diane Brundrett

14:00 Medication optimisation
Roshni Patel

14:20 An audit of the use of jejunal feeding tubes at St Mark's
Richard Hackett

14:30 Panel discussion

14:45 Break

Intestinal dysmotility

Chairs: TBC

15:15 Medical management
Gehanjali Amarasinghe

15:35 Nutritional management and ARFID
Lee Martin

15:55 Psychological support for patients
Sonya Frearson

16:15 Psychiatric support for patients
Calum Moulton

16:35 Panel discussion

17:00 Close



08:30 Registration 08:55 Welcome

Home parenteral nutrition

Chairs: TBC

- 09:00** Patient perspective on life with intestinal failure **Samantha Goldman**
- 09:30** The complexities of getting patients home on parenteral support: Can we improve the process? **Roshni Patel**
- 09:55** Monitoring patients on home parenteral support **Nicola Vernon**
- 10:20** Panel discussion

10:45 Break

IF & HPN complications

Chairs: TBC

- 11:15** Managing intestinal failure associated liver disease **Simon Gabe**
- 11:45** Managing metabolic complications **Richard Holman**
- 12:15** Catheter related bloodstream infections and thrombosis **Simon Gabe**
- 12:45** Panel discussion
All St Mark's MDT

13:00 Lunch

Patient perspective

Chairs: TBC

- 14:00** Quality of life on home parenteral support **Alison Culkin**
- 14:25** Long term outcomes, intestinal rehabilitation & growth factors
Simon Gabe
- 14:50** Micronutrient management
Callum Livingstone
- 15:15** Panel discussion

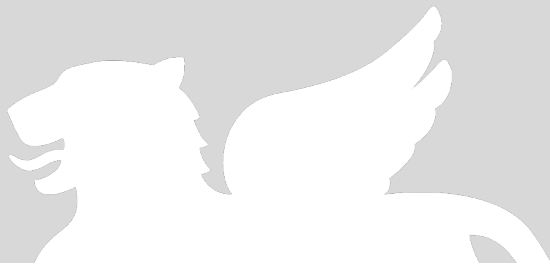
15:30 Break

Difficult decisions

Chairs: TBC

- 16:00** Transplantation
Neil Russell
- 16:25** End stage malignancy and remote discharge **Mani Naghibi**
- 16:50** Final discussion

17:00 Close



Thank you to our sponsors



PLEASE HELP US TO SUPPORT THE ST MARK'S ACADEMIC INSTITUTE

The St Mark's Academic Institute is part funded by the St Mark's Hospital Foundation. We rely on charitable donations to support education and research at St Mark's Hospital, which includes our educational output. If you would like to support us we would appreciate it.

www.stmarkshospitalfoundation.org.uk/donate

email: info@stmarksacademicinstitute.org.uk

Horizons 2023 Programme v2.1, 12th October 2023



www.stmarksacademicinstitute.org.uk