

PENG Committee call out to members..

PENG Committee would like to invite you to join us moving into 2020 and all it brings for dietitians working in nutrition support. Help us to continue to evolve as a specialist group of the BDA and as a core group of BAPEN. We want to build on what PENG has already achieved since it was set up by some truly pioneering dietitians, we want to make sure that their legacy lives on. There is so much to do but we need you, as members, to help advise us on what we need to prioritise so a membership survey will be coming your way early 2020 but meanwhile we welcome you to apply to become part of the committee. Whether you would like to join as an **Ordinary Member** which means you can see which aspect you would like to get more involved in, or apply for a specific role such as **Treasurer, Parenteral Nutrition lead, Education, vice-Chair, Chair, Secretary, Student representative....**

Are your interests in education, development of resources, digital, communication, writing articles, research, audit.... We want to hear from you.

New to considering being a member on a committee – don't worry - there is support from the outgoing committee members as well to help support and guide as needed

PLUS NEW for 2019 – call for student to join the PENG committee – a great opportunity for a dietetic student to join the committee....!

All you need to do is complete the application form, and attach a sort CV/resume and send to peng@bda.uk.com by midnight Friday November 8th 2019. We look forward to hearing from you!

Below are just some words from some PENG committee members to help inspire you to apply:

“Having been a HEF dietitian for a number of years I was keen to start working on national initiatives to improve patient care for people on HEF. I had a discussion with the PENG Chair at the time, who sold the idea to me to become involved as co-HEF clinical lead.

Being HEF clinical lead has given me so many opportunities to contribute to improving resources for patients and fellow HEF Dietitians. I have also developed other skills which have benefited both myself and my local department, including leadership and project management skills. I have learnt so much from the other dedicated and experienced committee members. My involvement has been varied and included planning and presenting at PENG organised study days, co-leading on PENG projects such as the Dietetic Outcomes Project, developing PENG patient information and commenting on national guidelines such as the BMA guideline for people on CANH who lack mental capacity. It is an interesting a rewarding opportunity and would encourage others to consider applying.

The skills and knowledge I have acquired from working with other members of the committee have benefited many areas of my clinical and academic career. My department have also benefited from the contacts and progression I have made as a result of my involvement with PENG.

The size of the committee and the areas of work that are always on-going. I am constantly impressed by the dedication of those involved who commit so much to moving the profession forward in addition to their busy day jobs.

I would and always do promote others to become involved. You will learn so much and open doors through the networking that a committee role allows which will benefit you and your department. There is always something to get involved in whether that be supporting other committee members or leading on initiatives and projects yourself.” **Sean White, co-HEF lead**

“Join the PENG committee to get more out of your membership by giving back. Over the last twelve months, as a committee member I have been involved in the PENG outcome tool kit, marking conference abstracts and discussing a digital Pocket Guide all with guidance from long standing committee members. The skills and knowledge I have gained from the committee have influence many areas of my clinical practice.” **Kate Glen, ordinary PENG Committee member**

“I started to get involved with PENG via the PENG Clinical update and I wanted to know more about what happen behind the scenes and understand why PENG is so successful as a specialist group of the BDA. I started as an ordinary member and I was then given the task to work alongside Vera Todorovic on the new edition of the Pocket Guide to Clinical Nutrition. Over the past 3 years I become an author, an editor and I made contacts at a national levels with dietetic experts. PENG has not only increased my confidence and knowledge but made me a better dietitian. The level of transferrable skills that you learn by volunteering in a specialist group will support you in your future career. Now that the Pocket Guide to Clinical Nutrition has been published, I took a step down from PENG as I am now the Chair of the Renal Nutrition Group.

Some people may be put off applying to a specialist group as they feel it will be a lot of time or not feel like they will be able to do the work needed. In my experience the groups that I have been involved with (PENG and RNG) are well supported and although busy, you get so much out of them that the additional volunteering work made it worth it. My prioritisation skills have improved to a very high level. So, stop thinking about, go for it and apply!” **Bruno Mafri, PENG Committee Member**

“I was already involved in the PENG Clinical Update course and saw that PENG were looking for a PN clinical lead. As I mainly work in PN I saw it as an opportunity to get more involved in the committee.

As the PN lead this involves answering queries from members about PN and promoting best practice. Once on the committee I identified there had not been an education event dedicated to PN and so with support from the committee we ran a study

day focused on PN in 2018. This included indications for use in different clinical situations including pancreatic disease, bowel obstruction, ICU, intestinal failure and palliative care. This was followed by workshops in estimating requirements, formulating a bespoke bag and monitoring needs. I also review the tier 1 Introduction to PN course.

It is so rewarding to work with a dedicated group of dietitians who are all focused on improving patient care in artificial nutrition support. I have learnt a lot about other aspects of artificial nutrition support that are not directly related to my job and so great for CPD. I have also been able to keep my department up to date about the latest developments from PENG and the BDA.

The amount of input that goes on behind the scenes (and hidden) when working on projects or study days to help the profession is huge BUT you have a great sense of satisfaction regarding your contribution once completed.

I would encourage any PENG members to get involved – whether in smaller projects, writing articles or being a formal part of the committee. It is an invaluable opportunity for networking with enthusiastic dietitians and gaining an understanding of all the hard work that the committees do to help move the profession forward.” Alison Culkin, PENG Committee and Clinical Update Lead

“I was the BAPEN Education and Training link to PENG. An opportunity came up to become the Treasurer for PENG which I thought was a great opportunity to learn a new life skill. As Treasurer for PENG this involves collating expected yearly income and spend of the committee, depending on projects planned for the next financial year. This is done once a year when a budget forecast is submitted to the BDA. Other duties involve writing business cases and submitting committee expenses. What is great about being on PENG committee is working with a very proactive group of dietitians dedicated to advance the profession and put dietetics on the map!

Before volunteering I was not aware of the amount of work the group put in to all projects that they undertake. I would definitely encourage other members to volunteer to be part of the PENG committee. It is a great opportunity to contribute to advancing the profession, learn new life skills and make some new friends on the way!” Imogen Watson, PENG Committee and Treasurer