A Pocket Guide to Clinical Nutrition
– history & future

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PENG – The 1980’s

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Rita Hopkin

Pat Howard

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Developed as a resource to support the Clinical Update courses which became nationally available in 1986 after some successful pilot courses on enteral and parenteral nutrition took place in the Trent region

Objective

◆ To provide a collection of data to provide basic guidelines for the dietitian involved in Nutritional Support

◆ Supported by a grant from Abbott
Objective
To expand on the first edition and include more about the processes associated with nutrition support

Additional sections
◆ Identifying patients at risk from disease related malnutrition
  ◆ BAPEN 4 questions simple nutritional screening tool
◆ Expanded on nutritional assessment
  ◆ Introduced Subjective Global Assessment
◆ Introduced Access routes
Members views help shape developments

Membership Survey 1999

With future publications members were interested in including:

◆ Guidance on nutritional support in ITU/HDU
◆ Monitoring
◆ Disease specific guidance

Also
◆ Working in partnership with Universities and liaising on academic programmes relating to nutritional support
Objective
To expand on the first edition and include more about the processes associated with nutrition support

Additional sections in 2000
◆ Diabetes
◆ Microbiological control
◆ Refeeding
◆ Thermal injury
Objective
To expand on the second edition and include more about disease specific facts that have been requested over time

Additional sections in 2004
◆ renal
◆ liver
◆ Critical care

And sections updated on:
◆ Paediatric enteral nutrition
◆ Monitoring
◆ Adult nutritional requirements
  ◆ Replaced the Elia nomogram used for estimating the approximate energy and nitrogen requirements in adult patients receiving artificial nutritional support with stress factors
  ◆ PAL for mobile community patients
  ◆ Critical appraisal of papers on energy expenditure and requirements
  ◆ Managing energy requirements for patients with BMI >30kg/m²
Objective
To expand on the second edition and include more about disease specific facts that have been requested over time

Section additions and revisions  2004 – 2011
◆ Identifying
  ◆ To incorporate ‘MUST’ ( Malnutrition Universal Screening Tool ‘ ( launched in 2003 )
◆ Monitoring and refeeding
  ◆ To be consistent with the NICE Guidance (2006)
  :Nutrition Support of Adults
◆ Acid Base Balance
◆ Parenteral Nutrition
◆ Drugs and enteral nutrition
◆ Thermal injury discontinued
Use by Universities and dietetic services continues to grow

Sales continue to grow year on year

Interest in sales from other countries

No price increase over the years
Objective
To continue to provide dietitians and other practitioners with up to date, relevant data to assist in assessing, planning, treating and monitoring patients requiring nutritional support

Section revisions
- All sections revised and updated
- Equations for estimating basal metabolic rate – Schofield equations replaced with Henry equations
- Calf circumference as an indicator of total FFM losses (particularly in older adults)
- Bio electrical impedance analysis (BIA)
- Subjective Global analysis removed

Objective

To continue to provide dietitians and other practitioners with up to date, relevant data to assist in assessing, planning, treating and monitoring patients requiring nutritional support

New Sections

◆ COPD
◆ Bariatric
◆ pancreatic
Moving forward

- Update on the PENG Pocket Guide to Clinical Nutrition
Survey November 2016

◆ Survey open to all Dietitians
◆ 477 responses (all PENG members as well as non-PENG members)
◆ 80% said it would be useful to have the Pocket Guide downloadable and /or an electronic version
◆ ? Consideration to have core chapters or not
Survey November 2016

- Dietitians asked which chapters they would like to see in next and future editions

<table>
<thead>
<tr>
<th>Top 10</th>
<th>Next 10</th>
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<tbody>
<tr>
<td>Adult requirements</td>
<td>Pancreatic</td>
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<td>Assessment</td>
<td>Access routes</td>
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<td>Refeeding</td>
<td>Renal</td>
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Dietitians asked which chapters they would like to see in future editions

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<td>High ileostomy output</td>
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<td>Fluid</td>
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<td>Home enteral feeding</td>
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Developments during 2016-2017

- Over 50 dietitians are involved
- Evidence based approach on estimating **Adult nutritional requirement section**
  - Section content developed and updated through critical appraisal by dietetic experts in their fields:
- –all sections reviewed and revised and includes data from updated national and international publications
- So far:
  - 17 out 20 chapters received
  - 10 started the editing process
5th Edition 2018

Expected March 2018
Moving forward 2018 and beyond

◆ Electronic version
  ◆ App
  ◆ Website
  ◆ Able to access via devices

◆ Regular update, aim for every 3 years

◆ Future of the pocket guide
  ◆ Survey in 2018
  ◆ More chapters ?
  ◆ More material link to website ?