



Spring 2017

# President's Message

## TGCSPEN

### Board of Directors

#### 2017-2018

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TGCSPEN members:

As this year's President of TGCSPEN, it is my pleasure to introduce you to the 2017-2018 Board of Directors. First I would like to extend a special thank you to Judy Brown for her hard work as President during the last year, and her continued leadership as Past-President this year. Anne Tucker returns to the Board of Directors this year as President-Elect, and we look forward to her input as plans are made for the coming year. I would also like to extend another thank you to Rebecca Toon as she completed her term as secretary and will remain on the board attending to paperwork and maintaining our balance as the Treasurer for the next two years. After taking a year off from Director-at-Large, Membership and Nominations, Heather Davis returns back to the Board this year to demonstrate her communication and note taking skills as Secretary. Those serving in the Director-at-Large positions also continue the same with Reagan Collins continuing as a Director-at-Large, Membership and Nominations (This will be a busy year as she works to find candidates to work on the board and recruits new members), Ann Priest as Director-at-Large, Programming Planning (She will also be busy this year coordinating our dinner and webinar events), and Lauren Probstfeld as Director-at-Large, Publications (She will be keeping our membership informed through newsletters, event flyers, email blasts and Facebook postings). I'd like to thank Todd Canada, whose hard work, organization and attention to detail while serving on the board as Treasurer was truly appreciated. Finally, we would like to give a special thank you to Jacob Hall who served as Past-President last year, completing his 3 year term. The current Board members are very excited about this year!

Last year, our Board of Directors worked very hard to put on numerous webinars, a dinner meeting with Texas SCCM and Fall Dinner with a well known national speaker, Dr. McClave. We look forward to continuing to serve our members this year with many more nutrition support education opportunities. Announcements of our first sponsored webinars will be out soon. For continued updates, please like us on TGCSPEN's Facebook page and checkout our local chapter site on ASPEN Connect.

Lastly, if you know of any ASPEN members who are not a part of TGCSPEN, please encourage them to join. TGCSPEN membership benefits include free access to webinars and networking throughout the Houston-Galveston area.

Thanks and I'm looking forward to a great year!!  
Sincerely,

Renee Walker MS, RD, LD, CNSC, FAND  
TGCSPEN President 2017-2018

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## Save the Date!

April 5th, 2017

6:30-8pm

Join us for an evening of networking and presentation with the Texas Society of Critical Care Medicine

*More details to follow*



## Certification in Nutrition Support (CNSC)

Spring Application deadline: March 27, 2017

Testing Period: April 22, 2017 thru May 6, 2017

CNSC exam fees:

ASPEN Members	\$315.00
Non-Members	\$415.00

Visit [nutritioncare.org/nbnscc](http://nutritioncare.org/nbnscc) for more information!



## ASPEN Webinars!

Be on the look out for TGCSPEN sponsored ASPEN webinars!

For a full list of this year's webinars, visit:

<http://www.nutritioncare.org/Webinars/>

## Nutrition Intervention for Adults with Crohn's Disease

**Written By: Catherine Everett, Dietetic Intern at Michael E. DeBakey VA Medical Center**

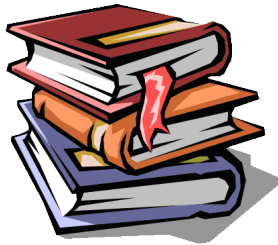
Crohn's disease is a chronic inflammatory bowel disease that can significantly impair appetite, digestion, and absorption, consequently, leading to malnutrition.<sup>5</sup> Therefore, it is important to apply evidence-based practices for managing Crohn's and preventing malnutrition. Due to chronic inflammation and malabsorption, patients should be screened for malnutrition by assessing changes in body composition, recent amounts of oral intake, and weight loss. It may be helpful to acquire information about the patient's typical eating habits prior to admission to decide the best nutrition diagnosis and intervention for the patient. The primary dietary recommendations for Crohn's is to eat small, frequent meals and try to avoid fiber when diarrhea is present.<sup>2</sup> If appetite and energy intake are significantly impaired, oral nutrition supplements should be considered.<sup>5</sup>

As Crohn's disease is characterized by frequent, acute flare-ups and remissions, practices that lengthen remission time and decrease active symptoms (diarrhea, frequent defecation, anemia, and fatigue) are ideal.<sup>4</sup> Corticosteroids are the most common treatment for Crohn's disease,<sup>4,5</sup> but there are many undesirable side effects such as weight gain, bone loss, and development of diabetes mellitus.<sup>3,4,5</sup> Food re-introduction is another common treatment used to identify trigger foods and prolong remission time.<sup>3</sup> Diets low in fermentable, oligo-, di, monosaccharides and polyols (FODMAPs) are one type of a food re-introduction method shown to be effective.<sup>5</sup>

Enteral nutrition may have an effect on increased remission times.<sup>3,5</sup> In preoperative adults with Crohn's disease, it is suggested that enteral nutrition has a positive effect on bowel function and nutritional status when used primarily or concurrently with food as treatment to prolong Crohn's remission.<sup>5</sup> Exclusive enteral nutrition could be used to begin and maintain remission; in fact, Alhagamhmad et al. found that glutamine and arginine can suppress inflammation at the concentrations found in elemental or polymeric formula.<sup>1</sup> Exclusive enteral nutrition using inflammation-reducing polymeric formula can be used as a primary treatment of Crohn's disease in adults; however, the use of polymeric formula exclusively may be less effective in adults compared to children.<sup>1</sup>

Typically, PN is not prescribed for inducing and maintaining remission of Crohn's disease. However, certain circumstances require administering PN; for example, treating current malnutrition during the perioperative period.<sup>5</sup> Additionally, when enteral nutrition is contraindicated for those with obstructions or severe malabsorption, parenteral nutrition can significantly benefit a patient's nutritional status especially in preparation for surgery.<sup>5</sup>

In conclusion, after assessing the patient with inflammatory bowel disease and identifying the best plan of care for the individual, nutrition intervention should begin as soon as possible. Early enteral nutrition initiation for the Crohn's disease patient can prevent or even reverse malnutrition.<sup>5</sup> With malnutrition occurring in an estimated 85% of those with Crohn's disease<sup>4</sup>, proper nutrition therapy can significantly improve one's recovery and quality of life.



## References

- Alhagamhmad M, Day A, Lemberg D, Leach S. Exploring and Enhancing the Anti-Inflammatory Properties of Polymeric Formula. *JPEN. Journal Of Parenteral And Enteral Nutrition* [serial online]. January 29, 2016; Available from: MEDLINE, Ipswich, MA. Accessed January 26, 2017.
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- Reilly I, Dibb M. Nutritional management of the patient with Crohn's disease. *British Journal Of Hospital Medicine (London, England: 2005)* [serial online]. August 2015;76(8):450-454. Available from: MEDLINE Complete, Ipswich, MA. Accessed January 25, 2017.

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## Drug Shortage References

American Society for Enteral and Parenteral Nutrition

[http://www.nutritioncare.org/Professional\\_Resources/Drug\\_Shortages\\_Update/](http://www.nutritioncare.org/Professional_Resources/Drug_Shortages_Update/)

American Society of Health-System Pharmacists

<http://www.ashp.org/shortages>

U.S. Food and Drug Administration

<http://www.fda.gov/Drugs/drugsafety/DrugShortages/default.htm>

Institute for Safe Medication Practice Identification

<http://www.ismp.org/newsletters/acutecare/articles/20100923.asp>

## TGCSPEN Membership Information

Previously, joining TGCSPEN and ASPEN required two separate transactions. Now, individuals can add both chapter membership and ASPEN membership to their shopping cart at one time. With this change, we hope to eliminate an obstacle to growing our membership by making it easier and more convenient to join TGCSPEN.

\*\*ASPEN student members may join TGCSPEN for FREE! Please contact us if you are a student member of ASPEN and would like to join TGCSPEN\*\*

## 2 Free CE opportunities

ASPEN members can earn free CE credits for reading pre-selected articles in the *Journal of Parenteral and Enteral Nutrition (JPEN)* and then successfully passing a knowledge assessment test. Log into [A.S.P.E.N.'s eLearning Center](#) to access an electronic copy of the article (or read the article in your hard copy of the journal), complete the knowledge assessment test, and claim your credit!

## TGCSPEN Newsletter Contribution Opportunities

We are always looking for contributions to the TGCSPEN newsletter. If you would like to contribute to the TGCSPEN newsletter as a guest author or if you are conducting interesting research you would like to share with your fellow TGCSPEN members, we would like to hear from you!

Email Lauren Probstfeld at [Lauren.Probstfeld@va.gov](mailto:Lauren.Probstfeld@va.gov) for more information.