



President's Message

TGCSPEN

Board of Directors

2016-2017

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It's once again time to get ready for our Fall dinner and board elections. As we approach the end of the year, I'm astonished at how quickly it has gone by!

We are excited to have Dr. Steve McClave as our speaker for Fall dinner. He is a pioneer in clinical nutrition, nutrition support, and ASPEN. Having the opportunity to listen and learn from those actively working in clinical nutrition research and applying those ideas in everyday clinical practice is what evolves our profession. Keeping current with the latest nutrition support research is the best way to provide the best care for those who depend on us professionally.

I have greatly enjoyed serving TGCSPEN as president this past year, and we have accomplished many things this year including:

- Kicking off the year co-hosting Clinical Nutrition Week 2016 in Austin
Reaching out to our peers by co-hosting a meeting with Texas SCCM
Continuing to host webinars locally for our members

Next year we hope to continue to reach out to other professional groups working in or with nutrition support to increase opportunities for our members to network with our peers. Let us know if there's anything you would like to see in the next year or beyond to better meet your expectations.

We have an outstanding slate of candidates this year to serve on the board. Please be sure to vote at Fall dinner or send in your ballot via email to tgcspen@yahoo.com by Oct 25th. I'd also like to encourage all of our members to consider serving in a position on our chapter board.

We always have opportunities for members to serve. It's a great way to give back to our profession and meet other like-minded clinicians.

It has been a honor to serve as President this year. Thank you again for the opportunity.

Sincerely,

Judy Brown, RDN, LD, CNSC

Table with 2 columns: Item, Count. Includes 'In this issue:' header and rows for Fall Dinner and Elections (2), Nominee Biographies (3-4), Pre-Liver Transplant Malnutrition Poster Presentation (5), Good to Know Information (6), Clinical Nutrition Week (7).

You are cordially invited to TGCSPEN's Annual Fall Dinner and Elections!



When: October 26, 2016

6PM: Networking

6:30PM: Dinner and Presentation

Where: Vincent's

2701 W Dallas St. Houston, TX 77019

Speaker: Stephen McClave, MD

Topic: *Does Nutrition Therapy Change Outcomes: Utilizing the 2016
ASPEN/SCCM Guidelines*

RSVP via the TGCSPEN FaceBook page or email TGCSPEN@yahoo.com by **October 19**
Space is limited to the first 50 guests

Cost is \$10 for members, \$15 for non-members, \$20 for onsite registration. Send payment to
P.O. Box 1982 Bellaire, TX 77402-1982 OR in person to one of the TGCSPEN officers

No CEU's provided

2017 Board of Directors Nominee Bios

Secretary

Heather Davis, MS, RD, LD, CNSC

Heather obtained her Bachelor of Science in Nutrition at the University of Texas at Austin and her Dietetic Internship as well as her Masters of Science in Nutritional Sciences at Texas Tech University. She has been practicing as a nutrition support dietitian for over 10 years and currently works in the ICU and on the Nutrition Support Team at MD Anderson Cancer Center. Heather won the honors of Emerging Dietetic Leader for Houston and the Emerging Dietetic Leader for Texas for 2015. Previously, Heather served on the Board of Directors for the Texas Academy of Nutrition and Dietetics as Membership Chair-Elect (2013-2014) and Membership Chair (2014-2015). She also previously served on the Board of Directors of the Texas Gulf Coast Society of Parenteral and Enteral Nutrition as the Director at Large for Nominations and Membership (2012-2015) where she was able to increase the TGCSPEN membership by 30%. She continues to be active in TGCSPEN events. Heather strives to be a leader in the area of nutrition support and would love the opportunity to join the TGCSPEN Board of Directors to continue to support and serve this area.

Christine Mowatt-Larssen, PharmD, BCNSP

Christine Mowatt-Larssen is a Clinical Pharmacy Specialist at the University of Texas MD Anderson Cancer Center, where she works with the Critical Care and Nutrition Support teams. Previously, she worked at St. Luke's CHI, The Woodlands Hospital as an ICU Clinical Pharmacist. She graduated from the Albany College of Pharmacy with a BS in Pharmacy and her PharmD degree is from the Medical University of South Carolina. Christine completed a residency in Critical Care/Nutrition Support followed by fellowships in Adult and Pediatric Nutrition Support at the University of Tennessee, Memphis. She has been a member of ASPEN for many years and has served on the Pharmacist Committee. The past four years she has been a member of TGCSPEN and would like to become more involved. Christine is excited to take on this responsibility if given the opportunity.

2017 Board of Directors Nominee Bios

Treasurer

Rebecca Toon, RD

Rebecca Toon is currently a Clinical Nutrition Specialist at the University of Texas MD Anderson Cancer Center, where she works in critical care and on the nutrition support team. Previously, she worked at Memorial Hermann Southwest Hospital in various patient care areas including critical care. She obtained her Bachelor of Science in Nutrition and completed the Coordinated Program in Dietetics at the University of Texas at Austin. She has been a member of ASPEN since 2009 and a member of TGCSPEN for the past four years. Rebecca has served as Secretary on the TGCSPEN board for the past two years, and is interested to further serve on the board in new role as Treasurer.

Call for Nominations!



It is not too late to be considered for an open Board of Directors position! If you would like to run for Secretary or Treasurer, please send your bio to Reagan Collins at

RDCollins@MDAnderson.org

If you have served on the TGCSPEN Board of Directors in the past, and would like the opportunity to run for president-elect, please send your bio to Reagan Collins at

RDCollins@MDAnderson.org

Improving Malnutrition in Pre-Liver Transplant Patients

A Poster Presentation by: Holly Dittmar MS, RD, CNSC and Renee Walker MS, RD, LD, CNSC, FAND

Background

The etiology of malnutrition in those with pre-transplant end stage liver disease is multifactorial; causes include malabsorption, anorexia, altered protein metabolism, decreased protein synthesis, increased protein losses with ascites/paracentesis, early satiety and increased metabolic rate. Poor nutritional status preoperatively is associated with increased infectious risk post operatively and longer ICU stay. Pre transplant malnutrition is potentially the most treatable factor. The recent malnutrition consensus statement by ASPEN/SCCM recommends evaluating 6 criteria (energy intake, weight loss, body fat, muscle mass, fluid accumulation, and hand grip strength) to determine the presence of malnutrition. Since body weight change is often masked by fluid in patients with liver disease, handgrip strength lends valuable objective insight into functional strength changes. Diet recalls and changes in subcutaneous fat and muscle mass are also monitored.

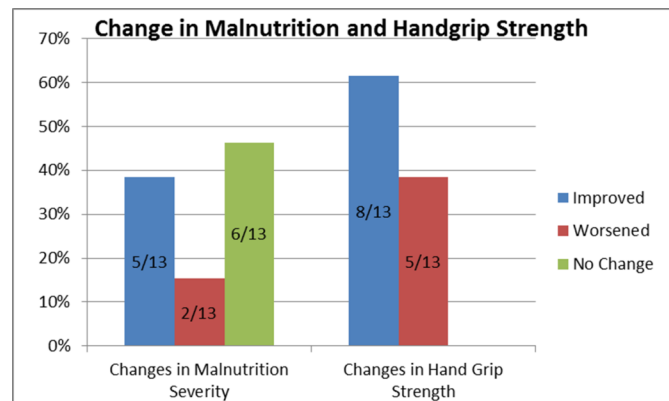
Methods & Instruments:

The purpose of this project was to monitor/measure the change in malnutrition and handgrip strength in pre-liver transplant patients followed by the RD. QM data generated as a result of an earlier project geared to target coding and evaluation of malnutrition was utilized. Those patients diagnosed with moderate or severe protein calorie malnutrition and followed up at least once with a baseline and second hand grip strength measurement were included in the data collection project.

Results :

Time period: August 2014- April 2016 (20 mo)

- ◆ 23.3% malnourished (23/99)
- ◆ Of the 23 malnourished, only 13 had at least 2 measurements of grip strength and rescreening for malnutrition



Discussion:

- ◆ RD intervention appears to stabilize or improve severity in most patients.
- ◆ The 2 patients with worsened malnutrition severity had the most nutrition interventions. Therefore, perhaps once malnutrition exceeds a certain threshold, nutrition intervention does not seem to impact the disease course. Handgrip strength provides an objective parameter to monitor changes.
- ◆ Improvement in hand grip strength is easier to obtain than a change in severity of malnutrition.

Conclusions:

Positive correlation exists between improving hand grip strength and improving malnutrition severity. The impact of nutrition intervention appears most beneficial in the early stages of disease. In future, may consider adding indication for transplant (cirrhosis vs hepatic cellular cancer) to QM chart to determine which indication is at higher risk for malnutrition.

Drug Shortage References

American Society for Enteral and Parenteral Nutrition

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.

Certification in Nutrition Support

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 for more information!

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!

Save the Date!

Clinical Nutrition Week

Orlando, Florida

February 18-21, 2017

Registration Now Open! Early Bird Registration ends 11/16/16!

Visit: <http://www.nutritioncare.org/CNWReg/> for more details



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 for more information.