

Invited Speaker Abstract

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Title of Presentation:

New nutrition guidelines and dissemination

1. Abstract

ESPEN, the European Society for Clinical Nutrition and Metabolism, produces interdisciplinary scientific guidelines based on an up-to-date and comprehensive methodology, often in collaboration with other leading societies and patient organizations. Since 2015, 16 guidelines on clinical nutrition in different diseases have been produced and published in „Clinical Nutrition“ (Dementia, Chronic intestinal failure, Cystic fibrosis, Oncology, Ethics, Terminology, Inflammatory bowel disease, Surgery, Polymorbid patients, Neurology, Pediatrics, Geriatrics, Intensive care medicine, Hepatology, Home enteral nutrition, home parenteral nutrition). Since 2019, a guideline dissemination and implementation project has been started as a joint venture of ESPEN and UEG, the United European Gastroenterology Society. The project entitled „Spreading knowledge on malnutrition across Europe“ (SKOMAE) aims to produce short versions of the guidelines („Practical guidelines“), national language versions, guideline Apps, and patient versions to enhance awareness of malnutrition and to support routine work in Clinical Nutrition.

2. Key references

- Bischoff SC, Singer P, Koller M, Barazzoni R, Cederholm T, van Gossum A. Standard operating procedures for ESPEN guidelines and consensus papers. *Clin Nutr.* 2015;34:1043-51.
- Forbes A, Escher J, Hébuterne X, Kłęk S, Krznaric Z, Schneider S, Shamir R, Stadelova K, Wierdsma N, Wiskin AE, Bischoff SC. ESPEN guideline: Clinical nutrition in inflammatory bowel disease. *Clin Nutr.* 2017;36:321-347.
- Bischoff SC, Austin P, Boeykens K, Chourdakis M, Cuerda C, Jonkers-Schuitema C, Lichota M, Nyulasi I, Schneider SM, Stanga Z, Pironi L. ESPEN guideline on home enteral nutrition. *Clin Nutr.* 2019 May 30. pii: S0261-5614(19)30198-0. doi: 10.1016/j.clnu.2019.04.022. [Epub ahead of print]

3. Key messages

ESPEN offers both scientific guidelines and practical guidelines on clinical nutrition produced in an multidisciplinary manner
These guidelines aim to support awareness and knowledge on clinical nutrition and to facilitate daily practice in clinical nutrition.
The guidelines are available for free on the ESPEN website (<https://www.espen.org/guidelines-home>) or in the „Clinical Nutrition“ journal.