Let’s celebrate the 40th Anniversary of the ESPEN Congress

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Cuthbertson & Wretlind Lectures - Award Winners

### Cuthbertson Lecture
- J.M. Kinney (Stockholm) 1979
- J.W. Alexander (Newcastle) 1980
- G.F. Cahill (Brussels) 1981
- C. Ricour (Vienna) 1982
- G.F. Cahill (Brussels) 1983
- D.W. Wilmore (Munich) 1984
- E. Jequier (Paris) 1985
- D.H. Elwin (Barcelona) 1986
- A.E. Harper (Leipzig) 1987
- J. Wesley Alexander (Helsinki) 1988
- J. Fischer (Athens) 1989
- K.J. Tracey (Antwerp) 1990
- S. Moncada (Vienna) 1991
- N.N. Abumrad (Budapest) 1992
- G. Hill (Birmingham) 1993
- J.E. Blundell (Roma) 1994
- J.H. Cuminumg (Geneva) 1995
- K.N. Frayn (Amsterdam) 1996
- X. Lovren (Nice) 1997
- M. Elia (Nice) 1998
- M. Fulop (Prague) 1999
- R. Grimble (Munich) 2000
- H. Sies (Munich) 2001
- E.J. Steele (Glasgow) 2002
- A. Ciechanover (Cannes) 2003
- A. Senn (Berlin) 2004
- K.J. Tracey (Antwerp) 2005
- S. Moncada (Vienna) 2006
- P. Dechelotte (Leipzig) 2007
- N.F.P. Douts (Prague) 2008
- P.C. Calif (Florence) 2009
- H. Kebir (Athens) 2010
- L. Cynob (Vienna) 2011
- G. Hill (Birmingham) 2012
- J. Wahren (Madrid) 2013
- O. Hernell (Munich) 2014
- B.R. Bristian (Glasgow) 2015
- E. Vinnars (Cannes) 2016
- M. Berger (Leipzig) 2017
- T. Cederholm (Madrid) 2018

### Wretlind Lecture
- S.J. Dudrick (Stockholm) 1979
- G. Dietz (Vienna) 1980
- D.H. Williamson (Brussels) 1981
- P. Fork (Munich) 1982
- M.I. Rennie (Munich) 1983
- D.B.A. Silk (Paris) 1984
- J. Bergert (Barcelona) 1985
- Y.A. Carpentier (Leipzig) 1986
- D.J. Millward (Helsinki) 1987
- H. Kehlet (Athens) 1988
- C. Cobelli (Roma) 1989
- D. Häussinger (Birmingham) 1990
- M.I. Kilberg (Geneva) 1991
- G. Dietze (Vienna) 1992
- C. Matuchansky (Antwerp) 1993
- S.P. Allison (Vienna) 1994
- K. Lundholm (Budapest) 1995
- D. Häussinger (Birmingham) 1996
- S.P. Allison (Vienna) 1997
- S. Pichard (Vienna) 1998
- T. Olivecrona (Stockholm) 1999
- E. Volpi (Madrid) 2000
- J. Wahren (Madrid) 2001
- O. Hernell (Munich) 2002
- B. Massing (Nice) 2003
- O. Ljungqvist (Istanbul) 2004
- H. Sauerwein (Lisbon) 2005
- M. Berger (Leipzig) 2006
- E. Volpi (Madrid) 2007
- J. Wahren (Florence) 2008
- J. Wahren (Madrid) 2009
- O. Hernell (Munich) 2010
- B. Massing (Nice) 2011
- M. Berger (Leipzig) 2012
- M. Berger (Leipzig) 2013
- A. Schols (Geneva) 2014
- M. Berger (Leipzig) 2015
- M. Berger (Leipzig) 2016
- J. Kondrup (Den Haag) 2017
- T. Cederholm (Madrid) 2018
An International Society of Parental Nutrition (ISPN) had existed since 1966. Some European scientists decided to organize an informal meeting in Stockholm in 1979 to focus on the development of clinical nutrition in Europe.

ESPEN was not formally established until 1980, but its foundations were laid in an informal international meeting in Stockholm in 1979, which has commonly come to be regarded as the first ESPEN meeting.
In Vienna (1982), 1,800 participants attended the Congress confirming the growing interest in the field of clinical nutrition.
ESPEN CONGRESS
7th ESPEN Congress
1985
Munich
Congress President: G. Dietze

8th ESPEN Congress
1986
Paris
Congress President: C. Ricour

9th ESPEN Congress
1987
Barcelona
Congress President: A. Sitges-Serra
10th ESPEN Congress 1988 Leipzig
Congress President W. Hartig

11th ESPEN Congress 1989 Helsinki
Congress President J. Takala

12th ESPEN Congress 1990 Athens
Congress President G. Androulakis
Antwerp
Congress President I. De Leeuw

Vienna
Congress President H. Lochs

Budapest
Congress President P. Varga
ESPEN launched the concept of:
- Block memberships
- Council meeting with a representative of each affiliated PEN society.
This dramatic event happened at the last day of the congress.
Launched in 2004, nutritionDay is an annual, worldwide initiative for health care institutions to take part in order to monitor, benchmark and improve the nutritional situation of patients and residents. The aim of nutritionDay worldwide is to improve knowledge and awareness of malnutrition in health care institutions and to overall enhance the quality of nutritional care. On a specific day every year (nDay) hospital wards and nursing homes around the world have the opportunity to participate in a one-day cross-sectional audit. nDay participants use simple screening tests for nutritional risk. They collect their unit’s anonymised data and upload it to the nDay database.

**nDay Achievements:**
- 4 health sectors audited (hospital wards, oncology units, ICUs, nursing homes)
- 18 Publications
- 64 countries participate
- 7,000 centres/clinics involved
- 246,000 patients’ data collected
The LLL Programme in Clinical Nutrition and Metabolism is a global effort of ESPEN to provide post-graduate qualification in Clinical Nutrition and to improve daily practice. It was developed as the project BG-03-B-F-PP-166039 of Leonardo da Vinci Programme by ESPEN and a number of European Universities with the support of European Union. The LLL Programme in Clinical Nutrition and Metabolism has been accredited by the "Union Européenne des Médecins Spécialistes (UEMS)". The Programme is maintained and continuously updated by ESPEN.

LLL Facts and Figures:
120 modules have been created – currently more than 100 are available online. Online registrations have reached 44,040 participants since launch. From 2005 launch, 59,451 participants have attended over 1630 LLL Live courses. LLL Final Exams 21 exams given, 577 participants, 446 passed (77% received diplomas)
Since 1997, ESPEN has published guidelines and position papers on a regulatory basis in Clinical Nutrition. The methodology and quality of the currently published guidelines varied fairly. Because of this reason, but also because the two major bundles of ESPEN guidelines, that on enteral nutrition in adults from 2006, and that of parenteral nutrition in adults from 2009 expired, ESPEN launched a new guideline concept in 2010 proposed for four years. The concept was focused on ‘Medical Nutrition’ that aims to prevent and treat malnutrition in the context of diseases. This ‘disease-specific guideline framework’ does not separate enteral and parenteral nutrition. Instead, a comprehensive approach comprising screening, assessment, nutritional counseling, oral nutritional supplements, as well as enteral and parenteral nutrition is envisioned.

This concept was launched by the authors of the invited editorial on ESPEN disease-specific guideline framework, S. Schneider and J. C. Preiser, who initiated five working groups on different topics (cystic fibrosis, inflammatory bowel disease, cancer, dementia, and chronic intestinal failure) that largely completed their work expected to be published 2015 in Clinical Nutrition. The guideline process was smoothly described in the editorial; however, it could not be fully brought into practice. Thus, the process of these five guidelines was not fully standardized yet. Therefore, ESPEN decided to re-launch the guideline process with a modified methodology adapted from a German Guidance Manual. The current ESPEN Guidelines Board is S. Bischoff & P. Singer.

ESPEN Guidelines on Nutrition:
- 2015: Dementia
- 2016: Ethical Aspects of Artificial Nutrition
- 2017: Cancer
- 2018: Poly morbidity Internal Medicine Patients Neurology
- In Progress: Liver & ICU

ESPEN Guidelines - 2015: Dementia
- 2016: Ethical Aspects of Artificial Nutrition
- 2017: Cancer
- Definition and Terminology of Clinical Nutrition
- Inflammatory Bowel Diseases Surgery
- Neurology
- Geriatrics
- In Progress: Liver & ICU
Gothenburg Congress President I. Bosaeus
Barcelona Congress President M. Planas
Leipzig Congress President A. Weimann

2011, 33rd ESPEN Congress
2012, 34th ESPEN Congress
2013, 35th ESPEN Congress

Basics in Clinical Nutrition, 4th Edition
The European Nutrition for Health Alliance (ENHA)
Optimal Nutrition Care for All (ONCA)

Our vision: a world with optimal nutritional care for all

Our ambition: making nutritional care an integral part of healthcare

Who are the signatories to the Charter?

Signatories to the Charter include all stakeholders contributing to this movement: from ENHA members to national medical societies for clinical nutrition and metabolism, patient groups, healthcare professionals, dietitians, policy makers, hospital managers, carers, industry and all experts and citizens with a passion to optimize nutritional care.

Our commitment: to advance nutritional care

The malnutrition challenge

A public health burden

- Disease-related malnutrition (undernutrition) is prevalent amongst patients in all healthcare settings around the world, including hospitals, care homes and in home care.
- 33 million citizens are at risk of malnutrition in Europe – this has an estimated financial impact on European healthcare systems of €170 billion each year.
- Public spending on healthcare is tight - resources under pressure mean that nutritional care is often neglected.
- Lack of awareness about the importance of nutritional care means that malnutrition risk screening and follow-up care are not undertaken systematically.

The charter started in 2010 but the Brussels meeting was the first official meeting. ONCA Brussels 2014. (Image below: Croatia Meeting 2015).
Record-breaking attendance in 2016 with 3,937 delegates from 94 countries!
Clinical Nutrition Impact factor 2018: 5.495

What is ESPEN?

Education
- Blue Book
- Guidelines
- Courses
- LLL
- UEG
- NESP
- Journals
- ENHA (ONCA)
- PROMISS

Science
- Congresses
- Symposia
- SIG
- Grants
- Nutrition Day
- ECRIN + registry
- CIF Action Day

Record-breaking abstract submissions in 2018 with over 1000 submissions!

www.espen.org
6th ESPEN Symposium on Perioperative Nutrition
(14-15 October, 2018)
Nottingham, UK.

Upcoming ESPEN Activities

6th ESPEN Symposium on Perioperative Nutrition
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www.nutritionday.org

15 NOV
nDay 2018

12 steps to participate
compare & share your nutrition care

new reports
with Quality Indicators & Economics

a project of
ESPEN & Medical University Vienna

Krakow
Congress President S. Klek

Upcoming ESPEN Activities