SASPEN – Q1

SASPEN has had an exciting start to the year with our National Roadshow reaching the Northern Cape. The first session was held in Kimberley on the 14 February, presented by Prof. Ivan Joubert and Engela Francis, drawing excellent attendance and engagement. This was followed by another successful session in Upington on 27 February, presented by Ms Anna-Lena Du Toit and Prof. Renée Blaauw. These roadshows provide an excellent platform for knowledge exchange and continuous professional development.

In addition to the roadshow, SASPEN hosted a PM Ward Round on 27 February, where Dr Nadiya Ahmed provided an in-depth session on micronutrients and critical illness, using a case study learning approach. This monthly series continues to offer valuable interactive discussions for our members.

Our ESPEN LLL session on 13 March, hosted via the Medtalkz platform, focussed on Nutrition support in the perioperative period, featuring Prof. Stanislav Klek, an international expert, alongside SASPEN council member and private practising dietitian, Vanessa Kotze. This session emphasized the importance of perioperative nutrition in improving patient outcomes.

Looking ahead, SASPEN remains committed to expanding our educational outreach and fostering collaboration within our local clinical nutrition community, while also strengthening our global networks in the field. We encourage our members to stay engaged and participate in upcoming events. Two key events to look forward to this year include the SASPEN mini-symposium on gastrointestinal surgery & nutrition, scheduled for 17 May 2025, as well as our annual joint Congress with the CCSSA which will take place from 14 – 17 August 2025 at the Durban Convention Centre under the theme Navigating the waves of change in critical care.

For more updates, visit our website and follow our official channels.

SASPEN Council 2025