



## SASPEN 2012 Joint Congress

### Sun City, North West Province, 29 Aug–2 Sep 2012

The 2012 Critical 4 Africa Congress was a first combined collaboration between the Critical Care Society of SA (CCSSA), SA Thoracic Society (SATS), SA Society for Parenteral and Enteral Nutrition (SASPEN) and Trauma Society of SA (TSSA). The congress was attended by 896 delegates, 52 companies exhibited and 141 speakers presented in the various state-of-the-art plenary and parallel sessions. Seventeen international speakers participated at this event, including two for SASPEN, namely Dr Robert Martindale and Dr Paul Wischmeyer, both from the USA.

The SASPEN track at this congress aimed to emphasise the importance of nutrition in the context of critical illness and injury, with a focus on the great advances made in the management of the critically ill patient through novel pharmaconutrient approaches. The track further highlighted the role of the multidisciplinary critical care team (including dietitians, physicians, nurses and pharmacists) in providing the needed level of assessment, monitoring and evidence-based care to optimise delivery of nutrition to a diverse population of the critically ill patient. An excellent international and national faculty shared, guided, challenged, debated and participated in shaping and consolidating current nutritional practices in defined topics (related to the exciting theme “Nutrition and Inflammation: a Deadly Combination!”) in adult and paediatric nutrition in the country and internationally.

SASPEN participated in two plenary sessions at this event. Dr Martindale presented: “Do SIRS and CARS really happen in 2012?”, and Dr Wischmeyer presented “Resolving controversies in critical care: total parenteral nutrition”. SASPEN furthermore hosted four full sessions, each including various interactive lectures and discussions: a combined session with CCSSA and nursing, “Nutrition today”, addressing metabolic manipulation with nutrition and glutamine; and three independent sessions: “Nutrition and inflammation” (feeding the obese critically ill patient, wound healing and hypoxia and reperfusion injury), “What’s new? Meet the professors” (briefly highlighting arginine, probiotics, micronutrients including vitamin D, anabolic agents and algorithms and protocols), and “Issues and updates in critical care nutrition” (addressing nutrition therapy in the critically ill child, burns, renal failure and updates in the USA Critical Care Guidelines). The SASPEN parallel sessions were well attended by dietitians and other members of the multidisciplinary critical care team alike. Some of the presentations will be available on the SASPEN website to members with access. A Discovery Clinical

Excellence award was presented to Arina Prins at the celebration dinner for her scientific contributions to the SASPEN track of the congress.

This collaborative event successfully imparted the importance of nutrition to all members of the critical care team, and enabled SASPEN members to benefit from information exchange between all groups. By all accounts, this first combined congress was a big success! SASPEN thanks the collaborating societies, the excellent international and local faculty, our industry partners and our members for contributing to the success of this collaborative event. On to even bigger and better things!

**Janicke Visser**  
SASPEN President



Janicke Visser (SASPEN President) presenting the Discovery Clinical Excellence award (SASPEN track) to Arina Prins.



Critical 4 Africa 2012 Organising and Scientific Committee, and some international speakers