



## SASPEN News

This year will be remembered as the year that taught us how to evolve and adapt. The COVID-19 pandemic, and all the unpredicted challenges, brought with it the opportunity to re-define and adjust. As we are finding our rhythm in the new world, we are becoming comfortable with the restructuring of information transfer, whether this is teaching opportunities, learning activities, virtual patient care or virtual meetings.

Dietitians Week was celebrated in June 2020. This year SASPEN joined The British Dietetic Association (BDA) again with local collaboration with The Association of Dietetics in South Africa (ADSA), the Enteral Nutrition Association of South Africa (ENASA), and The Hospital Dietitians Interest Group (HDIG). As part of the week's activities, SASPEN ran a social media campaign where dietitians were encouraged to share their trips down memory lane and commemorate how far dietetics has come, on a personal level or as a profession. There were some exciting prizes up for grabs! Congratulations to the winners:

- Talia Pillay: One-year SASPEN membership, registration to 2021 CCSSA/SASPEN Congress and R1 000 in cash.
- Nireshnee Reddy: R3 500 in cash.
- Jason van Heerden: R1 500 in cash.

SASPEN council members Anna-Lena du Toit and Logesh Govender were featured alongside other dietetic colleagues in a South African Superhero article on what dietitians do. This article highlighted the diverse and vital roles that science-based nutrition experts' play in our healthcare system. The article can be accessed through the following link: [www.goodthingsguy.com/people/dietitians-week-heroes-sa/](http://www.goodthingsguy.com/people/dietitians-week-heroes-sa/).

We would like to sincerely thank every dietitian who took the time to partake in Dietitians Week 2020.

International Breastfeeding Week is celebrated from 1–7 August 2020. SASPEN will be supporting the initiative to create awareness around breastfeeding. The theme for this year is *Support Breastfeeding for a Healthier Planet*. For more information, please visit our website.

The 2020 ENASA Research Grants' application process closed end of July 2020. In the light of the COVID-19 pandemic, preference was given to research in the field of COVID-19 and the field of Malnutrition in the South African context. For more information, please visit our website.

In the light of the COVID-19 pandemic, the ESPEN 2020 Congress will be a virtual congress. Registration includes full access to the congress programme with additional prolonged access to the majority of sessions for up to 12 months after the congress dates. The live virtual congress is scheduled for 19–21 September 2020. Information on registration is available at [www.espencongress.com/](http://www.espencongress.com/) or [www.espen.org/](http://www.espen.org/).

Lastly, SASPEN would like to congratulate each and every healthcare worker that has shown tremendous innovation, courage and resilience in this new era of healthcare. We are encouraged by the sense of community in this time of rapid change and challenges.

We would like to hear about your initiatives and plans. Please 'like' us on Facebook, follow us on Twitter and join us on LinkedIn to stay informed about events and opportunities. You can visit our webpage on [www.saspen.com](http://www.saspen.com).