



SASPEN – Q3

NEWS FROM SASPEN

The third quarter of 2026 has been another active period for SASPEN, with our ongoing PM Ward Rounds continuing to provide valuable opportunities for learning and professional engagement, while preparations are well underway for our upcoming annual SASPEN/CCSSA congress.

Our June PM Ward Round featured dietitian **Mariam Forgan**, who presented *The Bariatric Journey of Body, Mind and Resilience*, exploring the nutritional and behavioural complexities of bariatric surgery. In July, **Marike Bauermeister** presented *Managing Malnutrition in Alcoholic Liver Disease: A Clinical Case*, providing a practical approach to nutritional management in liver disease. Our August PM Ward Round will feature **Nichola Marx**, presenting *Clinical Nutrition in Practice: Managing Severe Acute Malnutrition in an Ex-premature Infant*, with a focus on the nutritional challenges encountered in complex paediatric care.

Excitement is also building for the **Critical Care National Congress**, jointly hosted by SASPEN and the Critical Care Society of Southern Africa (CCSSA),

taking place from **17–20 September 2026 at the Century City Conference Centre in Cape Town**. The programme will bring together local and international experts for academic sessions and practical workshops.

We are particularly pleased to welcome international speakers **Prof Emma Ridley from Australia** and **Prof Christian Stoppe from Germany**, who will contribute their expertise to the scientific programme.

SASPEN will also be hosting two pre-conference workshops: *Indirect Calorimetry: Why It Matters and How to Use It* and the *SASPEN Nurses Nutrition Workshop: Understanding and Managing Nutrition Support of Patients in the ICU*.

For more information and to register for the congress, visit: <https://criticalcarecongress.co.za/>

SASPEN continues to encourage healthcare professionals with an interest in clinical nutrition to join our growing community, participate in our educational initiatives and contribute to advancing clinical nutrition practice in South Africa.