

Minutes of the Hybrid FREM Section Meeting

ESICM Section FREM: Feeding, Rehabilitation, Endocrinology and Metabolism

During ESICM LIVES 2024

Date: October 8, 2024

Time: 14:00 - 15:25 CEST

Location: CCIB, Room 127-128, Barcelona Spain / Online via Teams

Participants: 37 (Live), 8 (Online)

Chair: Arthur van Zanten

Minutes: Angelique de Man / Arthur van Zanten

1. Opening

Section Chair Arthur van Zanten opened the meeting by welcoming all members. He noted that ESICM membership stands at 9,320. A significant portion of the membership, 71.1%, is based in Europe. The current gender distribution among members is 63% male and 37% female, with a decline in male representation noted especially among younger members aged 30-40, where females constitute 48% of that group. Furthermore, over 25% of the membership is under age 38 (NEXT members).

Arthur van Zanten stressed the importance of involving Allied Health Professionals (AHPs) in the voting process and mentioned that actions would follow to facilitate their participation. Danni Bear mentioned that two types of membership are available, only one with voting rights. FREM could benefit when more of these groups are allowed to vote. The section chair will request this from the ESICM's executive team.

2. Minutes / Annual Report

The minutes from the previous online meeting held in June 2024 were reviewed. No comments or amendments were suggested, and the same approval was granted for the annual report. Members were reminded that FREM includes over 500 voting members within ESICM, which significantly enhances the visibility of FREM themes. This visibility is crucial for facilitating thematic sessions and debates during congresses, fostering a more impactful engagement with current issues in intensive care medicine.

3. Chair-Elect Candidate

Christian Stoppe was introduced as the candidate for Chair-Elect of the FREM section. Members were encouraged to support him. It was noted that the voting ballots will be reopened shortly, allowing members to express their preferences. The new chair will commence his role one year in advance to ensure sufficient time to familiarise himself with ongoing issues and responsibilities within the section.

4. FREM Social Media

Kristine Koekkoek discussed updates regarding the FREM website and established a WhatsApp group with 62 members to foster better communication among members. Interested individuals were invited to share their cell phone numbers to join the group. Members were encouraged to share pertinent information within the group, such as exciting talks, new publications, and other relevant materials.

5. Upcoming Events

Kristine Koekkoek provided updates on FREM's online presence. Members were invited to submit suggestions for future topics and speakers for the FREM podcasts and webinars. Two webinars and two podcasts are planned for 2025. Kristine emphasised that the monthly ESICM webinars have become an effective platform for accessing current research and clinical practice insights while facilitating interaction with leading experts in intensive care medicine. She encouraged members to send any ideas directly to her at kristinekoekkoek@gmail.com.

6. Congress LIVES 2024 Programme Update

Arthur van Zanten provided an update on the LIVES 2024 program, highlighting its significant expansion from the initial discussions that featured only two thematic sessions and two debates.

FREM Sessions and Debates:

Thematic Sessions:

- Revolutionising Strategies in Nutrition & Metabolism
- Precision Medicine in Critical Care Nutrition

Debates:

- Can ICU-Acquired Weakness Be Prevented?
- Energy Equations or Indirect Calorimetry?

Expanded activities:

Two joint thematic sessions with the NeuroICU and N&AHP sections, focusing on:

- Enhancing Recovery After Prolonged Critical Illness
- Management of Organ Donors in the ICU

Two joint Debates:

- Vitamin S (steroids) and Other Micronutrients for Sepsis: Myth or Fact?
- Delirium in ICU: Overview & Challenges

Poster Sessions:

There were 49 posters showcased across the event in five poster sessions. However, more FREM topics were noticed in sepsis and other poster categories.

Educational Sessions:

- NEXT Session: Blackboard on Refeeding Syndrome & Refeeding Hypophosphatemia

- Case-based Discussion: Severe Hypoglycaemia and Neurological Impairment with Tight Glucose Control: The Perfect Storm?

Representatives for the program development were Arthur van Zanten and Christian Stoppe.

7. Research Projects

Imre Kouw presented an international quantitative survey aimed at understanding methods of enteral nutrition (EN) administration during ICU admissions. Currently in the setup phase, this survey may seek endorsement from FREM/ESICM via the ESICM Research Committee. The primary goal is to quantify global EN methods and evaluate their effectiveness.

Christian Stoppe discussed the International Acute Nutrition Registry, supported by a start-up grant from Fresenius Kabi. Participating organisations are required to collect longitudinal data from 20 ICU patients. He encouraged members to propose new substudies or data points for the registry. Currently, there is no financial support for research nurses or PhDs to assist with data collection, although this may change for specific future projects.

Daniel Gomes, as the representative of the Research Committee, urged all members to complete the survey on online research projects. This survey will help assess the quality of ongoing research within the FREM section.

Key Findings from the Survey so far:

- Project Types: 21 out of 25 projects are multicentre clinical trials.
- Quality Indicators: 16 of 25 projects have a published protocol or are registered clinical trials.
- Endorsement Status: Only three projects are currently endorsed by ESICM.

Highlighted Endorsed Projects:

- GUTPHOS
- Determining blood thiamine levels in critically ill ICU patients requiring CVVHDF and assessing their association with clinical outcomes.
- COSMOGI: Related to core outcome sets for daily gastrointestinal function monitoring in critically ill patients.

He emphasised that projects seeking ESICM endorsement should highlight their association with the FREM section to enhance visibility and potential for publication. Link to the survey:

<https://forms.gle/yrso1ZKCZSHWp4WJ8>

Daniel Gomes also shared valuable tips for candidates applying for ESICM research awards:

Tips for Candidates:

- Focus on **objective, feasible, high-quality studies** that will likely impact clinical practice. This includes small clinical trials and observational studies.
- For larger projects, consider **splitting them into “working packages”** and submitting only one that meets the award criteria.

Key Considerations:

- **Budget:** Ensure compliance with budget guidelines, as co-funding is restricted. Be sure to read the rules carefully.

- **Sample Size:** If applicable, present a valid sample size calculation method and a detailed patient recruitment plan, ideally spanning a two-year timeline.

ESICM Research Awards 2024

Total Grants: 14 will be awarded, totalling € 295,000 in 2024.

Fresenius Kabi Clinical Nutrition Award: This € 20,000 grant is the only section-specific grant available.

This year's winner:

Project Title: Impact of cyclic enteral daytime feeding with ketogenic nighttime fasting on postoperative delirium in critically ill patients (DeliKet-Study)

Recipient: Sandra Emily Stoll, Anaesthesiology and Intensive Care Medicine, University Hospital Cologne, Germany.

Annika Reintam Blaser and Arthur van Zanten provided updates on the GUTPHOS project, which has completed recruitment. Instead of the expected 1,400 inclusions, over 2,800 entries are now in the database. They reported that data verification is ongoing and presents challenges.

Kaspar Bachmann reported on the COSMOGI project, which focused on a core outcome set for daily gastrointestinal function monitoring in critically ill patients. ICM recently rejected the research paper, but it has been resubmitted for consideration to Critical Care.

8. Green Nutrition ICU Project Update

The progress of the Green Nutrition project was discussed, highlighting its goals to improve sustainability in ICU nutrition practices. Key research questions include examining the feasibility of extending feeding hang times beyond 24 hours and assessing the environmental impacts of transitioning from animal-based proteins to plant-based options in enteral feeding products. The Sustain study on prolonging EN hanging time to 48 hours will be finalised in Q4 of 2024.

9. Publications

Updates on recent publications were provided, specifically regarding the protocols of the GUTPHOS studies in Clinical Nutrition ESPEN (Parts A (validation of the GIDS score) & B (evaluation of dysphosphatemia in 1st ICU week)). Additionally, a narrative review titled "What Do We Know About Micronutrients in Critically Ill Patients" was discussed, coordinated by Angelique de Man, and hopefully soon to be published in the Journal of Parenteral and Enteral Nutrition (JPEN).

- Protocol publications Kow IWK, Melchers M, Mändul M, Arabi YM, Casaer MP, Cotoia A, Gunst J, Malbrain MLNG, Schaller SJ, Starkopf J, Sundström Rehal M, Reintam Blaser A, van Zanten ARH. Prospective multicenter study to validate the gastrointestinal dysfunction score (GIDS) in intensive care patients: Study protocol for Part A of the international GUTPHOS study. Clin Nutr ESPEN. 2024 Jul 26;63:702-708. doi: 10.1016/j.clnesp.2024.07.023. Epub ahead of print. PMID: 39069258.
- Melchers M, Kow IWK, Arabi YM, Casaer MP, Cotoia A, Gunst J, Malbrain MLNG, Schaller SJ, Starkopf J, Rehal MS, Blaser AR, van Zanten ARH. Prospective multicenter study to describe the prevalence, outcomes, and management of phosphate disorders in intensive care patients: Study protocol for part B of the international GUTPHOS study. Clin Nutr ESPEN. 2024 Jul 26;63:681-687. doi: 10.1016/j.clnesp.2024.07.024. Epub ahead of print. PMID: 39069259.

- COSMOGI: Core outcome set of daily gastrointestinal function monitoring in critically ill patients: Kaspar Bachmann and Annika Reintam Blaser led the Delphi process for COSMOGI, which has been finalised, and the manuscript has been submitted for publication.
- CONCISE outcome measures: Core Outcome Measures for Clinical Effectiveness Trials of Nutritional and Metabolic Interventions in Critical Illness. This Delphi process initiative under the leadership Zudin Puthuchearry has recently led to two pivotal publications: Davies TW, Kelly E, van Gassel RJJ, van de Poll MCG, Gunst J, Casaer MP, Christopher KB, Preiser JC, Hill A, Gundogan K, Reintam-Blaser A, Rousseau AF, Hodgson C, Needham DM, Schaller SJ, McClelland T, Pilkington JJ, Sevin CM, Wischmeyer PE, Lee ZY, Govil D, Chapple L, Denehy L, Montejó-González JC, Taylor B, Bear DE, Pearse RM, McNelly A, Prowle J, Puthuchearry ZA. A systematic review and meta-analysis of the clinimetric properties of the core outcome measurement instruments for clinical effectiveness trials of nutritional and metabolic interventions in critical illness (CONCISE). Crit Care. 2023 Nov 20;27(1):450. doi: 10.1186/s13054-023-04729-7. PMID: 37986015; PMCID: PMC10662687.
- Davies TW, van Gassel RJJ, van de Poll M, Gunst J, Casaer MP, Christopher KB, Preiser JC, Hill A, Gundogan K, Reintam-Blaser A, Rousseau AF, Hodgson C, Needham DM, Castro M, Schaller S, McClelland T, Pilkington JJ, Sevin CM, Wischmeyer PE, Lee ZY, Govil D, Li A, Chapple L, Denehy L, Montejó-González JC, Taylor B, Bear DE, Pearse R, McNelly A, Prowle J, Puthuchearry ZA. Core outcome measures for clinical effectiveness trials of nutritional and metabolic interventions in critical illness: an international modified Delphi consensus study evaluation (CONCISE). Crit Care. 2022 Aug 6;26(1):240. doi: 10.1186/s13054-022-04113-x. PMID: 35933433; PMCID: PMC9357332.

10. Online Nutrition Pathway & Nutrition Fellowships

Program Directors: Danni Bear and Michael Casaer

Danni and Michael shared insights into the successes of the online nutrition fellowship program, which has attracted a diverse audience of nurses, nutritionists, and physicians from around the globe.

Growing Participation: The program continues to grow, with an impressive mix of participants engaging in interactive sessions led by multi-specialty experts. The next course is scheduled for April 2025.

Fellowship Awards: Participants who excel in their final evaluations will be awarded fellowships in prestigious ICUs, including La Charité Berlin, Karolinska in Stockholm, and UZ Leuven.

Impact of Fellowships: These fellowships have proven invaluable, fostering dynamic interactions between local mentors and emerging experts. Past fellows have gone on to:

- Create ESICM podcasts
- Serve as FREM representatives on the Research Committee
- Organise nutrition workshops at national congresses
- Develop online educational content
- Win the ESICM Prize for Safety in ICU
- Join expert panels for the Nutrition Course 2024

Future Collaborations: Danni and Michael expressed hope that new centres will consider hosting fellows and highlighted the enthusiasm of new, diverse faculty experts willing to contribute to the Nutrition Course 2025.

11. FREM-Related Online Learning Modules

Sjoerd van Bree was excused from the meeting due to clinical responsibilities in the ICU but remains committed to advancing the e-learning initiatives.

New Term: Sjoerd was awarded a new two-year term last year as the FREM e-learning representative.

Module Development: He reported that the development of e-learning modules is progressing well, with a focus on ensuring satisfaction among first authors who contribute to these educational resources.

Congress Discount: To acknowledge the contributions of the first authors, a discount on congress admission fees is offered.

New Content: Jean-Charles Preiser and Angelique de Man led the introduction of new and revised modules on abdominal issues and acute pancreatitis. These updates aim to enhance the educational offerings within the FREM section.

12. Matters from the Executive Team ESICM (Council)

Nutrition Experts Platform: The link platform for intensive care medicine experts within ESICM can include FREM topics. This initiative aims to enhance collaboration and resource sharing among professionals in the field. FREM members who would like to stand for this consultation role can make this known to the Section Chair.

Intensive Care Innovation Forum (February 2025): Members were encouraged to share ideas for FREM's involvement in the upcoming forum. Contributions are sought to ensure representation and to highlight FREM's initiatives. Many AI initiatives are expected.

ELC & ACE Modules: The ELC and ACE modules are now part of the new ESICM Academy. This integration will not affect section representation, ensuring continuity for FREM members.

Honorary Membership: Danni Bear will be awarded honorary membership of ESICM in recognition of her contributions to the field. She is the second FREM member to be awarded since Mette Berger.

Congress Attendance: The LIVES 2024 congress is expected to attract over 6,500 participants (an increase from previous years) and generate an anticipated income of €3.7 million, of which €900,000 is expected from sponsors (a decrease from previous years).

Research Awards: More than €600,000 is allocated for research awards, while journal income is projected to exceed €700,000, with Springer contributing €300,000.

The current funding opportunities are promising, but unfortunately insufficient to launch robust clinical studies. Given the significant increase in regulatory requirements, especially for drug-regulated trials, new strategies must be explored to ensure that the options provided through ESICM can truly act as catalysts for impactful research.

13. AOB

No additional business was raised during the meeting.

13. Closing Remarks

Arthur van Zanten concluded the meeting by thanking all participants for their engagement and contributions. He reiterated the importance of collaboration within the FREM community and encouraged members to actively participate in upcoming events and projects. The meeting was adjourned at 15:25 CEST.

Action Items:

- Members are encouraged to send suggestions for topics/speakers for upcoming events, such as podcasts and webinars, to Kristine. kristinekoekkoek@gmail.com
- Members are asked to name topics and speakers for ESICM LIVES 2025 to Arthur van Zanten and Christian Stoppe. zantena@zgv.nl or christian.stoppe@gmail.com
- Members who want to participate in the International Acute Nutrition Registry should contact Christian Stoppe.
- All members are urged to complete the research project survey. Link to the survey: <https://forms.gle/yrso1ZKCZSHWp4WJ8>
- Interested members should share their contact details with Kristine for the WhatsApp group to enhance communication. kristinekoekkoek@gmail.com

Next Meeting:

Scheduled during ISICEM 2025 in Brussels, with further details to follow.