

## Minutes of the online FREM Section Meeting

# ESICM Section FREM: Feeding, Rehabilitation, Endocrinology and Metabolism

Date: April 9, 2025

Time: 17:00 - 18:15 CET

Location: Online via Zoom

Participants: 40

Chair: Arthur van Zanten

Chair-elect: Christian Stoppe

Minutes: Arthur van Zanten

### 1. Opening

Section Chair Arthur van Zanten opened the meeting by welcoming all members. He noted that ESICM membership is over 9,000. Furthermore, over 25% of the membership is under age 38 (NEXT members).

### 2. Minutes

The minutes from the previous online meeting held on October 8, 2024, were reviewed. No comments or amendments were suggested, and the minutes were approved.

Members were reminded that FREM includes over 500 voting members within ESICM, significantly enhancing the visibility of FREM-related themes. This visibility is essential for facilitating thematic sessions and debates at congresses and promoting meaningful engagement with current issues in intensive care medicine.

### 3. Chair-Elect

Christian Stoppe has been formally selected after a second ballot, as Chair-Elect of the FREM section. The new chair commenced his role one year in advance to ensure sufficient time to familiarise himself with ongoing issues and responsibilities within the section. Christian will take over from Arthur in October 2025 during ESICM Lives in Munich. Congrats to Christian from all FREM members.

### Overview FREM officers:

Chair	Arthur	van Zanten	Ede	The Netherlands
Chair-Elect	Christian	Stoppe	Wurzburg	Germany
Research Committee Representative	Daniel	Gomes	Lisbon	Portugal
Social Media and Digital Content Committee Representative	Kristine	Koekkoek	Utrecht	The Netherlands
Clinical Training Committee Representative	Jan	Gunst	Leuven	Belgium
e-Learning Committee Representative	Sjoerd	van Bree	Ede	The Netherlands

### 4. FREM Social Media

Kristine Koekkoek discussed updates regarding the FREM website and established a WhatsApp group with more than 75 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 multiple 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](mailto:kristinekoekkoek@gmail.com).

On April 10, 2025 a FREM webinar will be broadcasted.



The screenshot shows the ESICM website header with the logo and navigation links: ESICM, Resources, Events, Journals, Research, Education, and Patient and Family. Below the header, a banner for a webinar titled "Challenges and new perspectives in Critical Care Nutrition" is displayed. The banner includes the text "Last updated : 18/03/2025 - 29810 views". Below the banner, a blue box with white text reads "ESICM WEBINAR". Underneath, there are four circular portraits of the speakers: Charles Lew, Andrew Day, Varsha Asrani, and Christian Stoppe. To the left of the portraits, a video camera icon is shown. Below the portraits, the date and time are listed: "10 APR 2025 16:00 - 17:00 CEST".

## 6. Congress LIVES 2025 Programme Update

Arthur van Zanten provided an update on the LIVES 2025 program, highlighting the effects of a new section on Pharmacology that resulted in FREM and other sections not meeting the cut for 4 sessions. So, this year, FREM could only organise one debate and one thematic session. Furthermore, 2-3 joint sessions with FREM involvement will be selected. No further details on speakers and topics can be announced. This is done by the ESICM office and the Research committee.

### Congress Planning and Speaker Roles

Additional considerations, such as inclusiveness, the principle that both the Chair and Chair-Elect should serve as speakers or moderators, and the limited number of available sessions, make planning a challenge. Moreover, every invited speaker is expected to take on at least two roles, which further complicates scheduling and organisation. FREM Representatives for the program development were Arthur van Zanten and Christian Stoppe.

## 7. Research Projects

Christian Stoppe discussed the International Acute Nutrition Registry, supported by a start-up grant from Fresenius Kabi. Participating organisations are required to collect longitudinal nutrition and outcome data from n=20 patients per institution. Until now, more than 70 ICUs reached out with interest to participate in this international collaboration, working now on ethical approvals and the recruitment is about to start after a kick-off meeting, which will be announced in May. He encouraged members to propose new sub-studies 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.

## **ESICM Research Awards 2025**

### **Grants and Project Updates**

**Total Grants:** In 2025, a total of 14 grants will be awarded, amounting to €295,000.

Fresenius Kabi Clinical Nutrition Award: This €20,000 grant is the only section-specific grant available. A substudy of the GUTPHOS project has been submitted for this award by Varsha Asrani.

### **GUTPHOS Project Update**

Annika Reintam Blaser reported that the GUTPHOS study has completed recruitment. While the original target was 1,400 inclusions, the database now contains over 2,680 entries. Data verification has been challenging but is nearly complete, and data analysis will begin soon.

## **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 has been finalised. Arthur van Zanten showed preliminary results indicating more (NS) increase in diarrhoea incidence and less time to the onset of new nosocomial infections (S). A large, well-powered, non-inferiority study must be designed. This could be a project for FREM soon.

## **9. Publications**

Updates on recent FREM publications were provided.

de Man AME, Stoppe C, Koekkoek KWAC, Briassoulis G, Subasinghe LSDP, Cobilinschi C, Deane AM, Manzanares W, Grințescu I, Mirea L, Roshdy A, Cotoia A, Bear DE, Boraso S, Fraipont V, Christopher KB, Casaer MP, Gunst J, Pantet O, Elhadi M, Bolondi G, Forceville X, Angstwurm MWA, Gurjar M, Biondi R, van Zanten ARH, Berger MM; ESICM/FREM MN group. What do we know about micronutrients in critically ill patients? A narrative review. *JPEN J Parenter Enteral Nutr.* 2025 Jan;49(1):33-58. doi: 10.1002/jpen.2700. Epub 2024 Nov 18. PMID: 39555865; PMCID: PMC11717498.

The group briefly discussed the value of working together on publications with a broad interest in the field. Members of the section were encouraged to brainstorm and come up with some valuable ideas for a manuscript which can be developed and published together. Please send them to the Chair Arthur.

### **FREM Publications and Visibility**

FREM members are encouraged to consider publishing papers under the FREM banner when collaborating on FREM-related topics. Additionally, Christian Stoppe suggested contributing viewpoint articles to peer-reviewed journals to further enhance FREM's visibility and academic impact.

## **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-speciality 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 2025

**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 2026.

## 11. FREM-Related Online Learning Modules

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

**New Term:** Sjoerd was awarded a new two-year term since 2024 as the FREM e-learning representative.

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

## 12. Matters from the Executive Team ESICM (Council)

### Discussion on Section Development and New Initiatives

Arthur van Zanten mentioned that he had spoken with Jan De Waele on his request regarding the possibility of a new Section on post-ICU/rehabilitation. Arthur emphasised that FREM is the appropriate Section to host topics related to post-ICU care, PICS, and recovery, particularly considering the "R" in FREM and the role of nutrition in recovery.

For the sake of transparency, Stefan Schaller noted that he had reached out to the ESICM Executive Team and Council to explore the creation of a new Section on Rehabilitation/PICS/post-ICU. This could potentially diminish the influence of FREM within ESICM. Several attendees expressed opposition to such a separation, warning that it could further compromise FREM's standing.

Alternative suggestions included:

- Creating a Special Interest Group (SIG) or Working Group, like the existing Micronutrients group within FREM.
- Launching overarching collaborative initiatives between Sections.

No formal decisions have been made at this point by the Executive Board of ESICM.

### Launch of GRIP (Global Research Initiative on Post-ICU Nutrition)

The GRIP initiative has officially launched, with Elisabeth De Waele as Chair and Arthur van Zanten as Vice-Chair. This is a global collaboration with investigators from Europe, North and South America, Asia, and Australia already involved. Participation remains open for others to join in the future. Although GRIP is not a FREM initiative, it may be of interest to FREM members and could offer opportunities for future involvement.

### Call for Collaboration

All members are encouraged to share their current initiatives and projects with Arthur, Christian, Daniel, or Kristine. This will allow better information exchange and help connect members with shared interests.

### **13. AOB**

#### **Marie Curie EU Grant Awarded for Micronutrient Collaborative**

Angelique de Man shared the exciting news that an international collaborative on micronutrients has successfully secured a Marie Curie EU grant. The project will fund 13 PhD positions with a total grant amount of €4 million. Warm thanks and congratulations to Angelique and all FREM members involved in this impressive achievement. The final administrative details will be completed shortly.

### **14. 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 18:15 CET.

#### **Action Items:**

- Members are encouraged to send suggestions for topics/speakers for upcoming events, such as podcasts and webinars, to Kristine. [kristinekoekkoek@gmail.com](mailto:kristinekoekkoek@gmail.com)
- Members who want to participate in the International Acute Nutrition Registry should contact Christian Stoppe. [christian.stoppe@gmail.com](mailto:christian.stoppe@gmail.com)
- Suggestions for manuscripts and, if possible, interest to lead these can be sent to Arthur van Zanten: [zantena@zgv.nl](mailto:zantena@zgv.nl)
- 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](mailto:kristinekoekkoek@gmail.com)

#### **Next live FREM section meeting:**

The next in-person meeting is scheduled during ESICM Lives 2025 in Munich. Further details will follow. An additional online meeting may be planned within the next three months, depending on the topics requiring discussion.