



## METTE BERGER

This year, the European Society of Intensive Care Medicine is honouring Prof. Mette Berger for her outstanding achievement in the field of Critical Care Nutrition and her commitment to the Society.

We are greatly thankful to Mette for her passionate devotion to optimise nutrition for critically ill patients. She does so by working at the bedside, performing clinical research, contributing to guidelines, teaching young doctors, providing organisational support and by implementing information technology in clinical practice.

She has her personal way and is a role model for female doctors: she has raised a child and conducted a clinical and academic career in parallel. As Chair of the Metabolic, Endocrine and Nutritional (MEN) Section, she exhibits open communication.

She is a greatly-appreciated speaker and travels around the world, lecturing in five languages to promote the importance of nutrition to recover from critical illness and improve the quality of life after ICU.

She played a crucial role in the finalisation of the nutritional guidelines on Critical Care Nutrition - a remarkable result in a domain where controversy reigns. She was part of the group that demonstrated tireless efforts to meticulously review the literature, summarise the seemingly diverging study results and succeeded in formulating a consensus without disguising divergence.

Optimisation of nutrition at the bedside is her mission. Mette is one of the pioneers in implementing information technology in clinical practice, customising the computer system already in 1999, to enable monitoring metabolism in parallel with the standard ICU items. She acknowledged the importance of learning from small and big data at the bedside. She showed how monitoring of nutritional intake, laboratory measurements and clinical signs can be integrated to generate clinical warning signals and support therapeutic decisions.

Mette was in the middle of the 'caloric twist', the turning point of realisation that not only the prevention of a caloric deficit is important, but also that the provision of early full nutritional support might be harmful. She was one of the main investigators of the Swiss supplemental parenteral nutritional trial, which demonstrated that careful supplemental nutrition initiated after the hyperacute phase of disease could reduce infections, improve immunity and was cost-effective.

Mette not only showed that macronutrients matter, she was a pioneer in the field of micronutrients. She pointed to extreme losses in patients with burns and trauma and those on continuous renal replacement therapy and showed the benefits of supplementation.

When we think of Mette, we see an enthusiastic, dedicated, interested and keen doctor, teacher and scientist, who is devoted to the care of patients and the scientific community.

Mette, thanks for your commitment!

## HELEEN OUDEMANS-VAN STRAATEN

ESICM Member