

# Minutes of the ESICM FREM Section Online Meeting

Monday, 17 June 2024 from 16:00 to 17:00 CEST: 37 online participants

## 1. Opening FREM Meeting

Arthur van Zanten, chair of the ESICM FREM section apologised for the late notice of the meeting agenda, although the meetings had been announced earlier in the WhatsApp group.

## 2. Members of FREM

- More than 500 ESICM members are voting members of FREM.
- Consequences:
  - More exposure to FREM themes.
  - More thematic sessions and debates at ESICM LIVES Barcelona 2024.

## 3. Upcoming Events/Congress LIVES 2024 Programme Update

- With help from FREM members in the WhatsApp group.
- Free ESICM webinars have become a popular online tool to access the latest research and clinical practice information, and an opportunity to interact with top experts in intensive care medicine.
- Each month, our scientific sections organise a one-hour interactive session led by top experts, featuring a hot topic related to clinical practice. Registered participants can submit questions during the session.

## NEXT Committee:

- 2 recordings:
  - Prof. Dr. Jan Gunst: Latest insights in insulin therapy.
  - Prof. Dr. Arthur van Zanten: Phenotyping and endotyping patients to optimally set nutrition targets.
- **Barcelona Lives 2024 October:**
- Together with the congress committee.
- Final programme will be announced on the website and cannot yet be shared as it is the responsibility of the congress committee and the ECM Office.
- Representatives: Arthur van Zanten & Christian Stoppe.
- 2 thematic sessions. 2 debates. Number of joint sessions not yet known. Educational sessions. Case-based discussions.

## 4. Research Projects

### GUTPHOS Update:

The GUTPHOS project is progressing very well. 28 sites: Europe: 21, China: 3, Middle-East: 1, North America: 1, South America: 1, New Zealand: 1

- 2371 forms: 1925 (81.2%) included. 421 (17.8%) excluded. 25 (1%) missing decision for included/excluded.
- Expecting 500-1000 more inclusions, double what was expected!

### COSMOGI Update:

Kaspar Bachmann provides an update on COSMOGI (core outcome set of daily monitoring of GI function): Various Delphi rounds have been completed, and the manuscript will soon be submitted. A large amount of scientific material has been gathered and collected on cosmogi.site, and we should discuss what to do with this website. Kaspar is open to options and inputs.

He mentions ideas for further research from the FREM section using the outcome set as well as GUTPHOS and CONCISE, such as investigating the effects of early progressive versus late progressive enteral feeding in a pragmatic randomized trial. Christian Stoppe mentions an ongoing study in America on early and lower start of enteral feeding led by Jay Patel, suggesting potential collaboration. Kaspar/Christian will get in contact with Jay. We (FREM section) might consider organizing a brainstorming meeting on this project in Barcelona.

## 5. Research Committee

Daniel Gomes provides an update on the activities of the research committee:

- Short applications for ESICM Research Grants already evaluated & projects for full application selected. 12 projects applied for ESICM - Fresenius Kabi Clinical Nutrition Award - 6 selected for full application. Diverse projects in all 4 FREM areas, including endocrinology and rehabilitation.
- A survey for collecting information on past and ongoing research projects will be sent to all FREM section members (ESICM office will send it). Participation is not compulsory, but highly recommended. Main objectives:
  - Publicise FREM section members' projects on the ESICM webpage (in collaboration with Kristine Koekkoek).
  - Present a summary of past and ongoing FREM section projects to the Research Committee and at the annual FREM Section meeting at LIVES.
- Daniel asks FREM section members to share their scientific activities for potential mention on the website, providing insight into the different activities within the section.

## 5. Green Nutrition ICU Project Update

### SUSTAIN Study

- Retrospective & prospective cohort study: effect of prolonging enteral feeding hanging time from 24 to 48 hours.
- Primary endpoint: Diarrhoea. Secondary endpoints: infections, GI tolerance.
- Results expected Q3.
- Team: Marco Reijn, Renger Witkamp, Marcel Zwieterink, Arthur van Zanten, Wageningen University & Research.

### **Arthur explains the goal of the Green Nutrition ICU project:**

- Prolonging Tube Feeding Hang Time: Can we extend the hanging time of enteral (tube) feeding beyond the current 24 hours without increasing contamination risk?
  - Extending Parenteral Feeding Hang Time: Can we increase the hanging time of parenteral feeding beyond 24 hours without increasing contamination risk?
  - Efficiency of Feeding Lines: Can we maximise the usage of lines and infusion sets in closed enteral and IV parenteral feeding systems?
  - Transition to Vegan Enteral Products: What is the environmental impact of transitioning from animal-based to plant-based proteins in enteral feeding products?
  - Biodegradability of Packaging: How biodegradable are commercially available enteral and parenteral feeding packaging, including 3-chamber bags and infusion sets?
- Maria Theodorakopoulou is involved in the Sustainability Working Committee of ESICM, led by Jan de Waele, and will address the FREM initiatives as they work on a White Paper. Arthur can provide further explanation. Jan de Waele has been previously informed by Arthur.

## **6. Publications**

- GUTPHOS A/B under review at Clin Nutr ESPEN.
- Micronutrients (Angelique de Man): Long paper under revision at JPEN, with good expectations for acceptance and publication.
- The short micronutrient paper of 1000 words was rejected by ICM due to insufficient new aspects. Jan Gunst expressed his disappointment that the paper was not submitted to JPEN as was suggested by the editor-in-chief of JPEN. Xavier Forceville was also disappointed that the innovative aspect on selenium was removed from the short paper. Arthur van Zanten noted that Angelique, as the corresponding author, will weigh the comments and decide on the next steps. Angelique received much praise for her efforts and mentioned that she is awaiting new developments, indicating it is more a delay than a cancellation.
- Angelique is also working on a grant proposal (Doctoral Network Marie Curie) involving many section members around the theme of micronutrients, with participation from a private party, the company named: Radox.

## **7. Online Nutrition Pathway & Nutrition Fellowships**

- The 5<sup>th</sup> Nutrition Pathway will take place in Spring 2025. An impressive mixed audience of nurses, nutritionists, and MDs from around the world participated in two days of interactive online sessions led by multi-specialty experts in the past.
- Participants with the best final evaluation results were supported to participate as nutrition fellows in ICUs at La Charité Berlin, Karolinska Stockholm, or UZ Leuven.
- Fellowships have once again been unforgettable for both local mentors and fellows.
- Fellowships have proven to be the starting point for further dynamic interactions with these young experts.
- Past nutrition fellows have created ESICM podcasts, become FREM representatives for the Research Committee, organised Nutrition Workshops at national congresses, created online education, obtained the ESICM Prize for safety in ICU, and joined the expert panel for the Nutrition Course 2024.
- We hope new centres will consider becoming hosts for fellows, and it is a great pleasure that new young and diverse faculty experts have agreed to contribute to the Nutrition Course 2025.
- Michael Casaer and Arthur van Zanten highlighted the success of the online Nutrition Pathway two-day project and the resulting fellowships. In the future, more participants from this pathway will be added to the faculty to rejuvenate the Nutrition Pathway faculty. Many thanks to course directors Danni Bear and Michael Casaer.

## **8. FREM-Related Online Learning Modules**

Sjoerd van Bree explained that hard work is being done on e-learning modules, particularly focusing on the satisfaction of the first authors of these modules. One form of recognition is a discount on the congress admission fee. He also mentioned a new module on abdominal issues led by Jean-Charles Preiser.

## **9. FREM Social Media**

### **Website Update**

Kristine Koekkoek, FREM representative, announced that the website will soon be updated with a lot of new information provided to the Office. This will be implemented at the earliest opportunity.

### **WhatsApp Group**

Kristine asked everyone to email her their mobile phone numbers if they wish to be added to the FREM section's WhatsApp group, which currently has over 50 members. E-mail: [kristinekoekkoek@gmail.com](mailto:kristinekoekkoek@gmail.com)

She also invited ideas for successful podcasts, particularly requesting suggestions for speakers on rehabilitation topics. Arthur suggested contacting Ram Matsa, the FREM representative for rehabilitation.

## **10. Q&A**

Arthur van Zanten mentioned that despite not being an ESICM matter, there are delays in developing the ESPEN guideline for adult ICU Nutrition due to insufficient support from the ESPEN guideline office. Mette Berger responded, noting that the new ESPEN president indicated that this support might still be provided, which is good news for the FREM section.

### **11. Closing**

Arthur van Zanten closed the meeting, announcing that the next meeting will be held in Barcelona during the LIVES 2024 congress. It will be a hybrid meeting, allowing participants to join live at the congress or online.

Ede-Wageningen, Netherlands, Arthur van Zanten, Chair of FREM Section