

Minutes – FREM Section Meeting, ESICM LIVES 2026

The section met in person and online at LIVES 2026.

These minutes do not claim to cover every conversation or detail exchanged during the meeting. They record the major discussion points as presented and documented, to the best of the chair's knowledge.

Meeting details

Item	Detail
Date	Monday, 12 October 2026
Time	about 11:30–13:00 (Lisbon local time)
Venue	Room 1.07, ESICM LIVES 2026, Lisbon; hybrid
Chair	Christian Stoppe
Leadership group	Varsha Asrani, Catarina Domingues, Kürşat Gündoğan, Stefano Marelli, Simone Piva, Kyrillos Nassim, Maria Eloisa Garcia Velasquez, Kristine Koekkoek
Attendance	Full room on site; online participants included Carina Güttler (Würzburg), Ricardo (Brazil), Julia and Kaspar Bachmann

Opening

The chair welcomed members on site and online, and new attendees introduced themselves. The meeting was meant to connect members and make their work visible. Members were invited to an informal get-together at 18:30 in the hotel lobby. The minutes of the last online meeting (May 2026) had been circulated.

Leadership group: The chair thanked the leadership team and all active members for a very productive year. Current roles (*slides*):

Role	Members
Chair	Christian Stoppe
Chair-elect	Annika Reintam Blaser, from October 2027
Research Committee representatives	Kürşat Gündoğan, Stefano Marelli
Academy sub-committee	Simone Piva
Social media and communication	Catarina Domingues, Maria Eloisa Garcia Velasquez
Webinars and FREM meetings	Varsha Asrani, Kyrillos Nassim
Education course	Annika Reintam Blaser, Jan Gunst, with Michael Casaer and Martin Sundström Rehal as course directors
Leadership team	Kristine Koekkoek

Social media and flash updates

Social media (Catarina Domingues, Eloisa Garcia Velasquez). The sub-committee keeps the FREM webpage up to date, shares activities through the WhatsApp group, and joins the monthly meeting of all

sections' social-media leads. Two FREM-month (April) products are on the ESICM platform: the ECMO feeding webinar ("Navigating the Narrow Path") and the FREM & NEXT podcast on precision nutrition. Podcasts recorded at LIVES are planned.

Education: Nutrition in Critical Illness programme (Annika Reintam Blaser, Martin Sundström Rehal, Jan Gunst). The course is now in its fifth year.

- **E-Course:** held 23–24 April 2026, with 55 participants from 22 countries.
- **Fellowships:** 15 fully funded one-week fellowships (supported by Fresenius Kabi) at three host centres: UZ Leuven (24–28 Aug), Karolinska Stockholm (19–23 Oct) and Charité Berlin (26–30 Oct).
- **Leuven feedback:** all 5 Leuven fellows were very satisfied. Suggestions included more bedside time, a daily journal club and a longer fellowship.
- **Publication:** a fellow's account of the programme appeared in *Intensive Care Medicine* ([doi:10.1007/s00134-026-08356-y](https://doi.org/10.1007/s00134-026-08356-y)).
- **FELICIA study:** an open cohort that asks whether the fellowship changes practice. It compares knowledge, attitudes and practices (KAP) scores of fellows with course-only participants. The new ICU-nutrition KAP questionnaire was presented as a poster (Jan Gunst). The work from Melania Istrate (ESICM office) was acknowledged.

The chair suggested a refresher format so that experienced clinicians could return to the course to revisit physiology and mechanisms.

Research project updates

Most projects are actively looking for sites or collaborators; contact the lead named in the table.

Project	Presented by	Status	Ask to FREM
BIO-MICRO – EU-funded micronutrient doctoral network (13 PhD students, 4 countries, 6 work packages; observational study BIO-MICRO CLEAR)	Angélique de Man	First PhD students started on 1 October, more from November; several FREM members are partners	–
GUTPHOS	Annika Reintam Blaser	Part A: Completed in 2026 and published (2,679 ICU patients; ESICM award, Estonian grant). Part B (Arthur van Zanten) and the metabolomics sub-study (Martin Sundström Rehal, Olav Rooyackers) are ongoing	–
FAST-ICU - A cluster-randomised crossover trial: no EN, PN or glucose-	Annika Reintam Blaser	16 clusters; over 600 patients included, target about 2,160; recruitment to finish by end	–

Project	Presented by	Status	Ask to FREM
containing fluids for the first 72 h, non-inferiority for hypoglycaemia		of 2026; protocol submitted to <i>Clin Nutr ESPEN</i>	
GUT-TIMING RCT – 2×2 factorial: early vs late progressive feeding × nutrition-focused vs GI-function-focused GI management	Annika Reintam Blaser	Ethics approved in Estonia; site recruitment ongoing; target 15 sites and 1,500 patients; site budget about €120 per patient	Experienced research sites only (complex protocol)
GUT-FIRST – GUTPHOS sub-study on nutrition and daily GIDS trajectories (2,680 patients, 28 ICUs)	Varsha Asrani (with Kaspar Bachmann, Stefano Marelli, Annika Reintam Blaser)	Protocol approved; data extraction starting	–
ACUTE Registry – international registry of ICU nutrition practice (ESICM-endorsed)	Carina Güttler	More than 160 ICUs interested, 100 site registrations, 37 sites with ethics approval, 19 active sites in 10 countries, 214 patients (first patient enrolled Nov 2025). UK sites are preparing ethics. Planned extensions: ECMO and paediatric ICU. The Argentinian trial led by Dino Moretti already uses the ACUTE infrastructure	New sites and investigator-driven sub-studies; contact Guettler_C@ukw.de
OPTIMAL – registry-embedded feasibility RCT on which reference weight to use for protein dosing in obesity (ideal vs adjusted body weight vs fat-free mass; 3 × 100 patients)	Christian Stoppe	Concept under development with the ACUTE steering committee; planned to start in 2027	Open call for collaborators and sites
RES-Q NUTRI ICU – modified Delphi on minimum nutrition	Vijay Sundarsingh	ESICM-endorsed; steering committee formed (first meeting 23 Sep); protocol	--

Project	Presented by	Status	Ask to FREM
standards in resource-limited ICUs		v1.2 and ethics approved; amendment for patient involvement submitted	
Impact	Zudin Puthuchear	Zudin described how his work on muscle wasting moved from core outcome sets through phase 2 trials into UK national rehabilitation and nutrition service specifications and parliamentary work. His message: researchers need to engage with policy if they want their work to have impact	--
ModifyCSX – RCT of parenteral fish oil (0.2 g/kg/day) in high-risk cardiac surgery; primary endpoint postoperative atrial fibrillation by day 7	Ellen Dresen	10 German sites active, sites in Italy planned; 218 of 550 patients enrolled	New sites welcome
Skeletal muscle as an organ system – proposed position paper and research agenda	Sukanya Sampath	Early concept	Co-authors for evidence synthesis and writing; contact via the chair
Muscle ultrasound and nutritional status – ESICM research agenda review	Slavica K.	First draft shared in the WhatsApp group; a table on ultrasound-guided nutrition and methodological differences will be added; next version about 9 November	Contributors welcome; FREM support

EPIC-RECOVER (*slides*), a Horizon Europe 2027 proposal on long-term disability after critical illness led by the PICS section, was not presented because its Dr Piva was attending the PICS meeting.

Endorsement, joint publications and research strategy

ESICM endorsement process (Stefano Marelli). ESICM offers two routes:

- **Research projects** (studies, surveys, educational projects) go to the Research Committee. The lead must be an ESICM member, and the full protocol is required. The 2026 calls are 15 Jun–13 Jul and 19 Oct–9 Nov.
- **Guidance documents** (guidelines, consensus statements, position papers) go to the Guidelines Committee and then the Executive Committee. The 2026 calls are 25 May–22 Jun and 7 Sep–5 Oct.

Endorsement brings visibility (logo, website listing, newsletter, congress poster) but no funding. Endorsed projects must send updates every 6 months, and guidance documents are submitted first to *ICM/ICMx*. Both routes require the section's approval before applying.

Discussion. ESICM gives no guidance on how a section should approve proposals, so FREM needs its own rule. The proposal discussed:

- Hold a short section meeting before each call window, where members present proposals.
- Decide by simple majority or a defined threshold (for example, 65%).
- Endorsement is optional. One member noted that review recently took about six months, too late to help with site recruitment.

Endorsement is most valuable for groups that are still building their reputation and in support of grant applications.

Example: nutrition on extracorporeal and mechanical support (Stefano Marelli, Christian Stoppe; FREM–ESPEN). The premise is that every device (VV- and VA-ECMO, temporary MCS, LVAD, CRRT, liver support) leaves its own metabolic fingerprint. The first step is a SANRA-compliant narrative review that describes these fingerprints, maps knowledge gaps and brings existing guidelines and ESPEN, ELSO and KDIGO guidance together. A Delphi consensus could follow later after this review. Members interested in joining should contact Stefano Marelli.

Other ongoing publication initiatives (slides): feeding the injured brain, the gut microbiota review, and micronutrients in practice versus guidelines. New ideas and leads are welcome.

Research strategy 2026–2028 (slides): the open questions are section priorities, joint projects with NIC, PICS, AKI and other sections, the endorsement route above, and how FREM can help members find funding (grants, industry partnerships, ESICM research awards).

Early career, congress, and other business

LIVES 2026 and 2027. FREM has two debates and one thematic session at LIVES 2026, plus joint sessions with Burn, PICS and NEXT. The pre-course on nutrition in liver and pancreatic disease (Joanna Dionne, Julia Wendon and others) was fully booked, and some people could not register. Members were asked to attend the FREM sessions and posters.

It is getting harder to place FREM topics in the programme. Joint sessions are the main way to grow, and collection of ideas for LIVES 2027 starts in November. Please send innovative session ideas to the chair.

Liver and GI critical care. Several members of the FREM meeting pointed out that FREM only partly covers liver disease and that today no ESICM section represents the liver. Given the rising global burden of liver

disease, it was asked that liver critical care formally return to FREM and receive more consideration. It was kindly requested that the FREM Chair bring it back to the ESICM Leadership.

There was broad support. Members noted that:

- the topic goes beyond nutrition, linking to metabolism, rehabilitation and post-transplant recovery;
- it lends itself to joint congress sessions with other sections.

Early-career opportunities and mentorship. Ways to get involved were presented to the young colleagues:

- contributing to webinars, podcasts and social media;
- joining review and publication projects;
- applying for fellowships;
- helping plan LIVES sessions

A mentor–mentee scheme was proposed: members register interest, are matched by topic and career stage, and report back at the next section meeting. Comments are welcome and/or can be sent to the chair (C. Stoppe)

ESICM business: Crisis Preparedness Project. Pandemics, conflicts, mass-casualty events and product shortages push nutrition, metabolic care and rehabilitation down the priority list. FREM's proposed contribution is resource-adapted guidance in four areas:

- supply-chain resilience (essential product list and substitution guidance);
- simplified surge and low-resource protocols;
- mass casualty and burns;
- keeping rehabilitation and post-ICU follow-up going.

Few members indicated interest in joining: (Zudin P. Kyrillos N and Christian S.)

Announcements: The first joint ESICM–ESPEN webinar is on 11 November; please help promote it.

The chair thanked everyone for a very full meeting and for the many contributions. The date of the next meeting will be announced.