14th CISPEN Symposium

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Peter Fürst

Department of Nutrition Science, University of Bonn, Bonn, Germany

The 14th CISPEN Symposium in Wuhan was a great success, with high-quality lectures in a highly interesting environment. A special honor for this meeting was the presence of Prof. Fa-Zu Qiu, the father of Chinese surgery, whose contribution to this conference is especially acknowledged and appreciated. Now, let me briefly summarize the highlights of this conference.

On the morning of the first day, I gave a keynote lecture and an update on the clinical efficacy of glutamine nutrition. There are now convincing evidence-based data that parenteral glutamine supplementation reduces infectious morbidity, the length of hospital stay and mortality. During the 14th CISPEN meeting there were many presentations dealing with the effects of supplementary glutamine. In the frame of a randomized controlled study, parenteral glutamine improved the immune status of critically ill surgical patients as presented by Li et al. of Xin-

jiang Medical College. Gut permeability, plasma endotoxin levels and outcome improved after operation in severely burned patients on glutamine dipeptide supplementation as reported by Zhou and Jiang from Beijing.

In a second keynote lecture, Prof. Isabel Correia from Brazil evaluated the energy requirements during critical illness. The deleterious effects of hyperglycemia and overfeeding were emphasized, and the necessity of providing key substrates like antioxidants and n–3 fatty acids as well vitamins and trace elements was pointed out. In this context the use of lipid emulsions with regard to lipid peroxidation was evaluated by Drs. Hu and Xie in newborns, and the inhibitory role of n–3 fatty acids on cancer growth in *in vitro* models was pointed out by Dr. Yin and colleagues from Guangzhou. I summarized the role of n–3 fatty acids in the frame of an SSPC satellite symposium and presented a new type of lipid emulsion based on a

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Prof. Dr. Dr. Peter Fürst
c/o University of Bonn, Department of Nutrition Science
Endenicher Allee 11–13
DE–53115 Bonn (Germany)
Tel. +49 228 733814, Fax +49 228 736483, E-Mail p.fuerst@uni-bonn.de

mixture of soybean oil, medium-chain triglycerides, olive oil and fish oil emulsions.

Dr. Chang and colleagues from Shanghai reported on the beneficial effects with enteral immunonutrition, and Dr. Hu and co-workers from Tongji Hospital studied the effects of early enteral nutrition in 538 cases between 1997 and 2003, and reported that this method of therapy is safe, physiological, has less complications and is cheap. Dr. Jiang from Beijing found very similar results with enteral nutrition in his multicenter trial with 120 patients, and the same group showed important data with reduced N and energy containing peripheral parenteral nutrition – lower blood glucose, reduced length of hospital stay, complications and costs than with standard parenteral nutrition.

Prof. Wesley from Chicago was unfortunately not able to come to Wuhan. His lecture, excellently presented by Prof. Cai from Shanghai, took methodology, techniques and complications in adults and especially in children into consideration. He also summarized and updated the appropriate use of enteral and parenteral nutrition in nutritionally compromised pediatric patients.

Dr. Bob Lister gave a very important lecture on the cost-effective management of dysphagia, which is essential for the patient and the institution. In his second lecture the economic implications of metabolic syndrome X was emphasized. Metabolic syndrome X is an emerging problem in Western civilization and will probably become a serious problem in China. Changing dietary habits have contributed to a dramatic increase in obesity, hypertension and diabetes; the associated costs are enormous. During this conference, Dr. Luo presented a new dietary

approach to lowering the glycemic response in diabetes. Much effort is needed to counteract the spread of metabolic syndrome X.

Prof. Ohyanagi updated clinical nutrition in his lecture, and Prof. Okada evaluated the current status of home parenteral nutrition in Japan. In an extensive lecture Prof. Zhan from Guangzhou summarized the results of his elegant randomized clinical trial in clinical nutrition.

A very important lecture was delivered by Prof. Correia regarding the approach of nutritional support teams – the necessity of nutritional assessment and new strategies on how to counteract and thereby avoid malnutrition in the hospital were discussed. Nutritional therapy is indeed an integral part of patient care and the existence of nutritional teams is fundamental to its success.

During the 14th CISPEN meeting 35 lectures were presented, all with interesting content and of high quality. The conference summarized present knowledge in the field of clinical nutrition and projected many interesting reflections on the future use of techniques and therapeutic modalities.

We would like to express our sincere thanks to Prof. Zou Sheng-Quan and his co-workers for the excellent organization and kind hospitality. We would also like to thank Prof. Jiang Zhu-ming for his continuous support in promoting clinical nutrition in China. Finally on behalf of all foreign speakers, I would like to thank the translators for their excellent job making our presentations available for the auditorium.

Indeed, we look forward to meeting again in Macau next year.