

The Leeds course in Clinical Nutrition

Wednesday 9 – Friday 11 September 2026

Provisional Programme

Course director: Dr Peter Mooney, Consultant Gastroenterologist (Nutrition), Clinical Lead for Gastroenterology, St James University Hospital, Leeds Teaching Hospitals NHS Trust

Wednesday 9 September 2026

08:30 *Registration and coffee*

09:00 **Welcome and Introduction**

Dr Peter Mooney, Consultant Gastroenterologist (Nutrition), Clinical Lead for Gastroenterology St James University Hospital, Leeds Teaching Hospitals NHS Trust and Course Director

09:15 **Nutrition and risk – what can we do?**

Dr Peter Mooney

09:50 **Estimating nutritional requirements**

Emma Noble, Clinical Lead Dietitian (Intestinal Failure)
Leeds Teaching Hospitals NHS Trust

10:30 *Coffee and company product display*

11:00 *Return to Lecture Theatre for workshop groups*

11:05 **Multidisciplinary Team Workshops**

Assessing nutritional status:

- Normal BMI
- Obese
- Very underweight

12:25 *Networking Lunch and company product display*

Kullavanijaya International Guest Lecture

13:15 **Nutritional nightmares in gut-brain disorders**

Peter Paine, Consultant Gastroenterologist, Northern Care Alliance NHS Foundation Trust

14:15 **Nutrition and eating disorders**

Dr William Rhys Jones, Consultant Psychiatrist and Dr Alex Renwick, Specialty Doctor in Psychiatry, CONNECT Adult Eating Disorder Service, Leeds and York Partnership NHS Foundation Trust

15:00 *Tea and company product display*

15:25 **Ethics of feeding**

Dr Andrew Rochford, Chief Medical Officer, NHS Bedfordshire, Luton and Milton Keynes Integrated Care Board
Consultant Gastroenterologist, Royal Free London Hospitals

16:15 **Nutrition and the liver patient**

Dr Oliver Tavabie, Consultant Hepatologist and Honorary Senior Lecturer, Leeds Teaching Hospital NHS Trust

17:00 **Summary of day one**

Dr Peter Mooney, Course Director

19:00 *Course dinner*

Thursday 10 September 2026

08:45 **Practicalities of enteral feeding**

Alison Young, Independent Consultant nurse in Nutrition

Workshops (4 groups – rotating)

09:25 Workshop session 1

PEGs/gastrostomy tubes including buried bumpers, measuring tubes
NGs, nasal bridles
Drugs via NG tubes
Jejunal feeding tubes

10:15 *Coffee and company product display*

10:35 Workshop session 2

11:25 *Workshop rotation*

11:30 Workshop session 3

12:20 *Workshop rotation*

12:25 Workshop session 4

13:15 Networking lunch and company product display

14:15 **Preventing the refeeding syndrome**

Dr Jeremy Nightingale, Consultant Gastroenterologist, St Mark's Hospital,
London Northwest Healthcare NHS Trust.

15:00 **Short bowel syndrome**

Dr Thomas Conley, Consultant Gastroenterologist, NHS University Hospitals of Liverpool Group

15:40 *Tea and company product display*

16:00 **Nutrition and the surgical patient**

Mr Dermot Burke, Consultant General and Colorectal Surgeon, Leeds Teaching Hospitals NHS Trust

16:40 **Summary of day two**

Dr Clare Donnellan, Course Director, Leeds Teaching Hospitals NHS Trust

16:45 End of day two

Friday 11 September 2026

08:45 Pharmacy and parenteral nutrition

Sarah Zeraschi, Consultant Pharmacist Nutrition, Leeds Teaching Hospitals NHS Trust

09:25 Nutrition in IBD

Christy Riggott, Gastroenterologist, Leeds Teaching Hospitals NHS Trust

10:05 Coffee

10:25 Obesity / bariatric surgery

Sophia Whittaker, Clinical Specialist Dietitian in Bariatric Surgery, Leeds Teaching Hospitals NHS Trust

11:05 Small bowel transplant

Dr Charlotte Rutter, Consultant Gastroenterologist, Cambridge University Hospitals NHS Foundation Trust

12:00 Networking lunch

Workshops (3 groups – rotating)

12:45 Workshop Session 1

Short Bowel Syndrome
PN issues – working out requirements
Medical complications of PN

13:30 Workshop rotation

13:35 Workshop session 2

14:20 Tea

14:30 Workshop session 3

15:15 Managing home parenteral nutrition

Antje Teubner, Associate Specialist Intestinal Failure

Honorary Senior Lecturer University of Manchester, Northern Care Alliance NHS Foundation Trust

16:30 End of day three and close of course

We are in the process of securing professional accreditation for the 2026 course 12/03/2026

The Leeds Course in Clinical Nutrition (code: **TBC**) has been approved by the Federation of the **Royal Colleges of Physicians** of the United Kingdom for **TBC** category 1 (external) CPD credit(s).

The 2025 course has also been formally endorsed by **BAPEN**, **British Society of Gastroenterology (BSG)**, **Association for Nutrition (AfN)** and the **National Nurses Nutrition Group (NNNG)**.

British Dietetic Association (BDA) endorsement applies only to the educational content of the learning activity.

