



Collaboration for Medical Supplementation of Micronutrients

Newsletter November 2023

Dear members of the round table and interested parties,

It is fall, which means most of the year has already passed. Since our last newsletter we have launched our website, have two new group members, and have been active within the world of ESPEN by attending the After ESPEN conference and by talking with Mette Berger, chair of the SIG-MN.

The coming months we will take to lay down plans for next year, which we will inform you about in the next newsletter, and to get our two new members fully up to speed. For now we can tell you that there is a new Round Table session in the works, among other plans.

All the best,

Manfred Eggersdorfer, Reindert Graaff, Chaja Hudepol, Marjo Kommeren, Jaap Toet, Idelette Nutma, and Roland de Wolf

Our website is online!

We are very excited to announce that we have launched our own website! www.CMSM.nl is available in both Dutch and English, and contains literature, documents, and news updates in the field of micronutrients, as well as information on the core group, and our mission of course.

On our website there is also a NEWS page where we post on new developments in our field. Feel free to check it out at www.cmsm.nl/en/news.

We look forward to using this website as our online business card, and if you wish to forward anyone to our group, feel free to share it too!

New core group members

In other great news, we have two new core group members; Marjo Kommeren and Jaap Toet.

Marjo Kommeren is interim manager & advisor at DeWolfPact. She has experience in healthcare, initially as a nurse, followed by management, quality and safety systems, education and as a consultant and project leader. She supports CMSM through project management and project advice.

Jaap Toet (retired) was epidemiologist at the departments of Public Health in Rotterdam and Utrecht and the Netherlands Institute for Mental Health and Addiction (Trimbos-instituut). He's currently working on a research proposal for a citizen science project with personalized health passports for healthy ageing.

We are very happy that they will be putting their skills and expertise to work for this group.

After ESPEN

Since most of us could not attend the ESPEN congress in Lyon this year, we were excited to hear the highlights of the programme during the After ESPEN conference organized by NESPEN. Here we got the chance to hear about the main take-aways of ESPEN, such as the importance of proteins and their quality, novel alternatives for BMI, and of course micronutrients! We were glad to see some speakers highlight the importance of vitamin supplementation (e.g. for dialysis patients). And it was interesting to hear about the importance of not only the osmolarity but also the composition of electrolyte mixes given intravenously.

There was also a trend noticeable towards measuring outcomes that are valuable for the patient, such as grip strength, next to traditional measures such as muscle percentages. This increasing call to involve patients in the design of research and treatment is something wholly agree with.

Chat with Mette Berger

As we are already on the topic of ESPEN, we also have other news to share. We were able to have a chat with the chair of ESPEN's Micronutrient Special Interest Group (SIG-MN), Mette Berger. As the goals of the CMSM and SIG-MN are very much aligned, Mette indicated her willingness to function as an advisor to our group. We value her knowledge and experience in the medical field with respect to micronutrients, and look forward to the collaboration.

Collecting patient stories

A new project we started this year, and will continue next year is the collection of stories from patients regarding their experiences using nutritional supplements during their recovery. This is done in collaboration with the 'Vereniging Mensen met Brandwonden'.

With these stories we hope to get better insights into the needs of patients. And we hope that these observations on what improves their quality of life can serve as a bridge between the patient and the scientific field.

Teaser: Next round table session

One of the plans for next year is to organise another RT session in spring! We will not give away too much right now, but the focus will be on all the different stakeholders that play a role in getting micronutrients to the bedside. We are very excited to explore this topic with you, and hope to see you all in spring!

We are also planning on giving the option to attend the RT session online, so we hope many of you can join one way or another.