

Why should I join ESPEN?

ESPEN is the European Society for Clinical Nutrition and Metabolism. It draws its membership from right across Europe and undertakes a wide range of activities.

All these initiatives are being led by international experts in the field who are committed to raising the profile of nutrition, developing the research programmes to underpin the need for nutritional intervention and providing the means to share the information necessary to improve clinical practice. It is not possible to describe them all here but they include:

* **The ESPEN Annual Conference** is one of the most prestigious meetings of its kind in the world. There are concurrent Scientific and Educational programmes to describe the latest advances in research and clinical practice. The programme is accredited through the European Accreditation in Continuing Medical Education initiative.

The next meeting will be held in Denmark, Copenhagen from 17th – 20th September 2016 and the preliminary programme is already on the ESPEN website - see below for the address.

* **The ESPEN Life Long Learning Programme** is an integrated approach to clinical nutrition using a mixture of web-based and taught modules. This is also formally accredited and is being developed into a Diploma course.

* **ESPEN Special Interest Groups** - these exist to ensure that researchers have an easily accessible forum within which to progress such topics as peri-operative nutrition, clinical trials, nutrition in the elderly, cachexia-anorexia in wasting disease, genomics and nutrition, and tracer methodology.

* **ESPEN Clinical Nutrition Courses** - these are held each year at basic and advanced levels. They are interactive and enable delegates to form networks to advance their clinical practice.

* **ESPEN Journals** - there are now two journals:

- Clinical Nutrition has an impact factor of 2.474 making it one of the leading scientific nutrition journals. There are also supplements to the journal.
- e-SPEN is a web-based journal aimed at developing clinical practice

* **ESPEN nutritionDay worldwide** - this is the largest study to be undertaken in over 50 countries worldwide and it has been set up in response to the Council of Europe Resolution (2003) which described the importance of improving nutritional provision in hospitals. nutritionDay has been running for nine years and additional information is being collected about nutrition in Intensive Care Units and Nursing Homes since 2007.

* **New ESPEN Website** - As you maybe noticed, we launched recently a brand new ESPEN website. And most important ESPEN.org is now connected to LLLnutrition !

This means that those who are LLLnutrition attendees and currently enrolled with an active ESPEN membership may now log-in with their username and password of LLLnutrition to access all services, such as on-line Clinical Nutrition Journal but also LLL courses.

For those enrolled as active ESPEN members but not with LLLNutrition, nothing changes: they just have to use their known username and password as usual to log-in and access their benefits. Only those with a password starting with 00 have to omit these 2 numbers and use only the 4 last digits of the password.

We strongly recommend to all members to click on the **[“NEW and IMPORTANT! Please read before Log-in click here!”](#)** on www.espen.org homepage to get updated information on how to access their member' section.

Please turn over

What will it cost me?

There are four categories of membership:

- * **“Block” membership** - you can join in this way by completing the membership form and returning it to the BAPEN Office. This will cost you £65.00 cheque made payable to BAPEN.
- * **Individual membership** - you can join ESPEN directly via the website and pay online. This will cost you £88.00.
- * **Junior membership** - to qualify for this category, you must be less than 32 years of age and you will be asked to verify this. This will cost you £24.00 cheque made payable to BAPEN.
- * **Senior membership** - to qualify for this category, you must be over 65 years of age and you will be asked to verify this. This will cost you £24.00 cheque made payable to BAPEN.

(Please note: prices are based on the exchange rate at time of print and covers any back charges)

What will I get by becoming a member?

You will be a member of a dynamic and enthusiastic organisation which is committed to developing and promoting all aspects of clinical nutrition and metabolism. In recognition of this you will receive the following benefits:

- * 20% reduction on registration at the Annual Congress.
- * Free on-line subscription to the e-SPEN journal.
- * Quarterly copies of the ESPEN Newsletter.
- * Access to research grants and other awards / travel fellowships.
- * Access to the ESPEN young investigator awards.
- * Access to LLLnutriron.com with the same username and password.
- * Access to the archived educational congress presentation database since 2001.
- * Reduced rates for the LLL Live Modules – these course aim at a certificate in clinical nutrition and/or becoming a teacher in clinical nutrition in your own country.

This represents excellent value for money - can you really afford not to join?