



Travel Grant Report Form

Name and origin of applicants

[State name and origin of applicants]

Catarina Lindqvist, Karolinska University Hospital and Karolinska Institutet, Stockholm, Sweden

Purpose granted

[State purpose of the study granted in the application]

To participate in Advanced transplant dietitian training in solid organ transplant at Anette C. and Harold C. Simmons Transplant Institute at Baylor University Medical Center at Dallas, USA. The purpose of this trip is to learn from the experience of dietitians at Baylor University Medical Center about how to treat patients with sarcopenic obesity, to take part of their academic work with questions that is directly related to my dissertation work, to my clinical work and to my planned future academic studies.

Amount granted

[Amount granted in DKK]

13.030 DKK

Time and place of visit

[State time and place of visit]

170910-170916, Anette C. and Harold C. Simmons Transplant Institute at Baylor University Medical Center Dallas, Texas, USA

Report

[Report of the visit/study – 300 words]

Jeanette Hasse, dietitian, PhD, who is also manager of the other 13 transplantation dietitians at their center was my host during my visit. She has worked at the transplantation program from patient number 9, they have now performed over 4000 liver transplantations. I participated in nutrition class the first morning. After liver transplantation, the patients have an average length of stay between 4-6 days. After that they are discharged to a 6-week outpatient clinic. Patients who live more than 50 miles away stay at patient apartments close to the hospital. During the 6-week outpatient clinic they have 4 classes: 2 liver transplantation classes and 2 nutrition classes. They have lab test two times per week and on Mondays they meet the transplantation surgeon, dietitian, diabetes nurse and nurses. During the

week, we meet both inpatients and outpatients. I saw pre-transplant evaluation and post-transplant nutrition discharge talk. I participated in their transplantation conference. I participated in a patient coordinator discharge talk and meet with the diabetes nurse who was very involved in the team. I also participated in a Medical Nutrition Committee meeting where the main discussion was about how to decrease the preoperative fasting time for patients with tube-feeding at the ICU. We discussed research project, both past and ongoing project. I got the opportunity to see them performing bioelectrical impedance spectroscopy (a method to measure body composition) for one of their ongoing research project. Most of the patients I meet was suffering from sarcopenic obesity, during the four days of my stay I meet one patient with a BMI within the normal range. I got the opportunity to see in practice how they plan and perform nutritional treatment of sarcopenic obese patients. The dietitian I meet place nasojejunal tubes for tube feeding and was responsible to prescribe both enteral nutrition and parenteral nutrition and ordered lab values.

Evaluation

[Personal evaluation and “lesson learned”]

It was an incredible experience to meet other dietitians doing the same work as I do. I enjoyed seeing the things we do the same way but also the things we do differently. They have implemented a very good nutrition treatment program. I am the only dietitian at my ward while they are around 5 dietitians that work with abdominal transplantations (kidney, liver, pancreas). I have a long list of things to take home and consider to improve our care. They face the same challenges as we do in the health care system about “necessary things to do versus nice things to do”. A lot more effort was put into dietary advice about healthy eating than we currently have the resources to do. One thing that struck me was how their patients seemed to be much more well-informed than then ones in Sweden which partly could be because of the media attention food habits are getting. They put a lot of responsibility on the patient themselves for better and worse. The dietitian profession In USA is more evolved than in Sweden but I also travelled home with a feeling that we are really good but can be even better at my center.
