

8th & 9th October

The Royal Society of Medicine, London

NOURISH YOUR EXPERTISE

NUTRICIA ANNUAL CONGRESS 2025

DAY 1: PAEDIATRIC NUTRITION (WEDNESDAY 8TH OCTOBER)

8:30-9:30	REGISTRATION & REFRESHMENTS		
9:30-9:50	Chair's Opening	Chris Smith	Senior Paediatric Dietitian
9:50-10:25	Supporting Neurodiverse Children: Practical Strategies for Managing Eating Differences	Lucy Upton	Specialist Paediatric Dietitian
10:25-10:55	BREAK		
10:55-11:30	Practical Considerations in Managing the Allergic Infant with Faltering Growth	Laura Phillips	Paediatric Allergy Dietitian
11:30-12:05	Considerations in Tube Weaning – an Individualised Approach	Denise Kennedy	Senior Children's Dietitian
12:05-12:20	Quick Fire Q&As with Speaker Panel	Chris Smith and panel	
12:20-13:20	LUNCH		
13:20-13:40	A Magical Approach to Therapy	Breathe Arts Health Research	
13:40-14:00	What's New and What Matters: Top Nutrition Papers for Practice in 2024/25	Chris Smith	Senior Paediatric Dietitian
14:00-14:35	Microbiome and Brain Development: A Tale of Two Systems	Prof John F Cryan	Professor and Chair of Anatomy and Neuroscience/Vice President for Research & Innovation for University College Cork
14:35-14:55	BREAK		
14:55-15:30	To Feed or When to Feed: The Allergen Question	Dr José Maia e Costa	Consultant Paediatrician
15:30-16:05	Dietetic and Medical Strategies for Navigating Upper Gastrointestinal Symptoms	Dr Edward Gaynor and Lucy Jackman	Consultant Paediatric Gastroenterologist Specialist Paediatric Dietitian
16:05-16:20	Quick Fire Q&As with Speaker Panel	Chris Smith and panel	
16:20-16:30	CHAIR'S SUMMARY & CLOSE	Chris Smith	Senior Paediatric Dietitian

DAY 2: ADULT NUTRITION (THURSDAY 9TH OCTOBER)

8:30-9:30	REGISTRATION & REFRESHMENTS		
9:30-9:45	Chair's Opening	Niamh Rice	Consultant Dietitian
9:45-10:15	Muscle, Fat and Frailty Insights in Nutritional Care in Cancer	Erin Stella Sullivan	Lecturer in Nutritional Sciences
10:15-10:45	From Guidelines to Practice: Effective Cancer Nutrition Strategies	Barry Laird	Professor of Palliative and Supportive Care and Consultant Oncologist
10:45-11:15	BREAK		
11:15-11:45	Bridging the Protein Gap: Combatting Frailty in the Elderly	Prof Tom Hill	Professor of Nutrition
11:45-12:15	Nutritional Strategies in Liver Disease: An Overview for Clinical Practice	Leah Cox	Specialist Dietitian - Medicine and Gastroenterology
12:15-12:30	Quick Fire Q&As with Speaker Panel	Niamh Rice and panel	
12:30-13:30	LUNCH		
13:30-14:00	Pharmacological Therapies in Obesity: The Changing Face of Treatment and Future Implications	Dr Adrian Brown	Senior Research Fellow and Lecturer in Nutrition and Dietetics
14:15-14:45	Understanding Plant-Based Nutrition: The Rationale and Clinical Impact	Hazel Clarke	Plant-Based Gastroenterology Dietitian
14:45-15:00	BREAK		
15:00-15:30	The Role of the Dietitian in Medical Admissions for Eating Disorders	Sarah Fuller	Clinical Lead and Research Dietitian
15:30-15:45	Quick Fire Q&As with Speaker Panel	Niamh Rice and panel	
15:45-16:00	CHAIR'S SUMMARY & CLOSE	Niamh Rice	Consultant Dietitian