



## President's Message

Fall 2018

### TGCSPEN

#### Board of Directors

##### 2018-2019

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FAND

[Renee.Walker2@va.gov](mailto:Renee.Walker2@va.gov)

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[amtucker@mdanderson.org](mailto:amtucker@mdanderson.org)

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[Tcanada@mdanderson.org](mailto:Tcanada@mdanderson.org)

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[HDavis@mdanderson.org](mailto:HDavis@mdanderson.org)

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[rtoon@mdanderson.org](mailto:rtoon@mdanderson.org)

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[ggdietitian@gmail.com](mailto:ggdietitian@gmail.com)

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[nickilowenstein@me.com](mailto:nickilowenstein@me.com)

Jessica Tilton, MS, RD, LD, CNSC

[jtilton@stlukeshealth.org](mailto:jtilton@stlukeshealth.org)

As 2018 comes to a close, I would like to express my gratitude for being elected and serving as the TGCSPEN President. It has been a great year for TGCSPEN and our successes as a Chapter could not have happened without our active members and Board of Directors. A huge thank you to all of them – Renee Walker (Past President), Todd Canada (President Elect), Rebecca Toon (Treasurer), Heather Davis (Secretary), Gabriela Gardner (DAL Publications), Nicki Canada (DAL Program Planning), and Jessica Tilton (DAL Nominations/Membership). You all made my job seem effortless. I am honored to have worked with such a supportive group!

The ASPEN webinar series has come to a close after last week's "Cancer and the Ketogenic Diet." I hope you all were able to partake in some of these wonderful learning opportunities. If you have any topics you feel would be good topics for upcoming webinars, please feel free to pass those along. We plan to take any and all ideas to ASPEN in an effort to ensure our members' educational needs are met. Once next year's webinar series is released, we will begin planning events for 2019. Our ability to provide these educational offerings would not be possible without the help of our sponsors. On behalf of TGCSPEN, I would like to thank all of our sponsors of this year's programs – Abbott, Nestle, Walgreens, Coram/CVS Specialty Infusion, Fresenius Kabi, Texas Children's Hospital – Nutrition Department, and Nutricia.

Our last event of the year is our Fall Social at Holman Draft Hall, Wednesday November 14<sup>th</sup> from 5:30 to 8pm. Heavy appetizers and drinks will be provided. During the social, elections will be held with subsequent announcement of next year's Board of Directors. We invite all to attend and bring a colleague or 2 who may be interested in joining TGCSPEN. It will be a great opportunity for professional networking. If you are unable to attend, we encourage you to review the Board of Directors slate and candidate biographies (included in this newsletter) and cast your vote via email at [tgcspen@yahoo.com](mailto:tgcspen@yahoo.com). Also, we are excited to announce our upcoming 2019 Parenteral Nutrition Symposium slated for early next May. We will provide additional details at the Fall Social and welcome ideas and volunteers. Come join in the excitement!!

Sincerely,

Anne M. Tucker, PharmD BCNSP  
2018 TGCSPEN President

## FUTURE TGCSPEN EVENT

**Invites you to attend our  
2018 Fall Social**



**Wednesday, November 14, 2018  
5:30 to 8 pm**

**Come network and meet new nutrition professionals, cast your vote for our 2019 Board of Directors, and learn more about our upcoming Parenteral Nutrition Bootcamp Symposium. Volunteer opportunities available!!**

**Where: Holman Draft Hall  
820 Holman St, Houston, TX 77002**

**Menu:**

We will have heavy appetizers for all to enjoy!

***FREE for TGSPEN members and non-members. Please feel free to bring a nutrition support colleague who may be interested in joining TGCSPEN.***

Please RSVP and direct questions to [tgcspen@yahoo.com](mailto:tgcspen@yahoo.com)

## Board of Directors – 2019 Ballot

**President Elect: Gabriela Gardner, RDN-AP, CNSC, LD**

**Treasurer: Rebecca Toon, RD, CSO, LD, CNSC**

**Secretary: Heather Davis, MS, RD, LD, CNSC**

**Director-at-Large - Publications : Eunice Aihevba, MS, RDN, LDN, CNSC**

**For those unable to attend the Fall Social on November 14th,  
please send your absentee vote via email at  
TGCSPEN@yahoo.com by 5pm on November 14th. The final  
voting for the new Board Members will be completed and  
results announced at the TGCSPEN Fall Social.**

## 2019 Nominee Bios

### **President Elect - Gabriela Gardner, RDN-AP, CNSC, LD**

Gabriela Gardner is a registered and licensed dietitian graduated from the University of Houston certified as an Advanced Practice Dietitian in Clinical Nutrition by the Academy of Nutrition and Dietetics. She is also Board Certified as a Certified Nutrition Support Clinician. Gabriela is a clinical dietitian for an outpatient digestive disease center with Memorial Hermann Hospital in the Texas Medical Center. Her expertise includes digestive disorders, home nutrition support, and liver disease. She is an active contributor to the professional community of Dietetics and Nutrition Support as a Speaker and Faculty at ASPEN conferences and Digestive Disease Week. Publications include an article about home enteral nutrition in the journal Nutrition in Clinical Practice and she is also the co-author of the book "The Low FODMAP Diet: A Guide For Beginners". Gabriela is currently the Publications DAL for the Texas Gulf Coast Society of Parenteral and Enteral Nutrition. Gabriela enjoys speaking at support groups and patient conferences for the Crohn's and Colitis Foundation as well as Short Bowel Syndrome programs for patients and health care providers. During her free time, she enjoys reading, going to the gym, and spending time with her family.

## 2019 Nominee Bios

### **Treasurer — Rebecca Toon, RD, CSO, LD, CNSC**

Rebecca Toon is currently a Clinical Nutrition Specialist at the University of Texas MD Anderson Cancer Center, where she works in critical care and on the nutrition support team. Previously, she worked at Memorial Hermann Southwest Hospital in various patient care areas including critical care. She obtained her Bachelor of Science in Nutrition and completed the Coordinated Program in Dietetics at the University of Texas at Austin. She has been a member of ASPEN since 2009 and a member of TGCSPEN for the past six years. Rebecca has served as Treasurer on the TGCSPEN board for the past two years and previously served as Secretary, and is interested to further serve on the board with continued role as Treasurer.

### **Secretary — Heather Davis, MS, RD, LD, CNSC**

Heather obtained her Bachelor of Science in Nutrition at the University of Texas at Austin and her Dietetic Internship as well as her Masters of Science in Nutritional Sciences at Texas Tech University. She has been practicing as a nutrition support dietitian for over 12 years and currently works in the ICU and on the Nutrition Support Team at MD Anderson Cancer Center. Heather won the honors of Emerging Dietetic Leader for Houston and the Emerging Dietetic Leader for Texas for 2015. Previously Heather served on the Board of Directors for the Texas Academy of Nutrition and Dietetics as Membership Chair-Elect (2013-2014) and Membership Chair (2014-2015). She also previously served on the Board of Directors of the Texas Gulf Coast Society of Parenteral and Enteral Nutrition as the Director at Large for Nominations and Membership (2012-2015) where she was able to increase the TGCSPEN membership by 30% and Secretary (2017-2018). Heather strives to be a leader in the area of nutrition support and would love the opportunity to continue her role as Secretary for the TGCSPEN Board of Directors in order to continue to support and serve this area.

### **Director-at-Large Publications — Eunice Aihevba, MS, RDN, LDN, CNSC**

My name is Eunice Aihevba. I am highly motivated, friendly, enthusiastic, and energetic, I have a Masters degree in nutrition, Bachelors degree in microbiology, and I am a registered dietitian with over 3 years' experience in clinical dietetics. I have acquired various challenging work experiences, ranging from (i) supervisory to provision of effective customer and high-quality food service in a fast pace setting, (ii) delivery of medical nutrition therapy in acute care setting, and evidenced-based nutrition counseling and education classes to inpatients and outpatients. Achievements and skills include awards in academic performance, advance level certification in adult weight management, versatility in food service management, a good command of oral and written communication, flair for adaptability and flexibility, as well as sensitivity to diversity and inclusiveness.

I am currently working as a clinical dietitian II with Sodexo, at West Houston Medical Center, Richmond, Texas. I am member of ASPEN and I have always aspired to become more involved with a local organization, especially one that is affiliated with ASPEN, such as TGCSPEN. If I am given the opportunity to serve as DAL (Publications), I plan to network and reach out to more dietitians in the Texas area and get them to be part of the TGCSPEN community.

# ASPEN 2019 Nutrition Science & Practice Conference

March 23-26, 2019 • Phoenix, AZ

[Register Now!](#)

The ASPEN 2019 Nutrition Science & Practice Conference (ASPEN19) brings together the leaders in clinical nutrition, providing the premier forum to keep you up-to-date in your field. Join us for:

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- Product Innovations
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Contact hours available per individual:

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- ⇒ Virtual conference: up to 19.75 contact hours
- ⇒ Pre-conference courses: up to 4 to 8 contact hours depending on the course.

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## REVIEWING OPTIONS FOR ORAL REHYDRATION THERAPY

Written by: Emily Edelson — Dietetic Intern

Patients with ileum or colon resections lose absorptive capacity and are unable to maintain fluid and electrolyte balance,<sup>1</sup> making this population at high risk for diarrhea and dehydration. Diarrhea is a leading cause of mortality resulting in an estimated 2 million deaths among children aged 5 and younger world-wide.<sup>2</sup> Oral rehydration therapy (ORT) has been accepted as treatment for diarrheal illness and has prevented and treated dehydration-associated illness for the last thirty years.

Short bowel syndrome (SBS) patients require long-term parenteral support and/or IV fluids to maintain balance. ORT can be used in SBS patients as an alternative to supplemental IV replacement. Standard ORT formulations that take advantage of the glucose-sodium pathway have shown effectiveness for dehydration, but ORT with an amino acid formula may reduce stool volume or duration of diarrheal illness.<sup>3</sup> This article will compare commonly used oral rehydration beverages and which could decrease stool output and improve quality of life in patients who require ORT.

In 1985 a study in Bangladesh compared glucose-based versus rice-based oral rehydration solutions in children and adults with acute watery diarrhea<sup>4</sup>. Stool output was lower in both the children and adult groups who received the rice-based ORT compared to the group that received the glucose-based ORT.

A 2015 case study also showed benefits of using a rice-based ORT, Ceralyte 70®, which diminishes salt and water losses as well as replaces them, unlike glucose-based formulations<sup>5</sup>. The patient required total parenteral nutrition and daily IV saline for fluid and electrolyte balance. The introduction of a rice-based ORT resulted in decreased ostomy output from 3600 ml prior to starting the ORT while on TPN/IVF, to 1300mL. After three months, the patient was transitioned off TPN to enteral feeds while continuing the ORT.

A glucose-free blend of amino acids (lysine, aspartic acid, glycine, isoleucine, threonine, tyrosine, valine, serine) and electrolytes, Enterade®, was recently developed to leverage the ability of amino acids to stimulate epithelial sodium and water absorption by carrier-mediated transport without stimulating gut chloride secretion.<sup>6</sup> It is currently being marketed to the oncology patient population who may have gastrointestinal dysfunction from cancer treatments. Solutions that contain a small amount of glucose stimulate gut chloride secretion, which could be the reason

for Oral Rehydration Solutions (ORS) have not demonstrated to reduce stool volume or duration of diarrheal illness.<sup>3</sup> Enterade® is primarily marketed to the oncology patient population, but may be beneficial for diarrhea management in other patient populations.

Two pediatric studies examining impact of osmolarity of ORT on stool output found that stool output was significantly less from a lower osmolarity formula (DripDrop).<sup>7</sup> In a more recent randomized controlled trial examining treatment of acute watery diarrhea in pediatric patients (n=675), subjects received either the standard World Health Organization (WHO) ORS formula or a low-osmolarity ORS. Researchers found that stool output and incidence of hyponatremia were not different, but the need for supplemental IV fluids was 33% less in the group that received the low-osmolarity ORT.<sup>8</sup>

Table 1 contains information on the ORSs mentioned in this article with other common beverages used for rehydration. Osmolarity, sodium, glucose, chloride, and potassium are compared in the table. Future research is needed to compare the various ORS available on the market to assess if the use of specific formulas can provide an added benefit to various patient populations.

**Disclosures: None, author does not have affiliation to any ORS brands**

### References

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**Table 1. Common rehydration beverages: osmolarity and electrolyte comparison** <sup>5, 8, 9, 10</sup>

	Osmolarity	Sodium	Glucose	Chloride	Potassium
<b>WHO ORS</b>	330 mOsm/L	90 mEq/L	20 g/L	80 mmol/L	20 mEq/L
<b>Drip Drop</b>	235 mOsm/L	60 mEq/L	33 g/L	65 mmol/L	20 mmol/L
<b>Enterade (AA)</b>	195 mOsm/L	67 mEq/L	-	60 mmol/L	4.2 mmol/L
<b>Sports Drink (Gatorade)</b>	297 mOsm/L	21 mEq/L	56 g/L	26 mmol/L	3.9 mmol/L
<b>Ceralyte 70 (rice-based)</b>	<220 mOsm/L	70 mEq/L	40 g/L	60 mEq/L	20 mEq/L
<b>Frisomed ORS (fructose)</b>	281 mOsm/L	70 mEq/L	-	59 mEq/L	23 mEq/L

## 2 Free CE opportunities

ASPEN members can earn free CE credits for reading pre-selected articles in the *Journal of Parenteral and Enteral Nutrition (JPEN)* and then successfully passing a knowledge assessment test. Log into [A.S.P.E.N.'s eLearning Center](#) to access an electronic copy of the article (or read the article in your hard copy of the journal), complete the knowledge assessment test, and claim your credit!

## TGCSPEN Newsletter Contribution Opportunities

We are always looking for contributions to the TGCSPEN newsletter. If you would like to contribute to the TGCSPEN newsletter as a guest author or if you are conducting interesting research you would like to share with your fellow TGCSPEN members, we would like to hear from you!

Email Gabriela Gardner at [ggdietitian@gmail.com](mailto:ggdietitian@gmail.com) for more information.



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## **TGCSPEN Membership Information**

**Did you know, that your ASPEN membership does not automatically include membership to your local chapter?**

Don't miss the opportunity to join your local Texas Gulf Coast Chapter. You can add both, chapter (TGCSPEN) and ASPEN membership to your shopping cart when you renew your ASPEN membership.

To check if you are member, login to ASPEN website ([www.nutritioncare.org](http://www.nutritioncare.org)); click on your name on the top right of the screen and select "My Transactions". You will be redirected to another page where you can select the tab "My Memberships" located on the top menu.

**\*\*ASPEN student members may join TGCSPEN for FREE!** Please contact us if you are an ASPEN student member and would like to join TGCSPEN\*\*