

Creating and Transforming ASPEN

By the early 1970s, parenteral and enteral nutrition treatments were recognized as effective and potentially lifesaving.

As a result, there was a growing need to educate healthcare professionals, promote research, and advocate for patient support from governments and insurers.

This led to the formation of the American Society for Parenteral and Enteral Nutrition (ASPEN).

1975



Mitchell V. Kaminski, Jr., MD
ASPEN's Third President

At a conference on “Parenteral Nutrition and Special Diets” held in Washington, DC, a group led by Dr. Mitchell V. Kaminski, Jr. drafted a set of goals for a new medical society focused on specialized nutrition support.

An Organizing Committee was appointed to develop mechanisms for running the new society.

ASPEN Organizing Committee		
Name	Position	Location
Mitchell V. Kaminski, Jr., MD	Chairman	Chicago, Illinois
Katherine D. Bury, MD	Co-Chairman	Toronto, Canada
Murray H. Seltzer, MD	Treasurer	Livingston, New Jersey
Margaret Nagy, MS, RD	Secretary	Chicago, Illinois
James M. Long III, MD	Constitutional Committee	Houston, Texas
George L. Blackburn, MD, PhD	Education Committee	Boston, Massachusetts
Michael D. Caldwell, MD	Education Committee	San Francisco, California

1977



Stanley J. Dudrick, MD, FASPEN
ASPEN's First President

ASPEN held its inaugural Clinical Congress at the Chicago O'Hare Marriott Hotel on February 3, 1977.

The Organizing Committee transferred control of ASPEN to the first Executive Council and Board of Directors, led by ASPEN's first president, Dr. Stanley J. Dudrick.

1978

“The basic purpose of the Society was to gather together a diverse group of people with a common interest in solving the problems for achieving the ultimate goal of optimal nutrition for all people at all times, and having an intense interest in, and earnest desire for, communication and interaction with each other.”

— Dr. Stanley J. Dudrick
ASPEN's First President at the 1978 ASPEN Clinical Congress

1987

The American Society of Nutrition Support Services (ASNSS) merged with ASPEN. ASNSS contributed significant education and clinical practice efforts to the field.

1994

The ASPEN Board of Directors eliminated the requirement that the president must hold an MD, PhD, or an equivalent degree.

1998

The Board's leadership structure was expanded, and all active members from various disciplines were eligible for officer positions.

1999



Peggy Borum, PhD, FASPEN, was elected as ASPEN's first non-physician president.

2001



Philip J. Schneider, MS, FASHP, FASPEN, FFIP, was elected as ASPEN's first pharmacist president.

2006-2007



Marion F. Winkler, PhD, RD, LDN, CNSC, FASPEN, was elected as ASPEN's first dietitian president.

LOOKING AHEAD

2027-2028



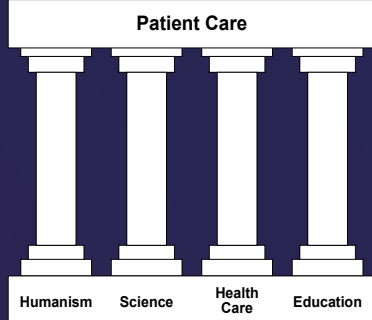
Sharon Irving, PhD, RN, CRNP, FCCM, FAAN, FASPEN, FNAP, was elected and will be ASPEN's first nurse president.

Tenets of ASPEN

1979



George L. Blackburn, MD, PhD, FASPEN
ASPEN President 1978

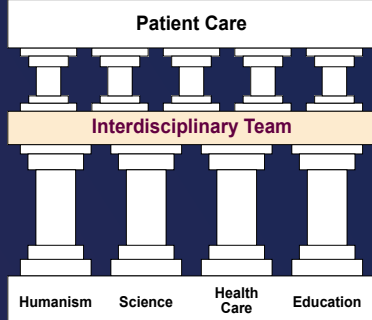


Dr. George L. Blackburn proposed that humanism, science, health care, and education are the foundational pillars of the organization.

2001



Robert F. Kushner, MD, FASPEN
ASPEN President 2000

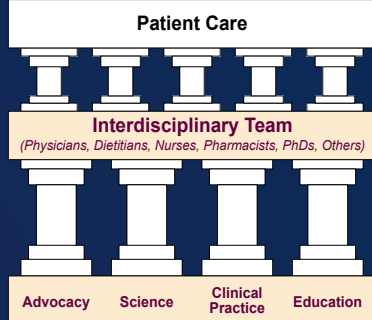


In his presidential address, Dr. Robert F. Kushner added the “interdisciplinary team” to the pillars.

2008



Vincent W. Vanek, MD, FACS, FASPEN
ASPEN President 2007-2008

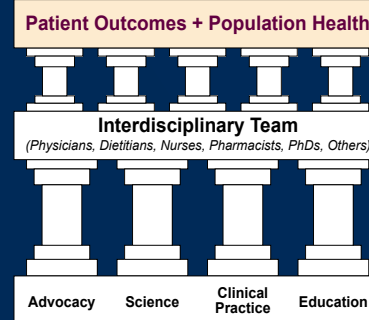


Dr. Vincent W. Vanek elaborated on the interdisciplinary team and updated the foundational pillars to advocacy, science, clinical practice, and education.

2019



Nilesh M. Mehta, MD, FASPEN
ASPEN President 2018-2019



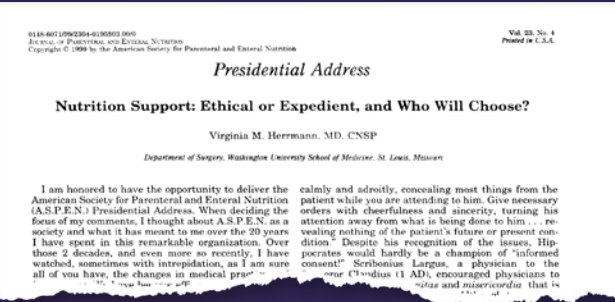
Dr. Nilesh M. Mehta revised “patient care” to focus on patient outcomes and population health.

FOUNDATIONAL PILLARS

1998

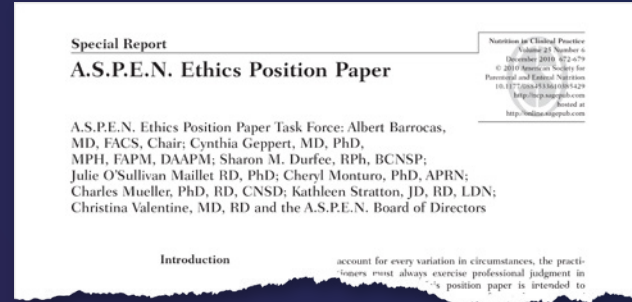


Virginia Hermann, MD, FASPEN
ASPEN President 1998



Dr. Virginia Hermann addressed ethical and legal issues of nutrition support at the 1999 Clinical Congress.

2010



ASPEN developed its first official Ethics Position Paper.

2021

“[This] ASPEN Position Paper focuses on applying the four ethical principles—autonomy, beneficence, nonmaleficence, and justice—for clinicians' decision-making in the use of artificially administered nutrition and hydration for adult and pediatric patients.”

— Ethical Aspects of Artificially Administered Nutrition and Hydration: An ASPEN Position Paper, NCP, 2021

ETHICS

1967



JoAnn Nallinger Grant, RN
ASPEN President 1981

JoAnn Nallinger Grant was the first nutrition support nurse. She worked with Drs. Stanley Dudrick and Jonathan Rhoads at the University of Pennsylvania.

1982

Dr. Murray Seltzer, ASPEN's fifth president, articulated the importance of the four major disciplines working together, calling for the development of physician, dietitian, nurse, and pharmacist specialists in clinical nutrition.

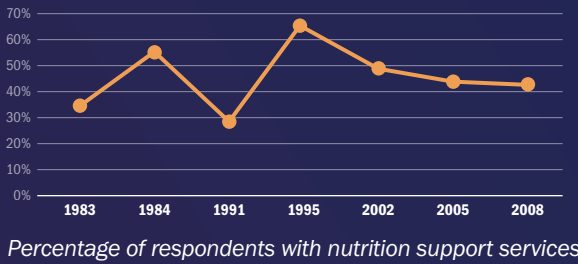


Murray H. Seltzer, MD, FASPEN
ASPEN President 1981

2010

NCP's 2010 Special Report, “The State of Nutrition Support Teams and Update on Current Models for Providing Nutrition Support Therapy to Patients,” showed a steady level of nutrition support teams over time.

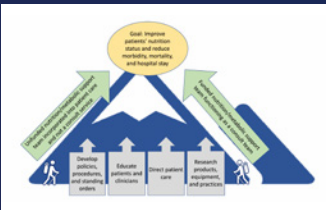
Percent of Nutrition Support Teams 1983-2008



2023

“Whether as part of a formal NST or another type of healthcare team, it is incumbent on qualified nutrition professionals to ... provide the right nutrition support for the right patient at the right time in the right way.”

— Nutrition Support Teams: Institution, Evolution, and Innovation, NCP, 2023



Alternative pathways to reach nutrition support goals by hospital multidisciplinary committees/teams in the 1980s.

NUTRITION SUPPORT TEAM