

History of Enteral Nutrition, Parenteral Nutrition, & the American Society for Parenteral & Enteral Nutrition (ASPEN)

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Past ASPEN President (7/1/2007 to 6/30/2008)

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Learning Objectives

1. Describe key milestones in the development of enteral nutrition
2. Describe key milestones in the development of parenteral nutrition
3. Discuss why the American Society for Parenteral and Enteral Nutrition was formed and its accomplishments over the last 50 years

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Disclosures

1. I used to hate history in school!!
2. Purple is my favorite color!!
3. I love ASPEN!!

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ASPEN's 50th Anniversary

- ASPEN celebrated its 50th Anniversary at the ASPEN 2025 Nutrition Science & Practice Conference in Columbus, OH in March 2025!!
- ASPEN History booth in the Exhibit Hall
- ASPEN Celebration Party on Sunday night of the conference



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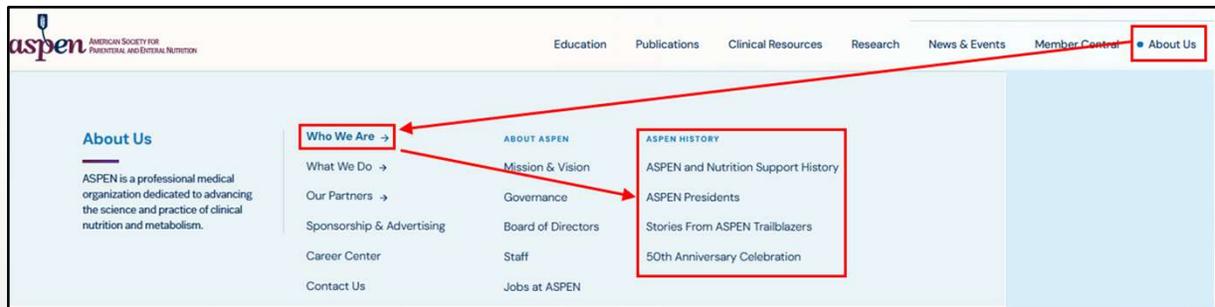


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Visit the ASPEN Web Site History Section

- <https://nutritioncare.org/>
- Click on **About Us** icon => click on **Who We Are** => click on one of the links under **ASPEN History**
 - ✓ **ASPEN and Nutrition Support History** – journey of ASPEN over the last 50 years
 - ✓ **ASPEN Presidents** – lists each president with a hyperlink to their published Presidential Address
 - ✓ **Stories from ASPEN Trailblazers** – fantastic videos of prominent past ASPEN members
 - ✓ **50th Anniversary Celebration** – contents of the ASPEN History display and other photos from ASPEN 2025 ASPEN Anniversary Celebrations



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Five “W”s of ASPEN

1. Why?
2. When?
3. Where?
4. Who?
5. What?

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Why ASPEN Was Formed?

American
Society for
Parenteral &
Enteral
Nutrition

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Early History of Enteral Nutrition

- **300 BC** – Hippocrates first physician to use rectal feedings for EN therapy via a long tube with a funnel or syringe attached to the outside end
- **1617** – small silver nasopharyngeal tube used to feed patients with tetanus
- **1646** – flexible leather transnasal tube used to feed into the stomach
- **1876** – first successful gastrostomy in humans
- **1878** – first successful jejunostomy in humans
- **1882** – President Garfield shot during an assassination attempt was kept alive with rectal feedings for 79 days before succumbing to his injuries
- **1894** – Dr. Stamm standardized the gastrostomy technique, known as the Stamm gastrostomy
- **1895** – Dr. Eislbreg modified the jejunostomy technique, which is still in use today
- **1910** – development of weighted NG tube that could pass into the duodenum
- **1915** – development of a weighted NG tube that could pass into the jejunum

- Cresci G et al. The history of nonsurgical enteral tube feeding access. Nutr Clin Pract. 2006;21(5):522-28.
- Vassilyadi F et al. Hallmarks in the history of enteral and parenteral nutrition: from antiquity to the 20th century. Nutr Clin Pract. 2013;28(2):209-17.

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Early History of Parenteral Nutrition

- **1658** – IV made from goose quill used to infuse wine, ale, & opiates into dogs
- **1831** – IV infusion of saline solution into humans for treatment of cholera
- **1843** – IV infusion of sucrose into humans with detection of glucose in urine
- **1904** – subcutaneous infusion of peptone, fat, glucose, and salt
- **1911** – infused glucose postoperatively in humans
- **1936** – IV infusion of enzymatically hydrolyzed proteins into dogs & humans
- **1939** – IV infusion hydrolyzed proteins and glucose into humans
- **1949** – successful infusion of PN into adult dogs

- Vassilyadi F et al. Hallmarks in the history of enteral and parenteral nutrition: from antiquity to the 20th century. Nutr Clin Pract. 2013;28(2):209-17.
- Dudrick SJ. Rhoads Lecture: a 45-year obsession and passionate pursuit of optimal nutrition support: puppies, pediatrics, surgery, geriatrics, home TPN, A.S.P.E.N., et cetera. JPEN J Parenter Enteral Nutr. 2005;272-87.

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Early History of Parenteral Nutrition

- **Early 1960s** – despite the above advances, the prevailing dogma was that “Feeding entirely by vein is impossible; even if it were possible, it would be impractical; and even if it were practical, it would be unaffordable!!”
- **1963** – Dr. Jonathan Rhoads, Surgery Chair & General Surgery Residency Program Director, inspired one of his 3rd year residents, Dr. Stanley Dudrick, to dedicate his mandatory research year to solving the problems of Total Parenteral Nutrition (TPN)

Dr. Rhoads



Dr. Dudrick



- Vassilyadi F et al. Hallmarks in the history of enteral and parenteral nutrition: from antiquity to the 20th century. Nutr Clin Pract. 2013;28(2):209-17.
- Dudrick SJ. Rhoads Lecture: a 45-year obsession and passionate pursuit of optimal nutrition support: puppies, pediatrics, surgery, geriatrics, home TPN, A.S.P.E.N., et cetera. JPEN J Parenter Enteral Nutr. 2005;272-87.

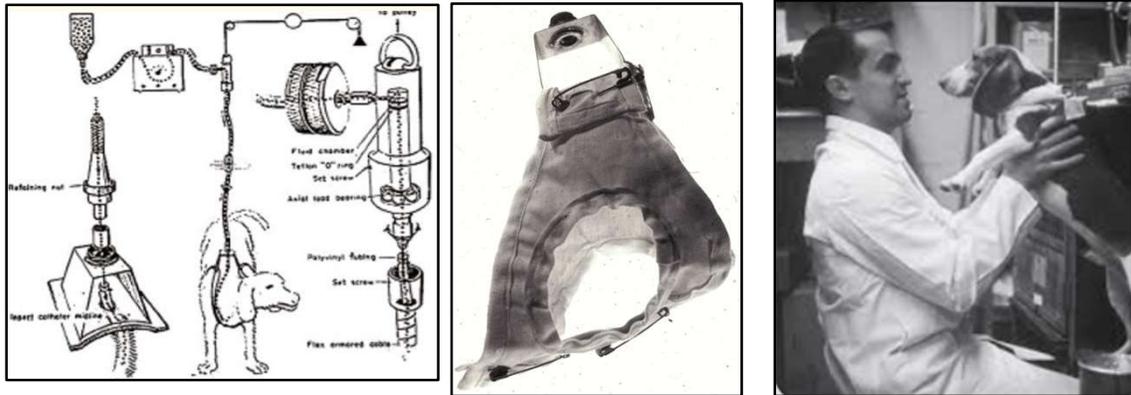
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Early History of Parenteral Nutrition

- Dr. Dudrick developed a special harness and infusion system to infuse TPN into Beagle puppies
- Starting at 8 weeks of age 6 Beagle puppies were placed on TPN and 6 litter-matched puppies were fed oral puppy chow



Dudrick SJ, Wilmore DW, Vars HM. Long Term Total Parenteral Nutrition with Growth in Puppies and Positive Nitrogen Balance in Patients. Surgical Forum. 1967. 18:356-357.

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Early History of Parenteral Nutrition

- The TPN fed puppies gained weight and matured at the exact same rate as their orally-fed litter mates

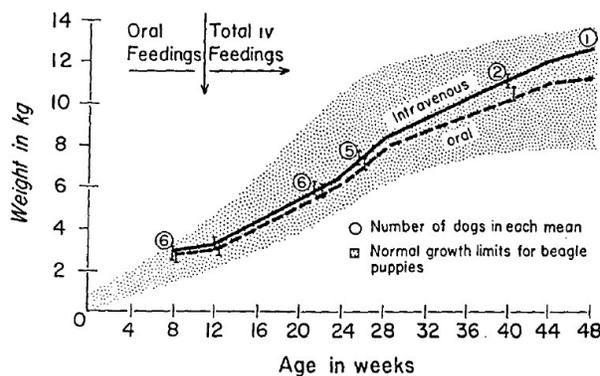
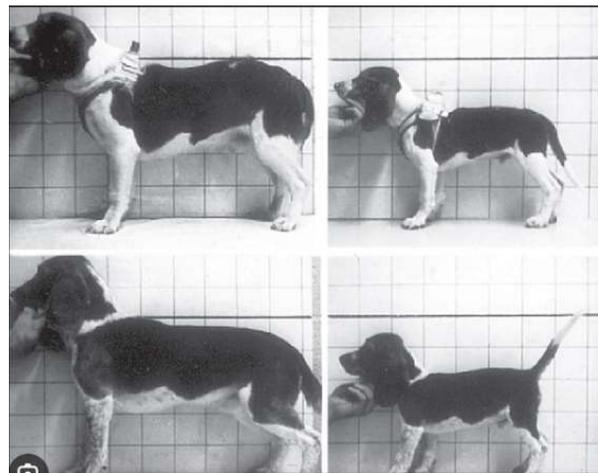


Fig. 2. Composite growth curves of 6 intravenously fed puppies and their paired orally-fed litter mates. Intravenous nutrients were administered exclusively for study periods of 10, 15, 30, and 37 weeks.



Dudrick SJ, Wilmore DW, Vars HM. Long Term Total Parenteral Nutrition with Growth in Puppies and Positive Nitrogen Balance in Patients. Surgical Forum. 1967. 18:356-357.

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Early History of Parenteral Nutrition

- Successfully administered PN with positive nitrogen balance achieved in 6 consecutive malnourished adult patients with chronic, complicated GI diseases



- Dudrick SJ, Wilmore DW, Vars HM, Rhoads JE. Can intravenous feeding as the sole means of nutrition support growth in the child and restore weight loss in an adult? An affirmative answer. *Ann Surg.* 1969; 69(6):974-84.

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Early History of Parenteral Nutrition

- 7/1967 – Dr. Dudrick graduates from his General Surgery residency and remained on staff at the Hospital of the University of Pennsylvania
- 8/1967 – Dr. Dudrick receives a consult from Children's Hospital of Philadelphia on a postop 3-week-old baby with almost complete intestinal atresia who was dying of malnutrition



- Wilmore DW, Dudrick SJ. Growth and Development of an Infant Receiving All Nutrients Exclusively by Vein. *JAMA.* 1968; 203(10): 140-144.
- Dudrick SJ, Wilmore DW, Vars HM, Rhoads JE. Can intravenous feeding as the sole means of nutrition support growth in the child and restore weight loss in an adult? An affirmative answer. *Ann Surg.* 1969; 69(6):974-84.

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Early History of Parenteral Nutrition

- 8/9/1967 the newborn was started on TPN and over the next several weeks, the baby gained weight and became more alert, active and responsive
- After 400 days on TPN, the baby was growing & maturing normally and was tolerating small amounts of oral feedings (“trophic feedings”)



• Wilmore DW, Dudrick SJ. Growth and Development of an Infant Receiving All Nutrients Exclusively by Vein. JAMA. 1968; 203(10): 140-144.

• Dudrick SJ, Wilmore DW, Vars HM, Rhoads JE. Can intravenous feeding as the sole means of nutrition support growth in the child and restore weight loss in an adult? An affirmative answer. Ann Surg. 1969; 69(6):974-84.

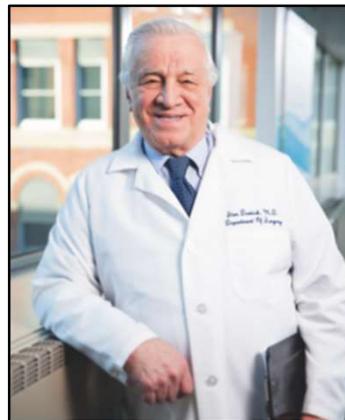
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Early History of Parenteral Nutrition

- **2005 ASPEN Annual Rhoads Lecture** – Dr. Dudrick presented “A 45-year obsession and passionate pursuit of optimal nutrition support: puppies, pediatrics, surgery, geriatrics, home TPN”

(JPEN 2005; 29(4):272-87)



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Early History of Parenteral Nutrition

- **2010 OSPEN Fall Nutrition Symposium** – Youngstown, OH
 - **Vince Vanek, MD** – “Current Parenteral Vitamin and Trace Element Solutions – Too Little or Too Much?”
 - **Laura Matarese, PhD, RD** – “Parenteral Glutamine – Fact or Fiction?”
 - **Doug Seidner, MD** – “Parenteral Fat Emulsions (FE) – Soybean, MCT, Olive Oil, or Fish Oil – Does It Make a Difference?”
 - **Stanley Dudrick, MD** – “The Unsanitized History of the Development of TPN: A Novel Approach to Parenteral Nutrition”



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Why Was ASPEN Formed?

- Early 1970's, despite many advances, there were still many challenges
 - **Enteral Nutrition Challenges**
 1. Limited availability of standardized commercial formulas
 2. Inconsistent nutritional composition of homemade blenderized diets
 3. Potential for infection due to improper handling
 4. Need for better enteral access tubes and techniques
 5. Difficulties in monitoring nutrient deliver
 - **Parenteral Nutrition Challenges**
 1. Inability to formulate complete nutrition solutions
 2. Lack of appropriate IV fat emulsions resulting in complications and fatty acid deficiencies
 3. Lack of IV multivitamins IV multi-trace elements leading to micronutrient deficiencies
 4. Issues with maintaining aseptic technique during preparation and administration
 5. Lack of support to manage and maintain patients on long term PN support at home
- Need for an organization dedicated to helping physicians, dietitians, pharmacist, nurses, and patients face these challenges!!
- **ASPEN** would rise to the challenge and meet this need!!

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ASPEN – When, Where, & Who?

- **6/1972** – at a conference on “Parenteral Nutrition and Special Diets” held in Washington, DC, a group of individuals led by Dr. Mitchell Kaminski Jr. drafted a set of goals for a new medical society focused on specialized nutrition support
- **Late 1972** – Dr. Kaminski and Dr. John Grant founded a local society in conjunction with the American Hyperalimentation Society in Washington, DC
- **1972 to 1974** – Numerous loosely organized local and regional groups were formed under various names related to parenteral nutrition and/or specialized nutrition support



Dr. Mitchell Kaminski, Jr



Dr. John Grant

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ASPEN – When, Where, & Who?

- **6/5/1975** –
 - ✓ ASPEN was founded during the “Symposium on Fat Emulsions in Parenteral Nutrition” meeting sponsored by the Department of Foods and Nutrition of the American Medical Association at the Hyatt Regency O’Hare Hotel in Chicago, Illinois
 - ✓ About 100 individuals in attendance and were the founding members of ASPEN
 - ✓ An Organizing Committee was appointed with Dr. Mitch Kaminski as the President
 - ✓ The Treasurer, Dr. Murray Seltzer, was authorized to start soliciting contributions to the organization

Table 1. A.S.P.E.N. 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
Margarita 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

- **4/1976** – membership grew to 601 with 270 physicians, 87 dietitians, 82 pharmacists, 11 nurses, & 151 from a variety of other disciplines and categories

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ASPEN – When, Where, & Who?

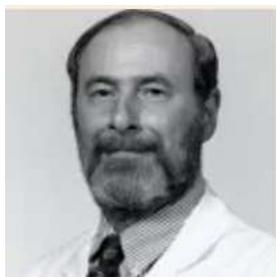
- **2/3/1977 –**
 - ✓ First ASPEN Clinical Congress was held at the Chicago, IL O’Hare Marriott Hotel
 - ✓ Organizing Committee turned over control of the organization to the first Executive Council and Board of Directors (BOD)
 - ✓ Dr. Stanley Dudrick was elected to be the first ASPEN President
- **2/1978 –**
 - ✓ Second ASPEN Clinical Congress was held in Houston, TX
 - ✓ Dr. Stanley Dudrick gave the first ASPEN Presidential Address, entitled “*The Common Denominator and the Bottom Line*”, during which he stated, “The basic purpose of the Society was to gather together a diverse group of people with a common interest in solving the problems and 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.”
 - ✓ Each subsequent A.S.P.E.N. president has presented a presidential address at the annual ASPEN meeting
- **ASPEN was off and running and the rest, as they say, is History!!!**

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ASPEN – Who?

- **Dr. Ezra Steiger** – General Surgery resident at University of Pennsylvania 4 years behind Dr. Stanley Dudrick
- One of the founding members of ASPEN making him one of the longest standing ASPEN members
- Joined Cleveland Clinic, Cleveland, OH in 1975 and...
 - ✓ Started Nutrition Support Hospital Committee & Nutrition Support Team within a few weeks
 - ✓ Started Home Parenteral Nutrition Program within first year
 - ✓ Started Intestinal Rehab Program several years latter
- **1984 – 8th ASPEN President** and he continues to contribute to ASPEN to this day!!



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ASPEN – Who?

- **Dr. Gordon Jensen**

✓ ASPEN President with longest term of office (1/1/2005 to 6/30/2006) because transitioned from calendar year for term of office to July 1 to June 30 as the term of office

2004		<p>Scott A. Shikora MD</p>	<p><i>Read the Presidential Address:</i> Severe Obesity: A Growing Health Concern A.S.P.E.N. Should Not Ignore</p>
2005 to 2006		<p>Gordon L. Jensen MD, PhD, FASPEN</p>	<p><i>Read the Presidential Address:</i> Inflammation as the Key Interface of the Medical and Nutrition Universes: A Provocative Examination of the Future of Clinical Nutrition and Medicine</p>

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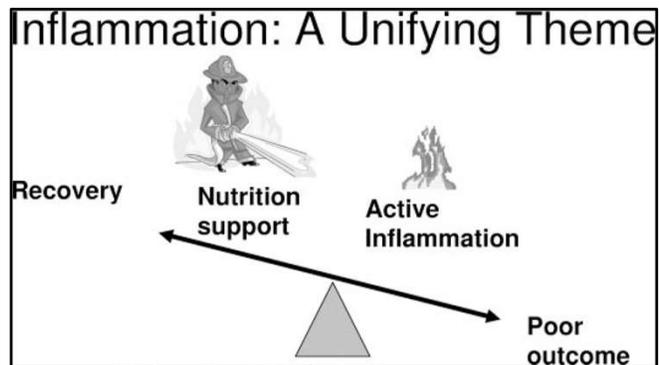
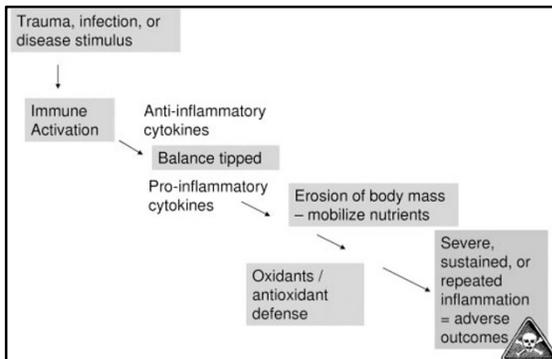
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ASPEN – Who?

- **Dr. Gordon Jensen**

✓ **2006 ASPEN Presidential Address** – *Inflammation as the Key Interface of the Medical and Nutrition Universes: A Provocative Examination of the Future of Clinical Nutrition and Medicine*

✓ Dr. Jensen called out the significant interrelationship between systemic inflammation and clinical nutrition & nutrition support!!



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ASPEN – Who?

- Dr. Jensen devoted the rest of his career to standardizing the definition & diagnosis of malnutrition!!
- ✓ **2012** – Joint ASPEN & Academy for Nutrition & Dietetics (Academy) published consensus statement on diagnosing malnutrition, now referred to as the AAIM’s criteria

Consensus Statement: Academy of Nutrition and Dietetics and American Society for Parenteral and Enteral Nutrition : Characteristics Recommended for the Identification and Documentation of Adult Malnutrition (Undernutrition)

Jane V. White, Peggi Guenter, **Gordon Jensen**, Ainsley Malone, Marsha Schofield, Academy Malnutrition Work Group, A.S.P.E.N. Malnutrition Task Force and and the A.S.P.E.N. Board of Directors
JPEN J Parenter Enteral Nutr 2012 36: 275

- ✓ **2019** – **Global Leadership Initiative on Malnutrition** published the GLIM Criteria for diagnosing malnutrition

GLIM Criteria for the Diagnosis of Malnutrition: A Consensus Report From the Global Clinical Nutrition Community

Gordon L. Jensen, MD, PhD, FASPEN^{1,*}; Tommy Cederholm, MD, PhD^{2,*}; M. Isabel T.D. Correia, MD, PhD³ ; M. Christina Gonzalez, MD, PhD⁴;

JPEN J Parenter Enteral Nutr. 2019 Jan;43(1):32-40. doi: 10.1002/jpen.1440. Epub 2018 Sep 2.

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ASPEN – Who?

- **6 Past ASPEN Presidents have been from Ohio**

1984	 Ezra Steiger MD, FASPEN	Presidential Address: Parenteral Nutrition: From Hospital to Home	Surgeon, Cleveland Clinic
2001	 Philip J. Schneider MS, FASHP	Read the Presidential Address: Crossing the Quality Chasm: Building a Safe Nutrition System	Pharmacist, Ohio State University Medical Center
2007 to 2008	 Vincent W. Vanek MD, FACS, FASPEN	Read the Presidential Address: A.S.P.E.N. – Past, Present, and Future	Surgeon, St. Elizabeth Youngstown Hospital
2011 to 2012	 Jay M. Mirtallo MS, RPh, BCNSP, FASHP, FASPEN	Read the Presidential Address: Parenteral Nutrition: Can outcomes be improved?	Pharmacist, Ohio State University Medical Center
2013 to 2014	 Ainsley Malone MS, RD, LD, CNSC, FAND, FASPEN	Read the Presidential Address: Malnutrition: our time is now!	Dietitian, Mount Carmel Hospital
2021 to 2022	 Gail A. M. Cresci PhD, RD, LD, FASPEN	Read the Presidential Address: Medical nutrition therapy, is it time to get personal?	PhD/Dietitian, Cleveland Clinic

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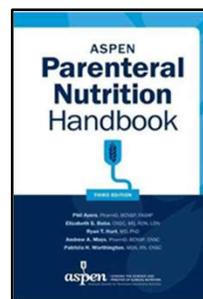
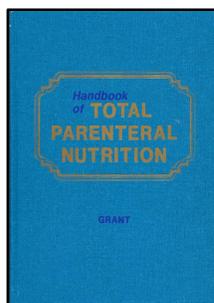
What is ASPEN?

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My ASPEN Story

- **1980** – 3rd year medical student Indiana University participated in the care of a newborn on PN
- **1982 to 1987** –
 - ✓ During General Surgery residency at St. Elizabeth Hospital, Youngstown, OH, continued to be interested in PN & EN
 - ✓ Handbook of Total Parenteral Nutrition, by Dr. John Grant (1980) Founding member of ASPEN & ASPEN's 10th President – I read cover to cover!!



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My ASPEN Story

- **6/1987** –
 - ✓ Graduated General Surgery residency and remained on staff at St. Elizabeth Hospital
 - ✓ Approached by Diane Snyder, MS, RD, LD, CNSH, dietitian and Clinical Nutrition Manager, to join the Clinical Nutrition Committee (CNC) medical staff committee
 - ✓ Attended my first CNC meeting and ...



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My ASPEN Story

- **2/1988** – Attended my first ASPEN conference, 13th ASPEN Clinical Congress, Miami Beach, Florida
- **1988** – converted St. Elizabeth Hospital CNC from medical staff committee to a hospital committee and then added dietitians, nurses, and pharmacists to the committee and we had a quorum!!
- **1989** – our dietitians, nurse, pharmacist, and I visited the Cleveland Clinic Nutrition Support Team – attended NST rounds first thing in the morning then followed the NST members around for the day
 - ✓ Drs. Steiger/Seidner, NST Physicians
 - ✓ Laura Matarese/Cindy Hamilton, NST Dietitians
 - ✓ Susan Curtas, NST Nurse
 - ✓ Rex Speerhas, NST Pharmacist

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My ASPEN Story

- **1990** – started our own NST
- **1990s** – developed hospital EN & PN policies, procedures, & standardized standing order forms
- **1991** – First Annual Fall Nutrition Symposium at St. Elizabeth Youngstown Hospital
- **1994** – joined Ohio Society for Parenteral and Enteral Nutrition (OSPEN) Board
- **1996** – OSPEN co-sponsored CNC Fall Nutrition Symposium
- **1998** – OSPEN President
- **1998 to present** – continued serving on the OSPEN Board & Committees

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My ASPEN Story

- **1996** – participated in the ASPEN Nutrition Support Clinical Pathways Task Force led by Dr. Carol Ireton-Jones
- **2000** – Member ASPEN Program Planning Committee
- **2001** – Co-Chair ASPEN Program Planning Committee
- **2002** – Chair ASPEN Program Planning Committee & Member of 1st Annual Clinical Nutrition Week Program Planning Committee
- **2002-2004** – Chair ASPEN Education & Professional Development Committee
- **2004-2005** – ASPEN Board of Directors
- **2005-2009** – Served as ASPEN Vice President, President-Elect, President, & Immediate Past President
- **2009** – Chair ASPEN Novel Nutrient Task Force
- **2014-2019** – Chair newly formed ASPEN Clinical Nutrition Informatics Committee
- **2024-2025** – Member ASPEN 50th Anniversary Task Force

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What is ASPEN?

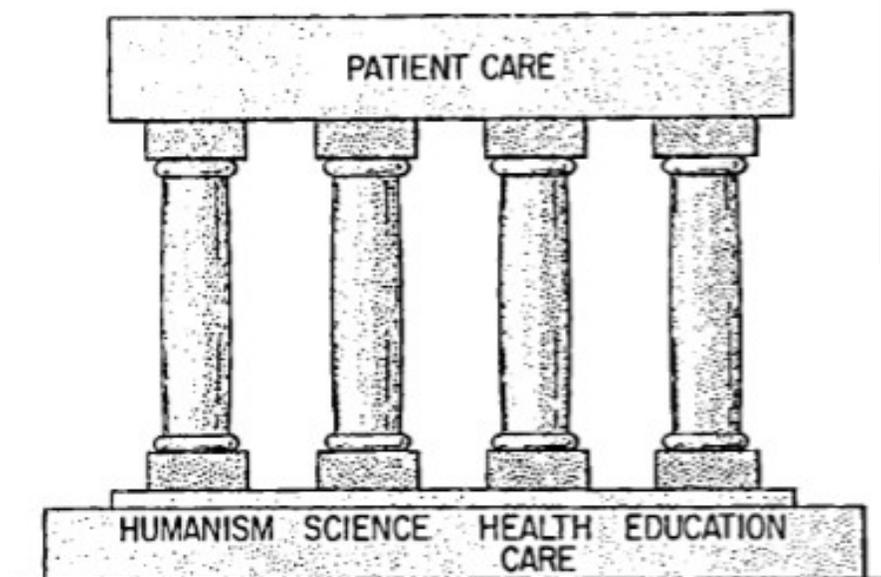
- National & International medical society dedicated to the science and practice of nutrition support
- Multidisciplinary medical society (physicians, dietitians, pharmacists, nurses, & others)
- Medical society devoted to clinicians & others throughout all levels of training and experience (students, beginners, novices, advanced, experts)
- Global leader in the area of nutrition support
- Community (“family”) of individuals dedicated to meeting the challenge first set forth by Dr. Stanley Dudrick in 1977 of “...achieving the ultimate goal of optimal nutrition for all people at all times...”

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What are the Pillars of ASPEN?

- 1979 Dr. George Blackburn, ASPEN's 2nd President

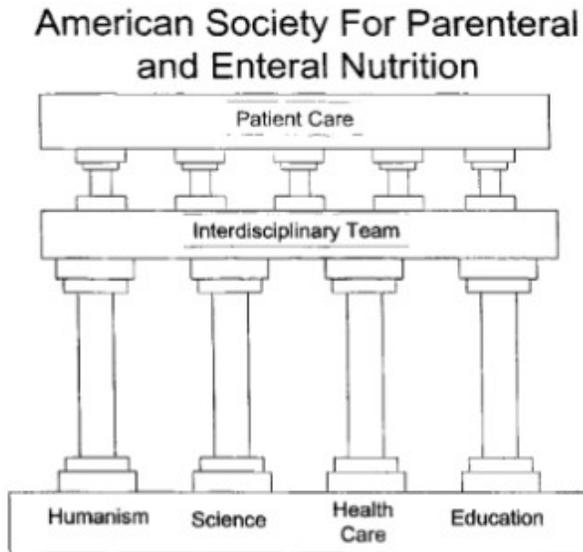


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What are the Pillars of ASPEN?

- 2001 Dr. Robert Kushner, ASPEN's 24th President

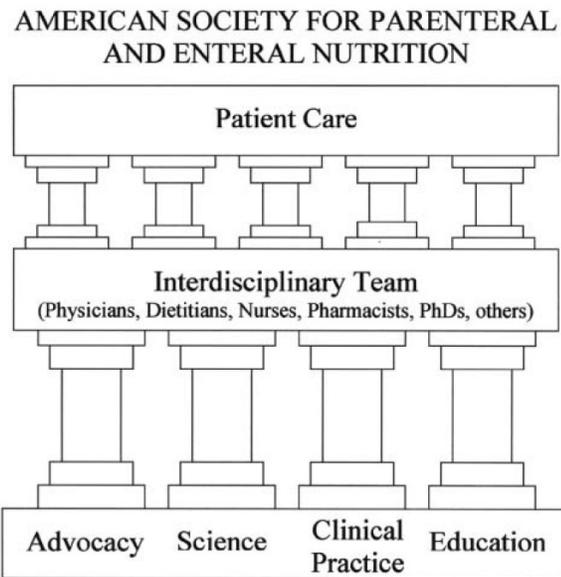


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What are the Pillars of ASPEN?

- 2008 Dr. Vince Vanek, ASPEN's 31st President



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What are the Pillars of ASPEN?

- 2019 Dr. Nilesh Mehta, ASPEN's 42nd President

The diagram shows a structure of six pillars. At the top is a box labeled 'Patient Outcomes + Population health'. Below it is a box labeled 'Interdisciplinary Team' with the text '(Physicians, Dietitians, Nurses, Pharmacists, PhDs, others)'. At the bottom are four boxes labeled 'Advocacy', 'Science', 'Clinical Practice', and 'Education'. The pillars are connected by vertical lines, with the top two pillars being wider than the bottom four.

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What are the “Pillars” of ASPEN?

- 2022 ASPEN Board of Directors approved the...

ASPEN Strategic Plan Summary 2022-2025

<p>ADVOCACY</p> <p>Maximize ASPEN's impact on nutrition care and patient outcomes through external advocacy efforts.</p>	<p>CLINICAL PRACTICE</p> <p>Provide high quality clinical practice content that is easily translated into practice to guide safe, effective, and inclusive care.</p>	<p>EDUCATION</p> <p>Promote and disseminate education in clinical nutrition and metabolism to current and future healthcare professionals.</p>	<p>MEMBERSHIP</p> <p>Intentionally attract and retain diverse professionals and grow ASPEN membership.</p> <p>Promote careers in clinical nutrition and metabolism to attract clinicians and scientists,</p>	<p>RESEARCH</p> <p>Increase clinical nutrition and metabolism research (e.g., mechanistic, translational, outcomes, health equities, and economics), the number of researchers, and funding.</p>
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Quote from a famous President...

- John F. Kennedy, 35th President United States of America, 1961 inaugural address
- “And so, my fellow Americans, ask not what your country can do for you – ask what you can do for your country.”



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Renewed Challenge from a previous ASPEN President...

- Vince Vanek, MD, FACS, FASPEN, 31st ASPEN President, 2008 ASPEN Presidential Address



- “Ask not what ASPEN can do for you – ask what you can do for ASPEN!”

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