



**VIRGINIA SOCIETY FOR PARENTERAL
AND ENTERAL NUTRITION**

A Chapter of the American Society for Parenteral and Enteral Nutrition

VASPEN NUTRITION SUPPORT UPDATE 2026

DoubleTree by Hilton Hotel Charlottesville

990 Hilton Heights Rd, Charlottesville, VA 22901

September 18th, 2026

7:30 AM – 8:30 AM **Registration/Exhibits/Breakfast**

8:30 AM – 9:30 AM **Volume-Based Feeding in Patients with Severe Burns**

Laura Cutten, MS, RD, CNSC, NWCC Clinical Dietitian IV, *VCU Health Medical Center, Richmond, VA*

Objectives:

1. Evaluate the metabolic demands of patients with severe burns.
2. Explore the evidence for volume-based versus rate-based tube feeding.
3. Implement volume-based feeding protocols in the care of patients with severe burns.

UAN: JA0002345-9999-26-083-L01-P

9:30 AM – 10:30 AM **Getting Your Patient Home on Parenteral Nutrition**

Suzanne Winfield, MS, RN, Senior Clinical Transition Specialist, *Option Care Health, Richmond, VA*

Objectives:

1. Identify essential factors for a safe discharge home on parenteral nutrition (PN).
2. Discuss what knowledge the patient/caregiver must possess for a successful transition from the hospital to the home.
3. Summarize social, financial, and clinical challenges to home PN in today's healthcare system.

UAN: JA0002345-9999-26-084-L99-P

10:30 AM – 11:00 AM **Break/Exhibits**

11:00 AM – 12:00 PM **Nutrition Considerations in the Treatment of Head and Neck Cancer**

Samantha Haswell, MS, RD, CSO, Outpatient Clinical Nutrition Supervisor, *VCU Health Clinical Nutrition Service*; Outpatient Oncology Dietitian, Integrative Health Dietitian, *VCU Massey Comprehensive Cancer Center, Richmond, VA*

Bethany Lynn McClellan, RD, Clinical Dietitian II, *VCU Massey Comprehensive Cancer Center, Richmond, VA*

Objectives:

1. Identify common treatment modalities in the treatment of head and neck cancer and associated nutrition-impact symptoms.
2. Describe the management of nutrition-impact symptoms and overall goals of care.
3. Discuss dysphagia in the setting of head and neck cancer and the role of enteral nutrition support.

UAN: JA0002345-9999-26-085-L01-P



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12:00 PM – 1:00 PM **Exhibits and Lunch**

1:00 PM – 2:00 PM **Navigating Sepsis and Septic Shock: Optimizing Nutrition and Pharmacotherapy in the ICU**

Kennedy Powers, PharmD, BCCCP, Clinical Pharmacy Specialist, *Virginia Commonwealth University Health System, Richmond, VA*

Kristen Herceg, MS, RD, LD, CNSC, Clinical Education Manager, *Dietitians On Demand, Richmond, VA*

Objectives:

1. Describe the pathophysiology of sepsis and septic shock and its impact on hemodynamics and metabolic demands.
2. Evaluate the role of vasopressor therapy in septic shock and its implications for enteral and parenteral nutrition strategies.
3. Identify evidence-based guidelines for initiating and advancing nutrition support in patients receiving vasopressors.
4. Integrate interdisciplinary approaches between pharmacy and nutrition to optimize outcomes in critically ill septic patients

UAN: JA0002345-9999-26-086-L01-P

2:00 PM – 3:00 PM **Neonatal Refeeding Syndrome—Considerations for Infants at Risk**

Carrie Finch, MS, RDN, CSP, Medical Nutrition Therapy Coordinator, *VCU Health System Dietetic Internship/ Virginia Commonwealth University Health System, Richmond, VA*

Objectives:

1. Describe the physiology and clinical signs of refeeding syndrome.
2. Identify infants who are at risk for developing refeeding syndrome.
3. Implement strategies/interventions to minimize/prevent refeeding syndrome in infants at risk.

UAN: JA0002345-9999-26-087-L99-P

3:00 PM – 4:00 PM **Pre-Transplant Nutrition as a Catalyst for Post Transplant Recovery**

Benjamin Sizemore, RD, CNSC, Clinical Nutrition Supervisor, Transplant Nutrition, *VCU Health, Richmond, VA*

Objectives:

1. Describe the prevalence, causes, and clinical impact of malnutrition in cirrhosis
2. Evaluate the impact of pre-transplant nutrition on post liver transplant clinical outcomes.
3. Discuss evidence-based strategies to optimize nutrition status in patients awaiting liver transplantation.

UAN: JA0002345-9999-26-088-L99-P

4:00 PM – 4:15 PM **Closing Remarks**

Emily Manez, MS, RD, CNSC

President, Virginia Society for Parenteral and Enteral Nutrition



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Patillo E. Donald Memorial Lecture Fund

The Patillo E. Donald Memorial Lecture Fund was established in 1993 to honor the memory of a cherished, charter VASPEN member and well-respected nutrition support clinician, Patillo E. Donald, PhD, RD, CNSD.

Patillo achieved an advanced level of clinical practice. She earned her bachelor's degree and master's degree in nutrition from Virginia Tech then continued to earn a doctoral degree in nutrition from the University of North Carolina at Chapel Hill. Always pursuing clinical advancement, she then proceeded with a postdoctoral fellowship in endocrinology from the University of Virginia. Patillo helped form and was a member of the Nutrition Support Service at the University of Virginia since 1980. She was also a professor at the University of Virginia School of Nursing.

Patillo supported VASPEN in many ways. She was a frequent lecturer, served on various committees, and held several board positions. She was elected President of VASPEN in 1993.

On a personal note, her life included her husband, Joe Tucker, her daughter, Grace, and a love of music.

The fund is used to sponsor a speaker at the yearly VASPEN meeting. Contributions to the Patillo E. Donald Lecture Fund can be made during this meeting or can be sent to:

*VASPEN c/o Ed Pickett, Treasurer
PO Box 1386
Staunton, VA 24402.*

This year's Patillo Donald lecture will be:

Carrie Finch, MS, RDN, CSP

Medical Nutrition Therapy Coordinator,
Virginia Commonwealth University Health System, Richmond, VA

Neonatal Refeeding Syndrome—Considerations for Infants at Risk

Friday, September 18th, 2026

2:00 pm-3:00 pm

Planning Committee and Faculty Disclosures

Planning Committee

Nothing to disclose:

Samantha Haswell, MS, RD, CSO
Edward Pickett, PharmD, BCPS, BCNSP
Emily Manez, MS, RD, CNSC
Cassie Peters, RN, BSN, CNSC
Rachel Hobson, RD

Bethany McClellan, RD
April B. Finnigan, PharmD, BCCCP
Jessica Younkman, RD, LD, CNSC
Laura Johnson, PhD, RD, CNSC
Erin Alesi, MD

Speakers for Accredited Education Sessions

Nothing to disclose:

Samantha Haswell, MS, RD, CSO
Kristen Herceg, MS, RD, LD, CNSC
Kennedy Clark – PharmD, BCCCP
Laura Cutten, MS, RD, CNSC, NWCC
Carrie Finch, MS, RDN, CSP
Suzanne Winfield, MS, RN
Benjamin Sizemore, RD, CNSC

Staff

ASPEN staff have no commercial relationships to disclose.

All disclosures have been mitigated.



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Registration Fees (registration closes the day of the event, advance registrations are encouraged)

Early Bird (before 11:59pm ET 8/31/2026)

VASPEN Member	\$100
Non-VASPEN Member	\$125

Regular (after 11:59PM ET 08/31/2026)

VASPEN Member	\$125
Non-VASPEN Member	\$150
Student (submit proof of student status)	\$50

Join VASPEN now for membership benefits. Click on this link to become a VASPEN member:

<https://www.nutritioncare.org/Chapters/>

To pay by credit card, please go to the following website:

www.nutritioncare.org/VASPEN. Please contact ASPEN at 301-587-6315 with any questions regarding payment.

Cancellation and Refund Policies

Cancellation 14 or More Days Prior to Conference: If VASPEN receives your cancellation request 14 or more days before the conference date (before or on September 4th, 2026), you will be refunded the registration fee minus a \$25 cancellation/administrative fee.

Cancellation 7 or More Days Prior to Conference If the cancellation request is 7 or more days before the conference date (before or on September 11th, 2026, you will be refunded 50% of the registration fee minus a \$25 cancellation/administrative fee.

Cancellation 6 or Less Days Prior to Conference If the cancellation request is 6 or less days before the conference date (after September 11th, 2026), NO refund will be issued.

- Substitution of registrations is permitted up to seven days prior to the conference for an additional \$25 fee. No substitutions will be permitted less than seven days prior to the conference. The cut-off date for substitutions is September 11th, 2026.
- Only one substitution is permitted per original registrant.
- Please submit a brief note to vaspen.nutrition@gmail.com to request the substitution, a copy of the previous registrant's confirmation and a completed registration form for the new participant (i.e. the person you are transferring to) via mail or email and we will process the transfer and email a confirmation to the new participant.
- The individual submitting the substitution request is responsible for all financial obligations (any balance due) associated with that transfer as well as updating any contact information, at the time of the substitution.
- Any changes in courses are subject to availability and any refunds for canceled registrations are subject to the refund policy.

Liability and Photography Waiver

- I agree and acknowledge that my participation in various VASPEN Nutrition Support Update 2026 (VASPEN26) events may give rise to occasional instances of loss or injury. Except to the extent that such instances may result from the negligence or misconduct of VASPEN, I hereby waive and release any claims that I might have against VASPEN and its members and representatives.
- I understand that VASPEN may, at its option, make photographs, videos or recordings of VASPEN26 events, which may include my likeness or participation, and reproduce them in VASPEN educational, news or promotional material, whether in print, electronic or other media, and VASPEN managed social media sites.
- By participating in VASPEN26, I hereby grant VASPEN permission to make, use and distribute such items, and I waive any rights to seek payment or compensation.

Continuing Education Information

Course Goal and Target Audience The objective of this conference is to support members of the healthcare team in the development of safe and effective practices for the delivery of nutrition support therapy by providing evidence-based education. This program is designed for members of the healthcare team to further their knowledge of nutrition support.

Learning Level The sessions in this conference are planned at the intermediate learning level. Intermediate assumes a general knowledge of the literature and clinical practice within the areas covered. Intermediate sessions are aimed at individuals wishing to expand their skills and knowledge base.

Successful Completion To obtain credit for this course, participants must attend in full each session claimed for credit and complete the evaluations in ASPEN's eLearning Center at www.nutritioncare.org/elearning. Registered attendees may log in with the email address and password on file with ASPEN. **All evaluations must be completed, and credit must be claimed by October 18, 2026 with no exceptions.**

Pharmacists and physicians, please note that ASPEN will upload earned CE credit into the appropriate system within the required timeframe. Any credit not claimed by the deadline will not be entered. Please provide your correct information when completing your evaluation and claiming CE credit. ASPEN submits only the information that is entered by the pharmacist or physician when credit is claimed and is not responsible for following up to obtain any corrected information to ensure an error free submission.

Accreditation



In support of improving patient care, this activity has been planned and implemented by Virginia Chapter of the ASPEN (VASPEN) and The American Society for Parenteral and Enteral Nutrition (ASPEN). ASPEN is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

ASPEN designates this live activity for a maximum of 6 AMA PRA Category 1 Credits TM. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Pharmacists: ASPEN designates this live activity for a maximum of 6 contact hours/.6 CEUs. ACPE UANs are provided with individual session information. Sessions not displaying UANs are unavailable for pharmacy credit. Knowledge activities

Nurses: ASPEN designates this activity for a maximum of 6 nursing contact hours.

Dietitians: ASPEN designates this activity for a maximum of 6 CPEUs.

 Commission on Dietetic Registration the credentialing agency for the Academy of Nutrition and Dietetics	Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU). If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU). RD's and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.
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This activity was planned by and for the healthcare team, and learners will receive 6 Interprofessional Continuing Education (IPCE) credit for learning and change.

Commercial Support: An educational grant has been provided by Abbott Nutrition.

Policies

Non-Commercialism: ASPEN subscribes to the ACCME Standards for Integrity and Independence in Accredited Continuing Education. ASPEN does not provide programs that constitute advertisements or include promotional materials. ASPEN does not endorse any products.

Privacy and Confidentiality: ASPEN respects the privacy of its members and website visitors. Companies that receive personal information from ASPEN in order to execute the business of ASPEN may use personal information only for that purpose.

Commercial Relationships Disclosures: Full faculty and planner disclosures are available in these materials. ASPEN staff have no commercial relationships to disclose.

Grievances: Any grievances should be addressed in writing to: VASPEN P.O. Box 1386 Staunton, VA 24402 and to: ASPEN Senior Director, Education and Research, 8401 Colesville Road, Suite 510, Silver Spring, MD 20910.

Americans with Disabilities Act: Please contact Laura Johnson, RD at (540) 241-2243 or lap2c@yahoo.com if you require any special disability accommodation.

Claim Your VASPEN Nutrition Support Update 2026 CE Credit in ASPEN's eLearning Center

All CE CREDIT MUST BE CLAIMED NO LATER THAN OCTOBER 18, 2026

Step 1: Log into the ASPEN eLearning Center at <https://nutritioncare.org/elearning>.
(Your login is the same email and password you use for the main ASPEN website.)

IMPORTANT NOTE: DO NOT LOG IN TO YOUR ACCOUNT FROM THE MAIN ASPEN WEBSITE!
You must log in through the eLearning Center using the link above.

Claim Credit

Step 2: Click on the "My Account" button at the top of the screen.

Step 3: Click "Live Events" from the drop-down menu and select the MSPEN event.

Step 4: Click "Attend Event" under the appropriate event title.

Step 5: Click "Evaluations" from the navigation menu.

Step 6: Click "Take Evaluation" under the appropriate event title.

Step 7: Complete the evaluation for each session you attended and click submit. Make sure the evaluation is filled in completely as the contact hours are not earned until the entire evaluation is completed.

Step 8: Complete the Overall Evaluation by clicking on "Take Evaluation" under the Overall Evaluation and Transcript area. *(This step must be taken for credits to appear on your transcript.)*

Please note that you can only claim CE credit if you attended the live webinar broadcast or participated in person.

Access CE Transcript

You must complete the "Overall Evaluation" to receive your credit transcript

Step 2: Click on the "My Account" button at the top of the screen.

Step 3: Click "CE Transcript" from the drop-down menu.

Step 4: Click on the **Webinar Title** to view your CE credit.

Step 5: Click "Print Transcript" under the webinar title to print a copy of your CE transcript.
Your CE transcript will be saved in your eLearning Center account.

All CE CREDIT MUST BE CLAIMED NO LATER THAN OCTOBER 18, 2026

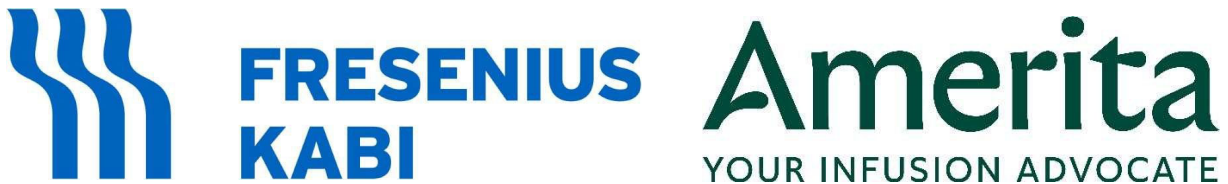
If you have any difficulty accessing and completing the online evaluation and/or obtaining your CE certificate, please contact ASPEN directly:
aspen@nutritioncare.org

Thank you to Our Event Supporters and Exhibitors!

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We need your help to plan YOUR conference!!

I am a: Dietitian ____ Nurse ____ Pharmacist ____ Physician ____
Other (describe) _____

Which location would you prefer for the next meeting? Circle one.

Virginia Beach Northern Virginia Roanoke Charlottesville Fredericksburg

Other: _____

Would you prefer a one day conference with fewer CEUs, but no overnight cost, or a 1.5 day conference for the next meeting? Circle one.

Friday only Saturday only Friday and Saturday

Other: _____

How did you hear about this conference? Circle one.

Mailed brochure ASPEN email Colleague

Other: _____

TOPICS FOR NEXT MEETING

What challenges does your team experience in practice that you would you like to see included as topics at the VASPEN 2027 Conference? *Note: a team is defined as any interactions between one or more health professionals on a regular basis for the purposes of providing patient care*

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Comments/Elaboration:

THANK YOU FOR YOUR COMMENTS