



The
Nightingale Trust
for nutritional support

Feeding for life

Developing knowledge & skills in nutritional support nursing; a course for Nutrition Nurse Specialists, Nurses with a specific issue in relation to nutrition (working in areas such as Stroke & Gastroenterology), community nurses and Homecare Nurses (Enteral and parenteral)

PROSPECTUS AND APPLICATION FORM

3rd - 7th August 2026



Nutrition and hydration is a basic human need. Nutritional support Teams (NSTs) are managing patients needing enteral and parenteral support and an increasing number of complex patients who present new challenges. This course is designed to ensure our patient receives a “first class service” in which nutritional and fluid problems are predicted, detected and safely treated. This course covers practical skills, troubleshooting and professional issues for nutrition nurse specialists (NNS’s) and nurses with an interest or role in the delivery of nutritional support. It aims to give the training needed to care for these patients safely, effectively, and to be able to pass this knowledge on to others

- **Alison Young**, Trustee and Primary Training Organizer for
The Nightingale Trust for Nutritional Support (NTNS)

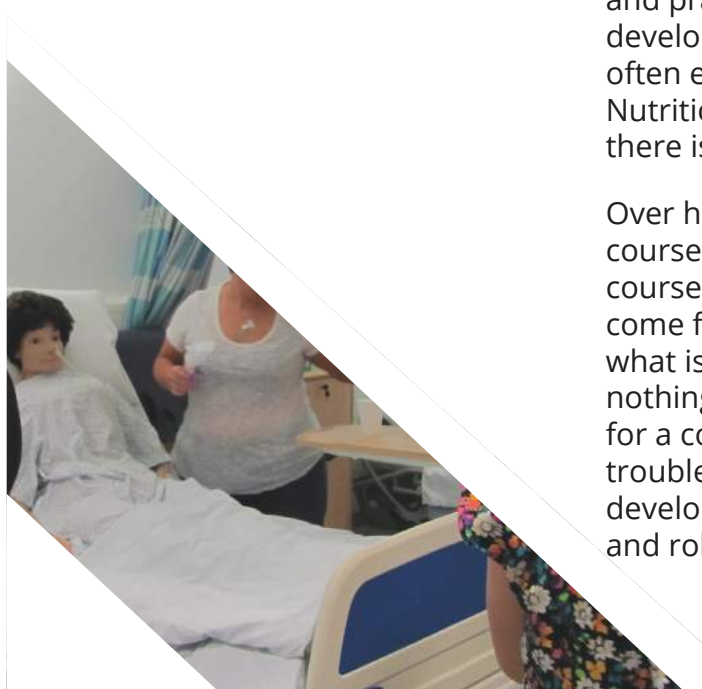
The need for a course

The key to improving the quality of care, received by patients needing nutritional support, is training and education of the staff caring for them. Whilst providing good nutritional care is the responsibility of all members of the healthcare team/ NST, nurses are at the forefront of delivering this care 24hrs a day. Training in nutritional support for nurses should be available at all stages of their careers. Indeed, this has now been reintroduced to the undergraduate curriculum.

Specialist training is often difficult to access. There are a few excellent post graduate degree courses available in clinical nutrition which include modules on nutritional support.

However, these do not always include the professional and practical aspects of the role which are so vital to the development of a specialist practitioner. They are few and often extremely expensive. Previous surveys by the National Nutritional Nurses Nutrition Group (NNNG) have shown that there is a gap in training and education at this level.

Over half of the applications received for the NTNS two-day course ‘Caring for Patients Receiving Nutritional Support’ – a course designed for ward and community-based nurses – come from NNSs. When asked why they were applying for what is a basic level course, NNSs responded that “there is nothing else available for us”. Thus, there is a definite need for a course for nutrition nurses which covers practical skills, troubleshooting and professional issues. The NTNS has developed such a course which also includes group work and role play working through case studies.



The Nightingale Trust for Nutritional Support is dedicated to the training of tomorrow's experts with the provision of unique and pioneering educational courses.

This 5-day course is designed to cover day-to-day patient care and management issues faced by NNS's. Essentially practical in nature, learning will be underpinned by relevant theory. NNS's will learn and develop their knowledge from listening and learning from the course teachers and from each other through hands on practical sessions and discussion throughout the course. The teaching will be informal allowing students to ask questions in an informal and non-threatening environment. Time is dedicated throughout the course for reflective practice, enabling delegates to express concerns, challenges and their personal experiences in relation to their role. We found this extremely beneficial on the 2025 course leading to the delegates creating their own group post course to keep in touch and share concerns and experiences.

The role of the NNS is varied, often determined by the establishment in which they work. Not every student who applies for this course will be undertaking all the roles covered. As their working environment grows and changes, so will the roles they are expected to fulfil.

Although not all NNS's will be inserting intravenous access devices for parenteral support (PS), or placing

gastrostomy, jejunostomy, naso enteral tubes or nasal loops currently, this is something that all NNSs should have an understanding. As this is essentially a practical course we have not currently applied for academic validation. This allows us to keep the cost of attending low, and any written work required by the students to a minimum.

Course content

Day 1 spends time reviewing normal anatomy, physiology, and metabolism as an understanding of this is essential to appreciate the changes caused by surgery and disease.



Dysphagia and ethical issues will be discussed in relation to the appropriateness of nutritional and fluid support.

Day 2 is mainly focused on enteral nutrition (EN) and will include assessment, underlying patient illness, insertion techniques, complications, trouble shooting and the types of enteral feeds.

Day 3 is about nasogastric and nasojejunal tube placement. The afternoon session focuses on going home on enteral nutrition.

Day 4 is about intestinal failure (IF) and parenteral support (PS). This includes classification (types) of intestinal failure, venous access, types of central venous access devices (CVAD's), constituents & types of parenteral nutrition (PN) bags, complications and trouble shooting.

The afternoon focuses on PICC insertion, midline insertion, Trouble shooting, withdrawal occlusion and PICC/tunneled line repair.

Planning for home PN (compounding v MCB's, framework process, equipment used, monitoring, follow up) going home with nutritional support.

Day 5 is about HPS complications and treatments. It includes monitoring and clinic visits.

the management of a high output stoma including medication. In the afternoon there will be discussions about business development/Research and audit/writing for publication.

Workshops will be about:

- Nasal loop insertion, balloon gastrostomy & low-profile gastrostomy (button) insertion.
- Naso jejunal (NJ) insertion (includes Cortrak & self-propelling tubes).
- Peripherally inserted central catheter (PICC) insertion.
- Prescribing PN.

Time will also be spent learning and discussing role and service development issues as they relate to nutrition support nursing. For example:

- How to develop a business case for additional nutrition nurses.
- How to set up a nurse led clinic and ensure any income generated is invested in your service.
- Expanding my practice; – do I really need to do it?
- Managing conflict.
- Getting into research.
- Writing for publication.



Time will be spent discussing and learning about feeding in specific disease states. The physical & metabolic changes caused by each problem, their differing nutritional requirements, methods of feeding, timing & route of feeding will all be included. Some of the areas included may be;

- The critically ill
- Pancreatitis
- High output entero-cutaneous fistula(s)
- Gastroparesis
- Liver disease
- Peri-operative feeding (includes ileus and obstruction)
- Difficult decision making

Who should apply for the course?

Any nutrition nurse or nurse with a specific interest in Nutritional support can apply, but those who have been in the role for less than 2 years will derive the most benefit. The course is targeted at those working within the NHS and primarily within the acute setting, although those working in the community will also find many aspects of the course useful.

Who will be teaching the course?

The course will be taught by experienced NNS's. Other healthcare professionals (e.g. doctors, pharmacists and dietitians) will be contributing where appropriate

How long is the course?

The course is run over 5 consecutive days, Monday to Friday (please see dates for the 2026 course attached). The venue is the Queen Elizabeth Hospital Birmingham.

What is the cost of the course?

The course cost is £800 per delegate which includes heavily subsidised executive accommodation for 4 nights or £862.50 for 5 nights (accommodation on the Sunday night before the course). This includes refreshments and lunch during course days. A reduced course cost of £550 is charged for those delegates not requiring accommodation.

This dynamic and gold-standard course is designed to be both personalised and practical and, as such, is strictly limited to a maximum of 20 delegates. Due to the high levels of interest we experience please be aware that places will be held but not guaranteed until a purchase order has been received.

How do I apply?

Please complete the application form and return to:
ayoung.nutrition@outlook.com



Contacts

If you would like to be involved and sponsor the course, or would like any further information please contact;

Alison Young, Consultant Nurse for Nutrition and Lead Nurse for R Homecare HPS service

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t: 07384 828675

Jane Fletcher, Consultant Nurse for Nutrition, and Intestinal Failure

e: jane.Fletcher@uhb.nhs.uk

t: 07880 154448



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Delegates signature:		Date:	
Statement of support by manager. (Agreement to grant study leave will be implied)			
Manager's signature:		Date:	
<p>We have reserved accommodation at the Edgbaston Park Hotel & Conference Centre, 53 Edgbaston Park Road, Birmingham, B15 2RS</p> <p>This is available at a reduce rate per night if required</p>	<p>Please indicate your accommodation need as below:</p> <p>3rd Aug <input type="checkbox"/></p> <p>4th Aug <input type="checkbox"/></p> <p>5th Aug <input type="checkbox"/></p> <p>6th Aug <input type="checkbox"/></p> <p>No accommodation required <input type="checkbox"/></p>		

Once we have your completed application form we will let you know if you have a place and send further details regarding payment, start times, venue etc.

Please note that the course programme is subject to change at any time. Once a place has been accepted and the course fee paid no refunds will be possible.