

# 2024 COSA Nutrition Group Annual General Meeting



## MINUTES

**Date: Wednesday 4 December 2024 – online meeting**

**Time: 2:00 – 3:00pm (AEDT)**

### Attendees:

• Lauren Atkins	• Brenton Baguley	• Merran Findlay
• Lauren Hanna	• Annie Curtis	• Irene Deftereos
• Tracie Bertram	• Louise Moodie	• Sarah Deacon
• Jane Stewart	• Shuang Liang	• Teresa Brown
• Fran Doughton	• Belinda Steer	• Jenelle Loeliger (Chair)
• Nicole Kiss	• Elise Treleaven	•

### Apologies:

• Judy Bauer
• Emily Jeffery
• Erin Laing
• Rebecca McIntosh

AGENDA ITEM	DISCUSSION
<b>1. Welcome &amp; Introductions</b>	<ul style="list-style-type: none"> <li>JL welcomed all members to the online AGM and acknowledged the traditional owners of the lands on which members are joining from today.</li> <li>JL invited members to introduce themselves.</li> </ul>
<b>2. Conflicts of Interest</b>	<ul style="list-style-type: none"> <li>None declared.</li> <li>Minutes of 2023 AGM confirmed by LA and seconded by LH.</li> </ul>
<b>3. Membership</b> <b>3.1.</b> Membership statistics <b>3.2.</b> Retiring executive members <b>3.3.</b> New executive members <b>3.4.</b> Chair and deputy chair positions	<b>3.1 Membership statistics</b> <ul style="list-style-type: none"> <li>Increase in membership this year from 131 to 142 members. JL encouraged members to spread the word about the group and their activities.</li> </ul> <b>3.2 Retiring executive members</b> <ul style="list-style-type: none"> <li>Thank you to the retiring executive members Judy Bauer, Nicole Kiss and Belinda Steer for their contributions and expertise.</li> </ul> <b>3.3 New executive members</b>

	<ul style="list-style-type: none"> <li>• Congratulations to Kate Furness, Jane Stewart and Brenton Baguley who will be joining the executive committee.</li> <li>• Executive group has introduced a skills matrix to understand the skills and experience our group holds, and for planning for future work. New members to complete skills matrix and may roll out to wider group to identify potential people who could step into project work and other activities.</li> </ul> <p><b>3.4 Chair and deputy chair positions</b></p> <ul style="list-style-type: none"> <li>• JL current term in chair role continues until May 2025, and plans to continue for another 2 years after this.</li> <li>• JL reported a new process for succession planning with the appointment of deputy chair and past chair roles. EJ will step into the deputy chair role.</li> </ul>
<p><b>4. Update on 2024 activities</b></p> <p><b>4.1. 2024 ASM</b></p>	<ul style="list-style-type: none"> <li>• Thank you to ET for being the nutrition group representative on the organising committee of the ASM event and for getting nutrition on the agenda.</li> <li>• ET reported there was strong feedback from the nutrition group last year which allowed ET to advocate for the plenary and nutrition topics in other general areas. Collaboration with exercise has also been helpful.</li> <li>• NK and JL presented in the plenary. Lizzy Johnston presented in the ‘health promotion in my practice’ concurrent session and Teresa Brown presented in the ‘geriatric oncology head and neck’ concurrent session. JS and EJ presented in the breakfast session. MF chaired a session. ET involved in a workshop. There were also high calibre posters from people in the nutrition group.</li> <li>• Breakfast session co-chaired by JL and Rosa Spence was well attended (&gt;80 people) and reached capacity early.</li> <li>• COSA ASM was also the official launch of the COSA Implementation Toolkit for Malnutrition and Sarcopenia.</li> <li>• FD reported the nutrition plenary was recorded and will be available to COSA members in the coming weeks.</li> </ul>
<p><b>4.2. Group Plan</b></p>	<ul style="list-style-type: none"> <li>• JL reports each financial year the group develops a group plan, and our progress against the plan is discussed in the coming agenda items.</li> </ul>
<p><b>4.3. Partnerships</b></p> <ul style="list-style-type: none"> <li>• Dietitians Australia: DA Prize at COSA ASM, co-branded webinar 2025</li> </ul>	<p><b>4.3 Partnerships</b></p> <p><i>Dietitians Australia</i></p> <ul style="list-style-type: none"> <li>• JL reported the DA Prize at COSA ASM 2024 was not awarded as there were few presentations that met the criteria for the</li> </ul>

- Nutrition Group members contributing to other COSA groups

#### 4.4. Research and Research Translation

- Toolkit to support implementation of the COSA position statement (*Jenelle Loeliger*)
- H&N evidence-based guidelines (*Prof Judy Bauer/Clin A/Prof Merran Findlay*)
- COSA Nutrition and Exercise Group fellowship initiative (*A/Prof Nicole Kiss/Dr Emily Jeffery*)

#### 4.5. Education and Communication

- Member engagement/mid-year virtual meeting/'active' group members
- E-news – with thanks to Lauren Atkins

award. Next year will revisit the eligibility criteria for the award.

- BS reported there will be a co-branded webinar early in 2025 (i.e., February). 3-4 PhD students present for 15-20 minutes. For COSA and DA members to get updates on research and encourage more PhDs in this area.

#### *Contributions to other COSA groups*

- Erin Laing sits on the COSA NET executive committee, Rebecca McIntosh sits on the COSA Survivorship executive committee, ET is on the COSA GeriOnc executive committee, BB sits on the exercise implementation working group. Thank you for advocating as dietitians in other groups and facilitating the sharing of information between groups.

#### 4.4 Research and Research Translation

##### *Implementation Toolkit*

- Stage 1 (screening and assessment) of the project finished in May 2024 and is now on the COSA website and was launched at the COSA ASM. Thanks to JS who led the project. Hoping to secure financial support from Abbott for Stage 2 and 3, which will finish the toolkit for all recommendations and create new instructional video for the PG-SGA and evaluation of the toolkit. Please let JS know if you are using the toolkit and have feedback.

##### *H&N Guidelines*

- MF and JB has been working with LH to update some of the key clinical questions on the guidelines. In the last 12 months the guidelines have transitioned to a new platform built to align with the GRADE system, which was challenging for H&N guidelines as they were based on the NHMRC criteria (different synthesis methodology). LH reports the new guidelines are ready for review and can be published soon. The new guidelines will include literature on sarcopenia, which wasn't in the original guidelines.

##### *COSA Fellowship Initiative*

- EJ is the 1<sup>st</sup> COSA Nutrition Group fellow and is supported by NK and MF. NK reported the survey is out which is seeking information from all health services providing cancer treatment looking at resources available for nutritional care. Trying to understand where care is available for different cancer and treatment types. There have been difficulties with recruitment including issues with the recognition of ethics approval in WA. NK encouraged others in the group to promote the survey as much as possible.

	<ul style="list-style-type: none"> <li>JL reported the project may inform future fellow processes for 2025.</li> </ul> <p><b>4.5 Education and Communication</b></p> <ul style="list-style-type: none"> <li>Membership engagement is very important. Group members shared ideas on ways they would like to engage with the group and ideas from other COSA groups including: meetings to get to know and connect with one another; social events at the ASM; journal club; community of practice meetings; presentations followed by discussion (i.e., author presents on a recent publication).</li> <li><b>ACTION:</b> If any members are interested in being involved in organising any of the ideas suggested, please send JL an email.</li> </ul>
<p><b>5. Plans for 2025 activities</b></p> <p><b>5.1. 2025 ASM</b></p> <p><b>5.2. Ideas?</b></p>	<ul style="list-style-type: none"> <li>2025 ASM will be held in Adelaide from 12-14 November.</li> <li>Prof Carla Prado international invited speaker</li> <li>Pre-conference workshop with Carla Prado: suggestion of new techniques for body composition assessment for dietitians</li> <li><b>ACTION:</b> If any ideas or further thoughts on pre-conference workshop please contact JL.</li> <li>FD reports COSA is partnering with International Psycho-Oncology Society for next year's ASM. Planning already underway. Strong psycho-oncology program, but plenty of opportunities for other sessions.</li> <li>There will be a call for submitted symposia – submit a full session plan with abstracts. May allow for additional nutrition on the program.</li> <li>Other ideas included managing concurrent obesity and low muscle mass.</li> </ul>
<p><b>6. Other Business</b></p> <p><b>6.1. Achievements of nutrition group members</b></p>	<ul style="list-style-type: none"> <li>Thank you to Nutrition Group executive and outgoing members, as well as the broader nutrition group.</li> </ul>
<p><b>7. Next Meeting</b></p> <p>Following ASM 2024</p>	TBC

Executive:

Lauren Atkins  
Dr Teresa Brown  
A/Professor Judy Bauer  
Dr Irene Deftereos  
A/Professor Merran Findlay  
Dr Emily Jeffery (Secretary)  
Jenelle Loeliger (Chair)  
A/Professor Nicole Kiss  
Jenelle Loeliger  
Louise Moodie  
Belinda Steer