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## Update from Your President

The year is moving on fast with lots of important issues on the go. The NZSG was well represented at the Endoscopy workforce symposium on Monday 28<sup>th</sup> April. This meeting brought together all the interested parties for the first time for a ull ranging discussion of the challenges ahead to provide a skilled workforce capable of meeting the current demands for colonoscopy and the future demands if the bowel cancer screening programme becomes nationwide. The potential role of nurse endoscopy was debated and there was consensus that cautious progress towards this goal is required. Nurse endoscopy would enhance the profile of gastroenterology nursing and may attract more nurses into the field but would be just one aspect of increasing our endoscopy workforce. There will be a working party lead by the Gastro Section of the NZNO with support from Health Workforce NZ. The role of the society will be to support our nurses to work out some details such as the structure of a training programme. All participants were agreed that any expansion of the endoscopy workforce must not be at the expense of quality – in fact the continued improvement in delivery of endoscopy throughout the country much continue to be our goal. The data presented by the Bowel Cancer Screening group at Waitemata DHB continues to be excellent and we can all be proud of their efforts and this data will provide a strong argument for a national rollout.

David Theobald presented an update on the proposed National endoscopy governance structure. Again the NZSG has had a lot of input and there should be no concerns with these proposed changes. We are well represented with the addition of Tim King and Malcolm Arnold to the NEQUIP team in leadership roles.

The ASM in Auckland will be an excellent meeting. The conjoint meeting with AUSPEN will give members a wide choice of topics. The Gut Health network will have a basic science symposium on the Tuesday afternoon. We are pleased to have Don Cameron, current GESA president, join us again and Nick Talley, current RACP President, will also be attending and speaking. The 2015 ASM will be in Rotorua at the Rotorua Energy Events centre which is an excellent venue. Our conference is growing in size and the number of suitable venues in the country is decreasing. The 2016 ASM will be in the

South Island but the venue is yet to be confirmed.

The 2015 GESA meeting in Brisbane in September will be combined with the WGO. We have been asked to convene a symposium on a topic with special interest or expertise from NZ which is an excellent chance to work together with GESA.

The NZSG Small Research Grant has been a successful way to encourage clinical research by our registrars. Please check the website for details of closing dates for applications.

We now have a new Executive Officer, Anna Pears. Anna comes to us with significant experience gained working for the Australian and New Zealand College of Anesthetists. She has fitted in very quickly and we are pleased that the transition from Lily, then Andrew, and now to Anna has been smooth.

We welcome Stephen Gerred who has joined our Executive as a co-opted member and Chris Cedewall who is our new training representative.

The NZSG continues to strongly support the National Registrar Match process. Our thanks to Tony Smith chair of the SAC and David Rowbotham who has agreed to co-ordinate this process again this year. This is a lot of work and the voluntary effort of our members is appreciated.

The NZSG is well represented in consultation with PHARMAC with Russell Walsmley, Ed Gane and myself on the GI subcommittee of PTAC. This dialogue has been very open and has been to the benefit our patients and hopefully will continue in this way. I trust you are having a successful and enjoyable year. Look forward to meeting up with you at the ASM.

Alan Fraser



## Comming Soon

### Application for Research Grants

The applications for 2014 closes on 30 June (see page 6 for more information)

## Editorial

This issue is somewhat of a mixed bag but nevertheless most interesting. After 10 years of continuous funding, we have to say goodbye to the Ferring / NZSG Fellowship. Much great research has been funded and A/Prof Alan Fraser has summarised the exciting highlights in the following pages. From this year it will become the Janssen / NZSG Fellowship which is worth NZ \$65,000. The Executive is looking forward to receiving great applications for the first competitive round of research grants this year with a deadline on 30 June, 2014. On behalf of the NZSG Executive I attended the "World Gastroenterology Organisations" AGM in Chicago. NZSG is a member society of WGO and there are many great projects underway which are well worth supporting. Check out their webpage on [www.worldgastroenterology.org](http://www.worldgastroenterology.org) Prof Andrew Day and Dr Helen Evans have summarised for us the NEW! Paediatric IBD Guidelines which have been published earlier this year.



This year's ASM is being held at Auckland's SkyCity and it is shaping up to be a fantastic meeting. Co-hosted by AuSPEN, the meeting will focus on Oesophageal Disease, Hepatology and Nutrition. A special satellite meeting on fundamental gut-related science will precede the meeting on the Tuesday organised by the University of Otago's Gut Health Network. If you haven't registered already, submitted your abstract for presentation or enrolled for the Fun Run – do so right now. Registration will open in July and Early Bird Registration finishes on 30 September. The Abstract submission deadline is on Friday 29 August. Please enjoy this newsletter and I am obviously happy to consider articles on topics close to any members' hearts for future editions.

Michael Schultz, Secretary

## History of the Ferring Fellowship

The NZSG is disappointed to announce that the Ferring Fellowship has come to an end. We have been privileged to have strong support for research in NZ from Ferring since 2003. We are hopeful that the Fellowship will continue with an alternative sponsor but it is appropriate now to review the history of the Ferring fellowship and celebrate the achievements of the winners over the years.

The Ferring fellowship has been awarded to:

- 2003 Stephen Inns
- 2004 Catherine Stedman
- 2005 Richard Geary and James Fung
- 2006 No award
- 2007 Paul Woods
- 2008 Greg O'Grady
- 2009 Jeffrey Ngu
- 2010 Tien Huey Lim
- 2011 James Falvey
- 2012 David Orr
- 2013 David Orr and Peter Swan

Highlights of the Fellowship from four past winners follows:

### 2003 Catherine Stedman

The Ferring fellowship provided me with partial support for 2 years of my PhD studies at University of Sydney, Storr Liver Unit and Westmead Hospital, in Sydney Australia. The research field involved both molecular pharmacology and hepatology and was a mix of both basic science and also clinical research. The overall project looked at nuclear receptor regulation of metabolic processes, bile acid detoxification, drug metabolism and transport, particularly in the context of cholestatic liver disease. The research was performed under the supervision of Professors Christopher Liddle and Jacob George, Storr Liver Unit Westmead Hospital, Sydney, Australia. I was also extremely fortunate to form a research collaboration during this time with the eminent group at the Gene Expression Laboratory (Ron Evans and Michael Downes) from La Jolla, San Diego, California USA and spent some time working with them.

These projects involved studying the role of the nuclear receptors PXR (pregnane X receptor), CAR (constitutive androstane receptor) and FXR (farnesoid X receptor) in regulation of diverse metabolic processes, including regulation of bile acids and glucose homeostasis, the cytochrome P450 enzymes that are important in drug metabolism and drug interactions, and numerous crucial drug transporters. We also designed and published a new method of bile acid quantification in mice using liquid chromatography/mass spectrometry. This paper won the University of Sydney IBR Bercovici Prize and Medal for the best publication by a PhD student 2004. At least 6 publications arose from this work.

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## 2008 Greg O'Grady

The NZSG Research Fellowship funded my PhD research costs and played a key role in establishing a successful research collaboration between the Auckland University Department of Surgery and Auckland Bioengineering Institute. Much of the funds were used to purchase a large number of high-fidelity amplifiers for electrophysiology recordings. The remainder was used to develop and test novel devices for mapping the electrical activity of the stomach during open and laparoscopic surgery, and to travel to conferences to present results. The new equipment was applied to accurately define the electrical conduction pattern of the normal human stomach for the first time, and to establish a porcine model of gastric dysrhythmia that has since been used in many studies. Experimental studies were also performed to map the effects of electrical pacing on gastric electrophysiology. This body of work received significant international attention, including winning awards at the NZ Society of Gastroenterology Meeting, the International Neurogastroenterology and Motility Meeting, and Digestive Diseases Week USA. Most importantly, however, the funds allowed our group to grow a new program that successfully secured major grants from the NZ HRC and NIH, resulting in a highly productive ongoing program of translational research into the occurrence, mechanisms, and treatment of gastric dysrhythmias. At least 6 publications arose directly from the award.



## 2008 Paul Woods (†2008)

Paul was a surgical registrar at the Department of Surgery at Dunedin Public Hospital. He had an interest in colorectal surgery and was a team member of A/Prof Mark Thompson-Fawcett's team. He also developed an expertise in Inflammatory Bowel Diseases. This spurred his interest in pursuing a research project and he applied successfully for the Hocken Research Fellowship of the Department of Medicine to cover his salary and the Ferring Fellowship to cover bench costs. He started a project in the Department of Physiology under the joint supervision of A/Prof Grant Butt and was investigating the effect of probiotic bacteria on the lining of the human gut using a variety of cell lines. He intended to stimulate these cell lines with pro-inflammatory cytokines to mimic



inflammation as occurring in IBD. Paul had already begun to write his master's thesis. Tragically, Paul was killed in a fatal jet-boat accident on the Matukituki River on Boxing Day 2008. In a press conference, A/Prof Thompson-Fawcett described Paul as a "delightful guy," diligent, professional and "someone you would be happy to have as a doctor".

## 2009 Jeffrey Ngu

The fellowship has provided vital support during the challenging initial phase of my research career. With the help of the fellowship I have enrolled for full time research study, initially aiming at a master degree. With the guidance from my supervisors Dr Catherine Stedman and Assoc Prof Richard Geary, my research project entitled "Autoimmune Liver Diseases in Canterbury" has quickly generated a few interesting early results. These initial results have helped to successfully convert my study to a PhD programme, and secured funding from Health Research Council Fellowship to complete my PhD study. This project has now produced many novel and important findings which have been presented in several international conferences and published in highly reputable peer-reviewed journals. At least 9 publications arose from the project.



## 2012 David Orr

Two double blind randomised controlled trials at Auckland Hospital, New Zealand Liver transplant Unit are supported by the Ferring fellowship. The trials will assess the potential benefit of both pre- and probiotics in patients with NAFLD and in patients post liver transplant with metabolic syndrome. The initial phase of the trial is weight loss with 4-weeks of 'very low calorie diet' (VLCD) and then randomisation to study drugs vs placebo. To date 39 of the 100 patients have been randomised and initiated into the trials. The median weight loss achieved over the first 4 weeks is >6kg in these patients. As well as weight loss and improvement in metabolic risk factors, other parameters including reduced liver fat (CAP scanning), changes in adipocytokines and metabolomics will be assessed at the conclusion of the study. The studies will be completed next year with provisional data analysis and presentation at the 2014 NZSG ASM.



Alan Fraser

## IBD Guidelines

The NZ Paediatric Gastroenterology Clinical Network was established in March 2013 with the broad goals of coordinating the care and management of children with GI, liver and nutritional disorders across NZ. Since the network was formed, the members of the network have instituted several work-streams and projects. The first of these endeavours has been to develop a National Guideline for the approach to and management of IBD in children and adolescents around NZ.

The IBD Guidelines were prepared and developed over 2013 with close reference to international consensus statements and within the context of available evidence. Following extensive consultation with key stakeholders, they were finalised and circulated to paediatric units around NZ in early 2014. The guidelines set out the key elements of approaching and investigating possible IBD in children, and include recommendations for the care and management of those diagnosed with IBD. Various critical concepts (such as principles of shared care between paediatricians in regional centres and tertiary paediatric gastroenterologists) are outlined. The guidelines include practical tools, such as checklists and guides, to assist in the care and management of these children. Currently these guidelines are available as PDF documents: they will soon be available for access from a dedicated Network website.

The Liver Workstream of the network has been striving to develop national standards for the investigation and management of neonatal liver disease. A key component of this work has been the launch of Beware Yellow, a campaign to raise awareness of pathological jaundice in newborn babies, ensuring earlier diagnosis with better treatment outcomes. Neonatal liver disease is a challenging diagnosis to make with presenting signs and symptoms being similar to the much commoner, but self-limiting, physiological jaundice. Beware Yellow will engage community and primary healthcare professionals through a series of educational events with an aim of all infants with jaundice beyond 2 weeks of age or jaundice at any age in association with pale stools or dark urine being offered a split bilirubin. Beware Yellow was officially launched to coincide with World Rare Disease day with further events planned on an annual basis.

Andrew Day and Helen Evans



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## Trainee Conference

Our Annual Registrar Trainee Conference was again gratefully sponsored by Ferring and Gilead, taking place March 20-21 at the Langham Hotel in Auckland.

This allowed 19 advanced trainees in gastroenterology from up and down the country to discuss training amongst each other and also included a face to face session with Tony Smith and Susan Parry from the SAC.

Also special thanks to our many speakers who gave up their time to speak in what proved to be an exceptionally useful two days; Drs Helen Evans, Dominic Ray-Chaudhuri, John Perry, Ed Gane, Rachael Harry, David Rowbotham, Derek Luo, Kumudith Ekanyaka and Melissa Haines. An Inflammatory bowel disease workshop was hosted by Dr Stephen Inns and Cathy Whiteside. Alasdair Patrick chaired a hotly contested trainee debate which included a Hepatitis C rap to the theme of "the fresh prince of bel Air".

Chris Cederwall  
Trainee Representative



# Report of the Annual General Assembly of WGO, Chicago, 3 May 2014

The AGM 2014 of the WGO took place during DDW 2014 in Chicago. James Toouli, Professor Emeritus of Surgery, Flinders University, Australia and current president of WGO went through the proceedings of a very successful year. WGO now represents 111 member societies with three new societies being added last year. Many representatives were present at the AGM. The main activities of WGO were outlined.



New guidelines for Common Symptoms in Gastroenterology and HCV were published in the Journal for Clinical Gastroenterology last year and the NAFLD-NASH Guideline and Celiac Disease Guideline updated. A web-based educational program on Irritable Bowel Syndrome for the general public will be released on the WGO webpage soon. It was however noted that for this year no release of further new guidelines is planned but rather the update of existing guidelines. WGO guidelines are being published in several languages (English, Spanish, Portuguese, French, Mandarin and Russian) and based on internet traffic analysis and downloads, seen as an important activity for the organisation.

Another hallmark for WGO is the provision of training opportunities for current and future gastroenterologists. Two further TTT (Train-The-Trainer) workshops are being planned this year in the U.K. and South Africa and since their introduction in 2001, almost 900 trainees have attended the courses. A TTT in Taipei, Taiwan is planned for 2015. The WGO is also involved in 17 Training Centres with the last two being opened in Ankara, Turkey and Lagos, Nigeria. Over 2200 trainee went through these training centres since their introduction in 2001 again proving their success.

WGO uses various means to distribute its happenings. Two new editors were appointed for eWGN, the electronic newsletter and Professor Christina Surawicz from the University of Washington in Seattle and Dr J Enrique Dominguez-Munoz from the University Hospital

of Santiago de Compostela, Spain will from now on oversee the four editions planned per year. Furthermore, Dr Toouli will publish a monthly president's newsletter, there will be monthly e-alerts as well as a number of WGO review articles and news articles published in JCG.

Prof. Eamonn Quigley from the Weill Cornell Medical College, Houston and WGO Foundation Chairman took over to report for the WGO Foundation. The WGO Foundation is the philanthropic resource for the World Gastroenterology Organisation. Incorporated in 2007, it supports the WGO Society and its mission in several ways. The Foundation was initiated to raise funds for WGO related activities. A major part of the foundation's activities is the yearly World Digestive Health Day which was themed around Liver Cancer in 2013 and will highlight Gut Microbes with various activities in 2014. Member societies are urged to support this day with activities in their region to raise awareness. WGO supports this with the release of simple, straight forward messages for the public, the general clinician and the specialist. For 2015, the topic will be Heartburn.

Finally, Dr Toouli discussed the change in the meeting calendar for WGO. While in the past, four-yearly world conferences were organised, from now on, there will be two-yearly meeting is association with host societies. The next WGO meeting will be held in Brisbane from Sept 28 to October 2, 2015 in partnership with the GEAS organised AGW. An extraordinary WGO congress is planned for 2016 in Abu Dhabi together with the Emirates Gastroenterology and Hepatology Society before the two-yearly cycle will be taken up again with a WGO meeting in Orlando, Florida in 2017 in partnership with the American College of Gastroenterology. The next WGO AGM is planned for the meeting in Brisbane next year.

Michael Schultz - who is on the editorial board for eWGN and attended the AGM for the NZSG

**2014**  
*Annual Scientific Meeting*  
*Auckland*

New Zealand Society of  
Gastroenterology

NOVEMBER 2014			
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11	12	13	14
18	19	20	21
25	26 ✓	27 ✓	28 ✓

Gut Health Network: Scientific Satellite Meetings

**Gastro 2014**  
Reserve these dates  
in your diary today

## 2014 Annual Scientific Meeting

The organising committee, NZSG and NZSO have worked hard and the ASM of our society at SkyCity in Auckland is shaping up to be another great event. This year's meeting is co-hosted by AuSPEN and also features a satellite symposium on the Tuesday afternoon on fundamental gut-related science organised by the University of Otago GutHealthNetwork Research Scheme [www.guthealthnetwork.com](http://www.guthealthnetwork.com). The theme of this year's meeting will be "Celebrating Kiwi Expertise". Whilst the program will remain broad, there will be a special focus on Oesophageal Disease and Hepatology to make the most of our visiting international speakers:

**Dr Donald Castell** is a Professor of Medicine in the Division of Gastroenterology and Hepatology, and the Director of the Esophageal Disorders Program at the Medical University of South Carolina. Professor Castell is a leading authority on diseases of the esophagus and esophageal function, and has authored or co-authored more than 500 scientific publications.



**Dr Stefan Zeuzem** holds the positions of Professor of Medicine and Chief of the Department of Medicine I, at the J.W. Goethe University Hospital, Frankfurt, Germany. His clinical areas of expertise include gastroenterology, hepatology, liver transplantation, endoscopy, gastrointestinal oncology and endocrinology.



**Professor Nick Talley** is Pro Vice Chancellor of the Faculty of Health at the University of Newcastle, in Australia, and Professor of Medicine. Nick's research is primarily focused on functional

gastrointestinal disorders, dyspepsia, Helicobacter pylori, gastroesophageal reflux disease, and eosinophilic disorders of the gut. He has published over 700 original and review articles in the peer-reviewed literature, and he is considered one of the world's leading authorities in clinical research on the stomach. Dr Talley is the current president of the Royal Australasian College of Physicians.



**Jean Osborn** is a registered nurse with 30 years GI experience. She has a teaching certification and has taught in the nursing program at Front Range Community College. Jean has spent 8 years as Director of Clinical Education for Sandhill Scientific and now consults providing international educational sessions in esophageal and anorectal manometry testing. Currently Jean provides motility and reflux testing services in Denver, Colorado as well as work in an endoscopy lab.

**Sue Surgenor** is a Gastroenterology Nurse Consultant at Poole Hospital in the UK. Sue's role is to provide expert care and psychological support to patients and their families within Poole Hospital NHS Trust demonstrating leadership at a higher level of practice in the nursing care of patients with specific gastroenterological conditions namely inflammatory bowel disease, coeliac disease and iron deficiency anaemia. Sue aims to identify differential diagnoses, assess patients, plan, implement and evaluate comprehensive programmes of care, providing highly specialist advice at a consultancy level. Firstly, my remit is to care for patients with inflammatory bowel disease hoping to improve disease management, compliance and patient satisfaction. Pivotal to this are the telephone advice line, follow-up clinics,



The New Zealand Society of Gastroenterology  
& NZNO Gastroenterology Nurses Section

# Annual Scientific Meeting

26-28 November | **2014**  
SKYCITY Auckland Convention Centre

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rapid access clinics, in-patient support, managing an immunosuppression service, and monitoring of anti-TNF therapy / thiopurine treatment. Secondly, I oversee the iron deficiency anaemia clinic which is nurse-led and is a novel service development which enhances the management of patients with this common condition, by facilitating prompt confirmation of the diagnosis, replacement therapy and investigation for serious underlying pathology, in particular gastrointestinal malignancy. This is an award winning service and recently published in *Frontline Gastroenterology*. Finally, the coeliac clinic is also nurse-led and runs adjacent to a dietician providing support, monitoring and educational input as appropriate for those patients with coeliac disease.

**Professor Gerald Tannock** from the Department of Microbiology and Immunology at the University of Otago at Dunedin and founding member of the GutHealthNetwork was named a James Cook Fellow 2014 and is a Fellow of the Royal Society of New Zealand. He is an internationally renowned expert on investigations of the composition and function of bacterial communities in the gut.



**Professor Charles Mackay** from the Monash University Obesity and Diabetes Institute (modi) is an international authority in the field of leukocyte migration. His research is focused on the molecular and cellular understanding of inflammation and the role of diet and gut microbiota.



However, as always, the social aspect of the meeting plays an eminent role and it will be exciting to see the interpretations on 'Come dressed as your favourite Hero', the theme of the Conference Dinner held on Thursday at the SkyCity Convention Centre. So – if you haven't registered already, do so! Registrations open in July with the Early Birds ending on September 30. Abstract deadline is Friday 29 August. Don't forget to enrol for the Fun Run. Proceeds go to the Crohn's and Colitis Support Group in Auckland.

Michael Schultz

## Announcements

Photographs from 2013 Annual Scientific Meeting

If you would like a full set of the ASM photos please contact Anna Pears

One set available for each department at no charge



### NZSG Small Research Grants

There are up to 7 grants available with a maximum of \$5,000 for each grant. The deadline for applications is 30 June 2014.

### NZSG AbbVie Research Grant

A grant of up to \$35,000 is available to the successful applicant. The deadline for applications is 30 September 2014.

### NZSG Janssen Research Fellowship

A grant of up to \$65,000 is available to the successful applicant. The deadline for applications is 30 September 2014.

To apply please contact Anna Pears [anna.pears@racp.org.nz](mailto:anna.pears@racp.org.nz)

## Noticeboard

Special Offer to NZSG members !  
2 Free Registrations for every 7 registrations  
If wanting to register please advise Anna Pears at  
anna.pears@racp.org.nz

The 2nd World Congress on  
**Controversies in Gastroenterology (CIGI)**  
September 12-14, 2014 - Xi'an, China

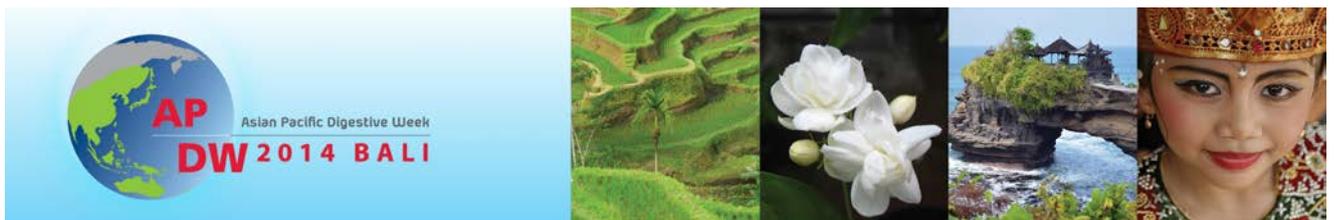


## Train the Trainers Workshop: Taipei, Taiwan 2015 Application Process Now Open



Dear Presidents of the WGO Member Societies

On behalf of WGO we are pleased to announce the next Train the Trainers workshop for 2015! In partnership with the Gastroenterological Society of Taiwan (GEST), TTT will be held in Taipei, Taiwan from April 13-16, 2015. We invite you to nominate two candidates who are fluent in English to attend this workshop. The application process for this workshop is open and we encourage you to nominate your candidates now through Friday, 19 September 2014. If you are interested in applying please contact the Society as all applicants need to be nominated through the society.



ASIAN PACIFIC DIGESTIVE WEEK • 22-25 November 2014 • Bali, Indonesia