

Barbara Suzanne van der Meij

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PROFILE

I am an enthusiastic dietitian, researcher and teacher in the field of clinical nutrition with a special interest in muscle wasting and cancer. I have a global network in academia, health care and industry and more than 15 years experience with setting up, conducting and publishing clinical trials, metabolic studies and literature studies.

EDUCATION/TRAINING

2005-2013	PhD VU University Medical Centre The Netherlands	Impact of fish oil on clinical parameters and quality of life in patients with cancer
1998-2001	MSc Wageningen University The Netherlands	Nutrition and Health
1994-1998	BSc Amsterdam University of Applied Sciences The Netherlands	Nutrition and Dietetics

POSITIONS AND EMPLOYMENT

2020 – current	<u>Senior Researcher</u> HAN University of Applied Sciences, Nijmegen, the Netherlands
2016 – 2020	<u>Conjoint Senior Research Dietitian</u> Bond University, Gold Coast, Australia Mater Group, Brisbane, Australia
2016	<u>Research Dietitian</u> Dutch Malnutrition Steering Group, Amsterdam, The Netherlands
2016	<u>Consultant for web-based course on 'Global Health'</u> Windesheim University of Applied Sciences, Zwolle, The Netherlands
2014 – 2015	<u>Postdoctoral Research Fellow</u> Center for Translational Research on Aging & Longevity, Dept. Health and Kinesiology, Texas A&M University, College Station, TX, US
2013 – 2014	<u>Teacher and lecturer Clinical Nutrition</u> Amsterdam University of Applied Sciences, The Netherlands
2011 – 2013	<u>Postdoctoral Research Fellow</u> Institute of Health Sciences, VU University Amsterdam, The Netherlands
2002 – 2014	<u>Dietician (oncology and respiratory diseases)</u> VU University Medical Center, The Netherlands

2001 – 2002 Statistical Programmer
Kendle International, Phase I Clinical Research Organisation, Utrecht,
The Netherlands

HONORS

2018 Nomination for Supervisor of the Year, Mater Group, Brisbane,
Australia

2012 Nomination for Foppe ten Hour Award, the Netherlands Organisation
for scientific research (NWO)

TEACHING AND LEARNING

PIT actief Development and delivery of 1-day postgraduate course on Nutrition
in Lung Cancer

VU University
Medical Centre Co-development and delivery of Clinical Nutrition education for
medical students (MSc)
Co-development and delivery of Course on Nutrition Research for
Nutrition and Health students (MSc)

Amsterdam
University of
Applied Sciences Co-development and delivery of Clinical Nutrition lectures and
workshops (BSc)

Texas A&M
University Co-development and delivery of course on Design of Clinical and
Metabolic research (MSc)

Windesheim
University of
Applied Sciences Lead and developer of 6-weeks web-based course about Theories,
Challenges and Debates in Global Health (BSc)

Bond University Convener of intensive courses on Research and 'Evidence Based
Practice for Health Professionals' and 'Health Research Design and
Planning'
Delivery and coordination of MSc research internship workshops
Co-supervisor, PhD-student 'Identification and treatment of cancer-
associated malnutrition and muscle wasting'
Primary or co-supervisor* HDR students

ESPEN and
AuSPEN Life Long Learning (LLL) teacher (delivered Parenteral Nutrition,
Nutrition in Cancer and Nutrition in Older Adults courses)

All employers Completed supervision: 22 BSc students, 32 MSc students

INVITED ORAL PRESENTATIONS

- Gut function research in chemotherapy and SCT patients
- Amino acid metabolism and protein anabolism in advanced cancer
- Tryptophan metabolism, depressed mood and cognitive functions in patients with cancer undergoing chemotherapy

Talking about the C-word – 27 June 2019 – Melbourne Australia

Models of care in cancer nutrition: how do we translate ESPEN guidelines into practice?
AuSPEN 2017 – November 2017 – Gold Coast, Australia

Depressed mood and cognitive functions in patients with cancer are associated with alterations in tryptophan metabolism
AuSPEN 2017 – November 2017 – Gold Coast, Australia

Metabolic effects of chemotherapy and the clinical effects of nutritional intervention in cancer
ESPEN 2017 – September 2017 – The Hague, The Netherlands

Protein anabolic resistance in cancer
Master Class on Cancer Cachexia, Bond University, Gold Coast, Australia – June 2017

- Introduction to conducting research in practice
 - Anabolic resistance in cancer
- Clinical Nutrition Update - Apollo Hospitals – June 2017 – Mumbai – India*

The impact of cancer on body composition, amino acid metabolism and function: potential for novel interventions
Australian Society of Parenteral and Enteral Nutrition (AuSPEN) conference – November 2016

Factors associated with reduced meal intake in older adults residing in nursing homes – a nutritionDay study
Australian Society of Parenteral and Enteral Nutrition (AuSPEN) conference – November 2016

Nutrition in adult patients with gastrointestinal GVHD
Workshop on gastrointestinal GVHD, German-Austrian-Swiss GVHD Consortium and University of Regensburg – November 2013

Nutrition in adult patients with gastrointestinal GVHD
2nd congress of the Slovenian Society of Clinical Nutrition and Metabolic Care – November 2011

Food preferences of older adults with a poor appetite: a forced choice experiment among subjects from various care settings
European Society of Parenteral and Enteral Nutrition (ESPEN) – 2013

The recognition and treatment of (pre-)cachexia in patients with cancer
Dutch Dieticians Conference – 2011

Quantification of intestinal absorption capacity in patients with chronic graft-vs-host disease of the digestive tract

Annual meeting of the Netherlands Society of Gastroenterology – October 2009

European Society of Parenteral and Enteral Nutrition (ESPEN) – 2009

Nutrition in lung cancer patients

PIT actief postgraduate course 'Nutrition and Cancer' – December 2008 and April 2009

Cachexia in cancer: are omega-3 PUFAs required?
Scientific conference 'Nutrition and cancer' – June 2009, Zeist, The Netherlands

Drinks enriched with omega-3 PUFA improve nutritional status and quality of life in lung cancer patients
American Society of Parenteral and Enteral Nutrition (ASPEN) – 2009

RESEARCH SUPPORT

2018	Bond University PrOteiN DigEstibility and Recovery in patients undergoing autologous stem cell transplant (PONDER study)	\$20,000
2014 - 2015	European Society for Parenteral and Enteral Nutrition research grant Metabolic Effects of Chemotherapy on Gut function and absorption capacity	\$70,000
2010	International Union against Cancer (UICC) International Cancer Technology Transfer Fellowship Department of Nutrition and dietetics Royal Brisbane & Women's Hospital Australia	\$5,600
2005	Abbott Nutrition The effect of omega-3 fatty acids supplementation on muscle mass and quality of life in patients with stage III Non-Small-Cell Lung Cancer during chemoradiotherapy	\$196,000

PAST AND CURRENT RESEARCH COLLABORATIONS

2018 – 2020	PI on PrOteiN DigEstibility and Recovery in patients undergoing autologous stem cell transplant (PONDER study)
2018 - 2019	Active member, AuSPEN scientific committee
2018 – 2020	AI on RCT investigating effects of ginger on chemotherapy-related nausea AI on the FREER study: Family in Rehabilitation: EmpowERING carers for improved nutrition outcomes Prof. Dr. Elizabeth Isenring and Dr. Skye Marshall, Bond University, Gold Coast
2017	PI on observation study on body composition and physical function in metastatic breast cancer Catherine Shannon and Natasha Woodward, Clinical Oncologists, Mater Cancer Care Centre, Brisbane
2017	Lead, Cancer Care chapter FEEDS Evidence-Based Demand Management Toolkit for Queensland Dietetics Services
2017	Member of organizing committee Annual conference of the Australian Society on Parenteral and Enteral Nutrition

2013	Research collaborations (lab analyses, data sharing, collaborative analysing and writing), n-3 PIFAs in cancer and the association with chemo resistance, and vitamin D status in cancer, CT-images for body composition assessment Dr. Vera Mazurak, University of Edmonton, Canada
2013	European Society of Clinical Nutrition and Metabolism and nutritionDay
2013	First author, paper on 'Risk and protective factors of reduced meal intake in older adults admitted to health care institutions – a nutritionDay study'
2012	Research collaborations (data owner, collaborative analysing and writing, lab analyses), protein metabolism in patients with cancer and Bond/Mater PONDER study (protein digestion in SCT) Dr. Nicolaas Deutz and Dr. Marielle Engelen, Texas A&M University, USA

EDITORIAL ACTIVITIES

Ongoing	Associate editor, Clinical Nutrition ESPEN
Ongoing	Reviewer (e.g. Clinical Nutrition, The journal of Nutrition, Health & Aging, Journal of the American Geriatric Society, European Journal of Clinical Nutrition, Journal of Parenteral and Enteral Nutrition)
2018	Reviewer, Chapter 22: Medical Nutrition Therapy for Lung Cancer, Oncology Nutrition in Clinical Practice, Second Edition, Academy of Nutrition and Dietetics, Chicago (IL), USA
2014, 2016	Editor, Dietetic Pocket Guide (2014: Dutch version, 2016: English version)
2012, 2016	Co-author of 2 chapters for Dutch manual 'Nutrition in cancer', 1st and 2nd edition "Nutrition in lung cancer" and "Nutrition in haemato-oncological diseases"

RESEARCH OUTPUT

Orcid ID:	0000-0002-0412-2801
H-index:	12
Total number of publications in PubMed-indexed journals:	29
Total number of citations:	801

My research is focused on metabolic alterations in diseases and aging, and the effects of nutrition interventions on muscle maintenance and quality of life. The goals are to find the appropriate interventions for diseased people, to obtain more evidence for the efficacy of nutrition interventions, and to improve quality of life.

PUBLICATIONS IN PUBMED-INDEXED JOURNALS

1. Page D, Gilroy M, Joseph R, **van der Meij B**. Pasteurised donor human milk audit: What is happening in the neonatal critical care unit? J Paediatr Child Health. 2021. Epub ahead of print. PMID: 33524194.
2. **van der Meij BS**, Deutz NEP, Rodriguez RE, Engelen MPKJ. Early Signs of Impaired Gut Function Affect Daily Functioning in Patients With Advanced Cancer Undergoing Chemotherapy JPEN J Parenter Enteral Nutr. 2020;10.1002/jpen.1941.

3. **van der Meij BS**, Teleni L, McCarthy AL, Isenring EA. Cancer cachexia: an overview of diagnostic criteria and therapeutic approaches for the accredited practicing dietitian. *J Hum Nutr Diet.* 2021;34(1):243-254
4. Kiss N, Loeliger J, Findlay M, Isenring E, Baguley BJ, Boltong A, Butler A, Deftereos I, Eisenhuth M, Fraser SF, Fichera R, Griffin H, Hayes S, Jeffery E, Johnson C, Lomma C, **van der Meij B**, McIntyre C, Nicholls T, Pugliano L, Skinner T, Stewart J, Bauer J. Clinical Oncology Society of Australia: Position statement on cancer-related malnutrition and sarcopenia. *Nutr Diet.* 2020;77(4):416-425.
5. De Groot LM, Lee G, Ackerie A, **van der Meij BS**. Malnutrition Screening and Assessment in the Cancer Care Ambulatory Setting: Mortality Predictability and Validity of the Patient-Generated Subjective Global Assessment Short form (PG- SGA SF) and the GLIM Criteria. *Nutrients.* 2020;12(8):2287.
6. **van der Meij BS**, Teleni L, Stanislaus AE, Murphy RA, Robinson, L, Damaraju VL, Chu Q, Sawyer MB, Mazurak V. Plasma levels of platinum-induced fatty acid [16:4n-3] do not affect response to platinum-based chemotherapy: A pilot study in non-small cell lung cancer patients. *Clinical Nutrition ESPEN* 2020;40:263-268.
7. Cruthirds CL, **van der Meij BS**, Wierchowska-McNew A, Deutz NEP, Engelen MPKJ. Presence or Absence of Skeletal Muscle Dysfunction in Chronic Obstructive Pulmonary Disease is Associated With Distinct Phenotypes. *Arch Bronconeumol.* 2020;S0300-2896(20)30021-1.
8. **van der Meij BS**, Mazurak VC. Fish oil supplementation and maintaining muscle mass in chronic disease: state of the evidence. *Curr Opin Clin Nutr Metab Care.* 2020;23(3):164-173.
9. **van der Meij BS**, De Groot LM, Deutz NEP, Engelen MPKJ. Effects of acute oral feeding on protein metabolism and muscle protein synthesis in individuals with cancer. *Nutrition.* 2019;67-68:110531.
10. Williams C, **van der Meij BS**, J Nisbet, J McGill, SA Wilkinson. Nutrition process improvements for adult inpatients with inborn errors of metabolism using the i-PARIHS framework, *Nutrition and Dietetics* 2019;76(2):141-149.
11. Mackay HJ, Campbell KL, **van der Meij BS**, Wilkinson SA. Establishing an evidenced-based dietetic model of care in Haemodialysis using implementation science, *Nutrition and Dietetics* 2019;76(2):150-157.
12. Marshall S, **van der Meij BS**, Milte R, Collins CE, de van der Schueren MAE, Banbury M, Warner MM, Isenring E. Family in Rehabilitation, EmpowERING carers for improved malnutrition outcomes: Study protocol for the FREER Pilot Study (Preprint). *JMIR Res Protoc* 2019;8(4):e12647.
13. **van der Meij BS**, Deutz NEP, Rodriguez RER, Engelen MPKJ. Increased amino acid turnover and myofibrillar protein breakdown in advanced cancer are associated with muscle weakness and impaired physical function. *Clin Nutr.* 2019;38(5)2399-2407.
14. Marshall S, **van der Meij BS**. Fish and omega-3 intake and health in older people. In press *Maturitas* 2018;115(117-118).
15. **van der Meij BS**, Teleni L, Engelen MPKJ, Deutz NEP. Amino Acid Kinetics and the Response to Nutrition in Patients with Cancer. *Int J Rad Onc* 2019;95(4):480-492.
16. **van der Meij BS**, Wijnhoven HAH, Lee JS, Houston DK, Hue TB, Harris SB, Kritchevsky SB Newman AB, Visser M. Poor appetite and dietary intake in community-dwelling older adults. *J Am Ger Soc* 2017;65(10):2190-2197
17. **van der Meij BS**, Wierdsma NJ, Janssen JJWM, Deutz NEP, Visser OJ. If the gut works, use it! But does the gut work in gastrointestinal GVHD? *Bone Marrow Transplant*, 2017 Mar;52(3):466-469.
18. Engelen MPKJ, **van der Meij BS**, Deutz NEP. Protein Anabolic Resistance in Cancer: Does it really exist? *Supp Care in Ca* 2016;19(1):39-47.
19. Mazurak VC, Calder PC, **van der Meij BS**. Let Them Eat Fish. *JAMA Oncol.* 2015;1(6):840.
20. Wijnhoven HA, **van der Meij BS**, Visser M. Variety within a cooked meal increases meal energy intake in older women with a poor appetite. *Appetite.* 2015;95:571-576.

21. **van der Meij BS**, Wijnhoven HA, Finlayson GS, Oosten BS, Visser M. Specific food preferences of older adults with a poor appetite. A forced-choice test conducted in various care settings. *Appetite*. 2015;90:168-75.
22. Buijs N, Wörner EA, Brinkmann SJ, Luttikhoud J, **van der Meij BS**, Houdijk AP, van Leeuwen PA. Novel nutritional substrates in surgery. *Proc Nutr Soc*. 2013;72(3):277-87.
23. **van der Meij BS**, Schoonbeek CP, Smit EF, Muscaritoli M, van Leeuwen PA, Langius JA. Pre-cachexia and cachexia at diagnosis of stage III non-small-cell lung carcinoma: an exploratory study comparing two consensus-based frameworks. *Br J Nutr*. 2013;109(12):2231-9.
24. **van der Meij BS**, de Graaf P, Wierdsma NJ, Langius JA, Janssen JJ, van Leeuwen PA, Visser OJ. Nutritional support in patients with GVHD of the digestive tract: state of the art. *Bone Marrow Transplant*. 2013;48(4):474-82.
25. **van der Meij BS**, Langius JA, Spreeuwenberg MD, Sloomaker SM, Paul MA, Smit EF, van Leeuwen PA. Oral nutritional supplements containing n-3 polyunsaturated fatty acids affect quality of life and functional status in lung cancer patients during multimodality treatment: an RCT. *Eur J Clin Nutr*. 2012;66(3):399-404.
26. **van der Meij BS**, van Bokhorst-de van der Schueren MA, Langius JA, Brouwer IA, van Leeuwen PA. n-3 PUFAs in cancer, surgery, and critical care: a systematic review on clinical effects, incorporation, and washout of oral or enteral compared with parenteral supplementation. *Am J Clin Nutr*. 2011;94(5):1248-65.
27. **van der Meij BS**, Phernambucq EC, Fieten GM, Smit EF, Paul MA, van Leeuwen PA, Oosterhuis JW. Nutrition during trimodality treatment in stage III non-small cell lung cancer: not only important for underweight patients; *J Thorac Oncol*. 2016(9):1563-8.
28. **van der Meij BS**, Langius JA, Smit EF, Spreeuwenberg MD, von Blomberg BM, Heijboer AC, Paul MA, van Leeuwen PA. Oral nutritional supplements containing (n-3) polyunsaturated fatty acids affect the nutritional status of patients with stage III non-small cell lung cancer during multimodality treatment. *J Nutr*. 2010;140(10):1774-80.
29. Weijs PJ, Kruizenga HM, van Dijk AE, **van der Meij BS**, Langius JA, Knol DL, Strack van Schijndel RJ, van Bokhorst-de van der Schueren MA. Validation of predictive equations for resting energy expenditure in adult outpatients and inpatients. *Clin Nutr*. 2008;27(1):150-7.

PUBLICATIONS IN NON PUBMED-INDEXED JOURNALS

1. **van der Meij BS**, Haakman LIS, Langius JAE, Visser OJ. Graft-versus-host ziekte van de tractus digestivus: het belang van voeding ('Graft-versus-host-disease of the digestive tract: the role of nutrition'). *Nederlands Tijdschrift voor Hematologie ('Dutch Journal of Haematology')* 2008 March 21;5(2):77-81.
2. **van der Meij BS**, Visser OJ, Langius JAE, Hacquebard M and van Leeuwen PAM. *J Nutr Food Sci* 2013, 3:3 Feasibility of Intermittent Fish Oil Infusions in Outpatients with Graft-Versus-Host Disease of the Digestive Tract.
3. **van der Meij BS**, Bauer JD, Isenring EA, Brown T, Davidson WL, van Bokhorst MAE, et al. The effects of supplementation of n-3 polyunsaturated fatty acids on clinical outcome parameters in patients with cancer: a systematic review. *OA Epidemiology* 2013 Apr 19;1(1):2
4. **van der Meij BS**, Kruizenga HM. Voedingsconcepten in de Nederlandse Ziekenhuizen ('Hospital food services in the Netherlands'). Dutch Malnutrition Steering Group, May 2016.