



Trainee & Program Details

Training Program

Gastroenterology (Paediatrics) 2025

Training Program Phase *

Specialty foundation

Date of Observation *

12/03/25

Learning Capture Details

Type of Learning *

Reading and resources

Title*

Diagnosis and management of phenylketonuria (PKU) in adults: NICE Clinical Guideline NG80

Select the primary learning goal *

21. Nutrition

Learning Capture Details

Description of Activity *

I studied the NICE Clinical Guidelines NG80 titled Phenylketonuria: Diagnosis and Management to build foundational knowledge relevant to inherited metabolic conditions that persist into adolescence and adulthood. This reading was completed during protected teaching time and supplemented by a clinical case presentation from a metabolic team registrar. The guideline offered a structured overview of dietary, pharmacological and psychosocial aspects of PKU management, particularly the transition of care from paediatric to adult services. Engaging with both the resource and case discussion helped me understand the broader implications of long-term condition management in paediatric gastroenterology.

What did you learn? *

I learned about the rationale for maintaining a low-phenylalanine diet into adulthood to prevent neurological complications and the importance of regular blood phenylalanine monitoring. The guideline also introduced therapeutic options such as sapropterin and large neutral amino acids and highlighted the challenges of adherence during adolescence. Through the case presentation, I also developed an appreciation for the emotional and behavioural impacts of dietary therapy on young adults and their families.

How will you apply this learning in the future? *

I will draw on this knowledge when supporting patients and families during the transition from paediatric to adult care, particularly in cases involving long-term dietary therapies. I plan to ask targeted questions during consultations to explore adherence and psychosocial impacts and to escalate to specialist teams when required. In multidisciplinary discussions, I will contribute more confidently to decisions about when to introduce or review adjunct therapies in young people with inherited metabolic conditions.

Assessor Feedback (optional)

Feedback From *

Dr Syrah Menon

Assessor Role *

Supervisor

Personal Message

Dear Dr Menon, I would be grateful if you could review my summary of PKU management from the NICE guideline.

Feedback Requested Date

14/03/25

Feedback *

You've explained the management of PKU clearly and your summary shows a good understanding of both the guideline and how it applies in practice. The link to the case presentation was helpful in bringing the learning to life. To improve it further you might reflect on some of the real-world challenges patients face in sticking to these treatments. This is a thoughtful and well written reflection for the Foundation Phase.