Nutrition in the ICU: Theory and Practice Expert Course

Tel Aviv, Rabin Medical Center, Israel

Pr Pierre Singer in association with Pr Dr Michael Hiesmayr from Vienna AT

April 10-11, 2015

In an attempt to improve good clinical practice in the field of clinical nutrition, the General Intensive Care Department and the Institute for Nutrition Research of the Rabin Medical Center (Tel Aviv University) is happy to share more than 30 years of experience in practicing nutrition therapy in the ICU.

A course for health practitioners (MD, RD, RN) is organized for ESPEN members to learn the screening, assessment, choice of therapy goals and route and practical approaches in intensive care patients. **A special importance will be given to practical problems solving.**

**The course will include:**

- Application of theoretical aspects of metabolic disturbances.
- Screening and assessment. Evaluation of energy needs.
- Use of indirect calorimetry, CT scans, Ultrasound, BIA for evaluation
- Choice of the right formula. Discussion regarding carbohydrates, lipids, protein
- Special nutrients indications: fish oil, glutamine
- Rounds and extensive case discussions
- Use of computerized information systems to better monitor

Our ICU together with the Vienna University ICU led by Pr Michael Hiesmayr has acquired the expertise and the reputation of practicing nutrition in critical illness. Previous expert course on indirect calorimetry organized by our center have already attracted many physicians and dieticians from Belgium, Russia, China, U.S.A., Finland, Kenya, India, Brazil, Australia and many other countries. Our centers of expertise team have published several articles, reviews and chapters in most of the well known critical care text books on this topic and numerous conferences have been delivered all over the world from Chile to Japan. This unique experience is today shared by many and our team is proud to propose it under the endorsement of ESPEN ECPC.

The course will be held during 1.5 days at the **department of Intensive care medicine** of the RMC, Beilinson Hospital in Petah Tikva and will focus on nutrition therapy in the intensive care. **Professor Pierre Singer in association with Pr Dr Michael Hiesmayr** assisted by **Dr Shaul Lev and Dr Miriam Theilla** (all members of ESPEN) will organize the course.
Publications of the team on this topic will be provided to each participant on a disk on key.

The course will accept no more than 40 participants to allow discussions and the time will be shared between theoretical and practical aspects.

The course will be concluded by a test to assess the level of knowledge acquired as well as an evaluation sent directly by mail to ECPC.

Travel and housing will not be provided but registration, lunch, dinner and coffees are included.

The program is as followed:

**Sunday, 10.04.2015**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>8:30-09:00</td>
<td>Welcome and introduction</td>
<td>Dr. B Tadmor, Beilinson Hospital Director</td>
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<td>Prof. Pierre Singer, ICU director</td>
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<tr>
<td>09:00-10:00</td>
<td>The global nutritional approach .</td>
<td>Prof. Pierre Singer</td>
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<tr>
<td>10:00-11:00</td>
<td>Methods of assessment and diagnosis</td>
<td>Dr. Shaul Lev</td>
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<tr>
<td>11:00-12:30</td>
<td>Choose of the route, the composition and the timing</td>
<td>Prof Michael Hiesmayr</td>
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<tr>
<td>12:30-13:30</td>
<td>LUNCH</td>
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<tr>
<td>13:30-15:00</td>
<td>Case presentations and rounds</td>
<td>Dr Miriam Theilla</td>
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<td>15:00-16:00</td>
<td>Carbohydrates and Lipids</td>
<td>Prof. Pierre Singer</td>
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<td>16:00-17:00</td>
<td>Glucose control and discussion</td>
<td>Prof Michael Hiesmayr</td>
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<td>Dinner together</td>
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**Monday 11.04.2015**

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>9:00 – 10:00</td>
<td>Protein needs and administration</td>
<td>Pr Michael Hiesmayr</td>
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<td>10:15-11:00</td>
<td>Discussion on results and theoretical cases</td>
<td>All</td>
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<tr>
<td>11:00 -12:00</td>
<td>Rounds in the department. Introduction of ND/ tubes and Piccline</td>
<td>Prof. Pierre Singer, Dr I Kagan</td>
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<tr>
<td>12:00-12:30</td>
<td>Conclusions and Final exam</td>
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At the end of the course, the participant will be able to

1. Assess malnutrition in the ICU and select patients eligible for nutrition support
2. Define the needs and the route and timing of administration
3. Acquire the techniques of GI tube access for enteral feeding and IV access for TPN
4. Use the tools to evaluate lean body mass, fat mass, energy requirements (indirect calorimetry) and substrate utilization.
5. Assess energy balance, monitor nutrition efficiency
6. Prescribe specific nutrients like fish oil, glutamine, arginine, probiotics
7. Achieve glucose control with adapted protocols

Faculty:

- Pr Pierre Singer, ICU and institute for Nutrition Research, Rabin Medical Center
- Pr Micahel Hiesmayr, intensive Care Department, Vienna University Hospital
- Dr Shaul Lev, Hasharon Hospital Rabin Medical Center, Petah Tikva
- Dr Miriam Theilla, RN, PhD
- Dr Ilya Kagan, MD

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