



Nutrition in the ICU: Practical aspects and "Hands on" Course

Tel Aviv, Rabin Medical Center, Israel

April 10-11, 2016

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 practice in the field of nutrition in the intensive care .

A course for health practitioners (MD, RD, RN) is organized for ESPEN members to learn the practical approach of this technique in intensive care patients.

The course will cover the following topics:

- Which patients should be fed
- How to assess nutritional status in the ICU
- When to start feeding (oral, enteral and parenteral)
- How much to deliver and at which rate
- How to use special nutrients
- How to monitor and prevent over or undernutrition
- Use of indirect calorimetry, CT, US, bioimpedance.
- Nutrition in special conditions: CRRT, ECMO

Our center has acquired the expertise and the reputation of practice of indirect calorimetry and has organized expert courses for physicians and dieticians from Belgium, Russia, China, U.S.A., Finland, Kenya, India, Brazil, Australia. The center of expertise team has 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 under the auspices of ESPEN .

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 presentations, clinical applications and case discussions at bed side. **Professor Pierre Singer** assisted by **Dr Shaul Lev, Dr Miriam Theilla and Dr Ilya Kagan** (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 **30 participants** to allow hands-on demonstrations and the time will be shared between theoretical and practical aspects.

The course is open to **physicians, nurses and dieticians** that will learn the technique and use it back in their unit. A particular importance will be given to the interpretation of the results, which is not accessible from the literature.

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 **lunch, dinner and coffees are included.**

The program is as followed:

Monday, 28.01.2013

8:30-09:00	Welcome and introduction	Dr. B Tadmor, Beilinson Hospital Director Prof. Pierre Singer, ICU director
09:00-10:00	Which patients should be fed	Prof. Pierre Singer
10:00-11:00	Assessment of needs	Dr. Shaul Lev
11:00-12:30	Hands- on in the department for ventilated and non ventilated	Dr. Shaul Lev
12:30-13:30	L U N C H	
13:30-15:00	When to start and how much to deliver	Dr Ilya Kagan
15:00-16:00	Indirect calorimetry better than equations	Prof. Pierre Singer
Dinner together		

Tuesday, 29.01.2013

9:00 – 10:00	Case discussions	Dr Miriam Theilla
10:15-11:00	Special nutrients	Dr Shaul Lev
11:00 -12:00	Monitoring, CIS	Prof. Pierre Singer
12:00 – 12;30	Special conditions: ECMO, CRRT	Dr Ilya Kagan
12:30 -13:30	Conclusions and Final exam	

At the end of the course, the participant will be able to:

1. Screen and assess critically ill patients to determine their need for nutritional support
2. Defined when to start nutritional support and how much to administer
3. Know how to prescribe nutritional support in patients with ECMO or CRRT
4. Know the Indications for measurement of energy expenditure in the ICU: to assess energy balance, to evaluate the metabolic effect of drugs
5. use special nutrients (EPA, glutamine)
6. Monitor

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