



ESPEN

The European Society for Clinical Nutrition and Metabolism

ESPEN Education and Clinical Practice Committee

19th ESPEN Course of Clinical Nutrition and Metabolic Care



October 28th - November 3rd 2012
Dubrovnik, Croatia

Croatian Society of Clinical Nutrition
Croatian Medical Association



Welcome address

Dear colleagues,

The idea for ESPEN Basic Educational Course in Clinical Nutrition was born at ESPEN's Congress in 1993. The aim was to provide the knowledge in clinical nutrition at the location near to the participants and the biggest attention was paid to Eastern European colleagues. The course has been called "Basic course" of clinical nutrition at this time.

Every year the level of courses became more and more advanced. It is really difficult to use the word "basic" for this course anymore. The Course has changed the name to ESPEN Course of Clinical Nutrition and Metabolic Care.

The main aim of this Course is to provide a more practically oriented knowledge in the field of nutrition.

This Course is supported by ESPEN and local pharmaceutical companies.

Croatia has had a privilege to host this Course for the third time now. The first Course in Croatia was in year 2001. The second Course was in year 2006. Both of them were in Zagreb, capital of Croatia.

Today we have opportunity to invite you to Dubrovnik, the pearl of Dalmatia. The Croatian Society of Clinical Nutrition is proud to host the 19th ESPEN Course in Clinical Nutrition and Metabolic Care. We hope the Course will be enjoyable and would provide to you a lot of information about clinical nutrition. We believe that all our common efforts would be helpful for our patients in future.

We wish you a fruitful and pleasant stay in Dubrovnik, Croatia.

Prof. Željko Krznarić and Organising Committee

Faculty:

Prof. Pierre Singer, ESPEN Chairman (Israel)

Prof. Željko Krznarić (Croatia)

Prof. Remy Meier (Switzerland)

Prof. Alessandro Laviano (Italy)

Prof. André van Gossum (Belgium)

Prof. Lubos Sobotka (Czech Republic)

Prof. Alastair Forbes (United Kingdom)

Prof. Rocco Barazzoni (Italy)

Prof. Stephane Schneider (France)

Prof. Peter Soeters (Netherlands)

Prof. Regina Komsa (Bulgaria)

Irina Grecu (United Kingdom)

Marina Panišić (Serbia)

Gintautas Kekštas (Lithuania)

Pencho Tonchev (Bulgaria)

Dr. Stanislaw Klek (Poland)

Dr. Michael Chourdakis (Greece)

Prof. Sanja Kolaček (Croatia)

Prof. Darija Vranešić Bender (Croatia)

Dina Ljubas Kelečić (Croatia)

Tajana Pavić (Croatia)

Local Organising Committee:



<p>Prof. Željko Krznarić, MD, PhD President of Croatian Society of Clinical Nutrition and Chairman of Adriatic Club of Clinical Nutrition Univ. Hospital Center Zagreb Dept. of Internal Medicine-Rebro Center of Clinical Nutrition, Kispaticeva 12, 10 000 Zagreb, Croatia Tel:+385 12367730 E-mail: zeljko.krznaric1@zg.t-com.hr</p>	<p>Prof. Darija Vranešić Bender, BSc, PhD, CSPEN Secretary Univ. Hospital Center Zagreb Dept. of Internal Medicine-Rebro Center of Clinical Nutrition, Kispaticeva 12 10 000 Zagreb - Croatia Tel.:+385 12367730 E-mail: dvranesic@vitamini.hr</p>
<p>Dina Ljubas Kelečić, MPharm Univ. Hospital Center Zagreb Dept. of Internal Medicine-Rebro Center of Clinical Nutrition, Kispaticeva 12 10 000 Zagreb - Croatia Tel.:+385 12367730 E-mail: dina.ljubas@gmail.com</p>	<p>Mrs. Tatjana Jurčić BTI Croatia / O-Tours <u>Official Travel Agency of the Course</u> Gajeva 6 / 1st floor 10 000 Zagreb - Croatia Tel: +385 1 4831 007 Fax: +385 1 4813 010 E-mail: tatjana.jurcic@otours.hr</p>

FINAL PROGRAM

Sunday, October 28th

- 16:30	Arrival and accommodation	
16:30 – 16: 45	Welcome message	Ž. Krznarić
16:45– 17: 15	Mediterranean diet and healthy aging	D. Vranešić
17.15- 17.45	Malnutrition - definition, etiology, consequences	Ž. Krznarić
17.45- 18.15	Nutritional screening and implications	R. Meier
18.15- 18.45	State of the art lecture: Benefit of inflammation and insulin resistance	P. Soeters
19:30	Dinner	

Monday, October 29th

08:30 – 09:00	Nutrients and genes	S. Kolaček
09:00- 09:15	Introduction to LLL	R. Komsa
09:15 – 11:00	LLL: Approach to Oral and Enteral Nutrition in Adults <ol style="list-style-type: none"> 1. Indications, Contraindications, Complications and Monitoring of EN 2. Oral and Sip Feeding 3. Techniques of Enteral Nutrition 4. Formulae for Enteral Nutrition 	R. Meier T. Pavić Ž. Krznarić D. Vranešić
11:00 – 11:30	Coffee break	
11:30 – 12:30	LLL: Case reports	R. Meier, P.Tonchev
12:30 – 13:30	LLL exam	R. Meier, P.Tonchev
13:30 – 15:00	Lunch	
15:00 – 15:30	Energy balance and lipid metabolism instead	L. Sobotka
15:30 – 16:00	Amino acids and protein metabolism	P. Soeters
16:30 – 17:00	Water and electrolytes in health and disease	L.Sobotka
17:00 – 17:15	Q&A	
17:15 – 17:45	Coffe break	
17.45- 18.15	Ethical aspects of nutritional support	I.Grecu
18.15- 18.30	MNI Presentation	
19:30	Dinner	

Tuesday 30th October

08:30 – 10:30	LLL: Approach to Parenteral Nutrition <ol style="list-style-type: none"> 1. Indications and Contraindications for Parenteral Nutrition 2. Techniques of Parenteral Nutrition 3. Compounding, Drugs and Nutritional Admixtures in PN 4. Monitoring and Complications of Parenteral Nutrition 	Ž.Krznarić A.Van Gossum I. Grecu M. Panišić
10:30 – 11:00	Coffee break	
11:00 – 12:00	LLL: Case reports	A.Van Gossum I. Grecu
12:00 – 13:00	LLL exam	A.Van Gossum P. Tonchev
13:00 – 14:30	Lunch	
14.30- 15.00	Clinical and biological impact of vitamins and trace elements	D.Vranešić
15.00- 15.30	Refeeding syndrome	D.Ljubas Kelečić
15.30- 16.00	Home parenteral nutrition	A.Van Gossum
16:00 – 16:30	Q+A	
16:30 – 17:00	Coffee break	
17:00 – 17:45	Workshop	
	1 st group: enteral nutrition	T. Pavić
	2 nd group: parenteral nutrition	D.Ljubas Kelečić
	3 rd group: nutritional assessment	D.Vranešić
17:45 – 18:30	Case presentation & discussion	
	1 st group:	A.Van Gossum
	2 nd group:	I. Grecu
	3 rd group:	R. Meier
18:30 – 19:15	Case preparation in the group	
20:00	Dinner	

Wednesday 31st October

08.30- 08.45	MNI Presentation	
08:45 – 09:30	Case report from working groups	
09:30 – 10:00	Nutrition in critical illness and sepsis	P.Singer
10:00 – 10:30	Nutrition in trauma and burns	M.Panišić
10:30 – 10:45	Q+A	
10:45 – 11:15	Coffee break	
11:15 – 11:45	Special substrates in nutrition: GLN, ARG, n-3	P.Singer
11:45 – 12:15	Cancer and cancer cachexia	A.Laviano
12:15 – 12:45	Monitoring of nutritional support	I.Grecu
12:45 – 13:15	Nutrition in GI fistulas	M.Panišić
13:15 – 13:45	Q+A	
13:45 – 15:00	Lunch	
15:00 – 15:45	Case presentation and discusion	
	1 st group:	G.Kekstas
	2 nd group:	A.Laviano
	3 rd group:	A.Forbes
15.45- 16.30	Case preparation in the group	
16.30-	DUBROVNIK CITY TOUR & HALLOWEEN PARTY	

Thursday 1st November

8.30 – 9.15	Case report from working groups	
9.15 – 9.45	Microbiota	R.Meier
9.45- 10.15	Metabolic goals in ICU	P.Singer
10.15 – 10.30	Q&A	
10.30 – 11.00	Coffee break	
11.00 – 11.30	Perioperative nutrition	G.Kekstas
11.30 – 12.00	Intestinal failure	A.Forbes
12.00 – 12.30	Immunonutrition	S. Klek
12.30 – 13.00	Nutrition in acute and chronic pancreatitis	G. Kekstas
13.00 – 13.30	Q&A	
13.30 – 15.00	Lunch	
15.00- 15.30	Metabolic syndrome	M. Chourdakis
15.30- 16.00	Nutrition support team	A.Forbes
16:00 – 16:30	Coffee break	
16:30 – 17:15	Workshop	
	1 st group: parenteral nutrition	D.Ljubas Kelečić
	2 nd group: nutritional assessment	D.Vranešić
	3 rd group: enteral nutrition	S. Klek
17:15 – 18:00	Case presentation & discussion	
	1 st group:	G.Kekstas
	2 nd group:	S.Schneider
	3 rd group:	M.Chourdakis
18:00 – 18:45	Case preparation in the group	
20:00	Dinner	

Friday 2nd November

8.30 – 9.30	Case report from working groups	
9.30- 10.00	Obesity: Consequences and Treatment	R.Barazzoni
10.00 – 10.30	Nutrition in Liver Diseases	P. Tonchev
10.30 – 11:00	Nutrition in Renal Diseases and Renal Replacement Therapy	R.Barazzoni
11:00 – 11.30	Q&A	
11.30- 12.00	Coffee break	
12.00- 12.45	Workshop	
	1 st group: parenteral nutrition	D.Ljubas Kelečić
	2 nd group: nutritional assessment	D.Vranešić
	3 rd group: enteral nutrition	S. Klek
13.00 – 14.30	Lunch	
14.30 – 15:00	Nutrition in elderly	S.Schneider
15.00 – 15.30	Biochemistry of Love	R. Komsa
15.30 – 16.00	Final Exam	
16.00 – 16.30	Closing ceremony, diploma	
20.00	Dinner	

General Information

AIMS:

- To provide clinically relevant information about clinical nutrition and metabolism
- To enable participants to introduce knowledge in everyday practice
- To introduce the LLL program

LEARNING OBJECTIVES:

- Nutritional assessment; prevention and treatment of malnutrition; malnutrition epidemiology and consequences;
- Techniques, indication and contraindications of nutritional support, monitoring and complications of different techniques of clinical nutrition;
- Nutrition in different diseases: critical illness, sepsis, multiple organ failure, oncology, liver, pancreatic disease and others.

APPLICATIONS and PARTICIPANTS

Physicians from different specialties can apply to participate in the course as well as other professionals working in the field of clinical nutrition.

Deadline for the application is October 17th 2012.

Documents necessary for the registration:

1. Registration form
2. CV
3. Recommendation letter from national society or from Head of participant's department.

Documents should be sent to the following e-mails:
zeljko.krznaric1@zg.t-com.hr and dvrancesic@vitamini.hr

REGISTRATION FEE

ESPEN or national societies recommended person	100 EUR	Accommodation for 6 nights, meals, (2) LLL courses and exams - free of any additional charge
Other participants	500 Euro	Accommodation for 6 nights, meals, (2) LLL courses and exams - free of any additional charge

After application the confirmation letter will be sent.

Mrs. **Tatjana Jurčić**, BTI Croatia / O-Tours will contact participants regarding Course fee and all other matters.

The fees include registration, the course, accommodation in single and double rooms / sharing, meals and social programme.

Arrival on 28th of October 2012.

Departure 03th of November 2012.

The travel costs are not covered by ESPEN or local organizer.

General Information

Accommodation: Inter-University Center Dubrovnik (IUC), Don Frana Bulića 4, HR-20000 Dubrovnik, Croatia. For more information visit: <http://www.iuc.hr/facilities.php> and <http://www.tzdubrovnik.hr/eng/index.php> .



ESPEN is bearing the cost of your stay for 6 nights, starting from Sunday, 28th of October.

Meals: Breakfast buffet will be served in the IUC for all participants every morning from 7:00 to 8:00 a.m.

Lunch will be served in the restaurant „Mimoza“, next to Inter University Centre Dubrovnik: everyday according to program.

Dinner will be served in the restaurant „Mimoza“, next to Inter University Centre Dubrovnik: everyday according to program, from Sunday 28th of October to Friday, 2nd of November.

Badges: all participants are asked to wear their name badges throughout the conference, including all events.

Badge colours:

White – Faculty

Blue, Green, Red – Participants per working groups

Social program: there will be a Halloween party and Dubrovnik sightseeing on Wednesday 31st of October.

Education Information

Program schedule: the lectures are 30 minutes in length, focusing on theoretical issues with clinical relevance; we strongly encourage

participants to engage in interactive discussions throughout the whole presentations time in order to raise their educational level. In the afternoon, demonstrations and illustrative clinical cases will be presented/ discussed in small groups of students.

Demonstrations: the participants are divided into three groups; each group will receive badges with the colour of the respective group; these groups will rotate for the three different demonstrations:

- Nutritional assessment
- Practice of enteral nutrition
- Practice of parenteral nutrition

Clinical Case Reports: the same groups will work together during the clinical case report presentation and preparation. Each case report will be presented by one of the tutors and discussed with all the students during 60 minutes of time; afterwards, each group will have time to prepare the case report, which will be then presented on the following morning by the one elected as representing each group, during the plenary discussions. The time allocated for morning plenary discussions is 45- 60 minutes. Please note this should be the most interactive part of the Course and feel free to express your opinion and questions.

Test: on Friday, after the last lecture, you will receive a test, which will contain questions about previous lectures, demonstrations and discussions.

Diploma will be given only to those delegates who have successfully completed their multiple-choice test.

Language: the official Course language is English. No simultaneous translation will be provided.

Evaluation Sheet: enclosed you'll find an evaluation sheet about the lectures, LLL, demonstrations, case report presentations, industrial presentations and about the Course in general. Please fill it honestly

and hand it to the Course Secretariat on the last day.

ABOUT DUBROVNIK

The city of Dubrovnik is a living monument, a string of pearls including both material and nonmaterial heritage.

The value of Dubrovnik was recognised by UNESCO, while the Festival of St Blaise joined the List of the Intangible Cultural Heritage of Humanity in 2009. The Dubrovnik Republic, which presents the golden period of the Dubrovnik history, perfectly regulated the City and its life through its statute and other historic documents.

A feature of Dubrovnik is its walls that run almost 2 km around the city. The walls run from four to six meters thick on the landward side but are much thinner on the seaward side. The system of turrets and towers were intended to protect the vulnerable city.

