

16.th ESPEN Course in Clinical Nutrition

Fruska Gora, Norcev – Serbia, October 8th – 14th, 2009.

Aims

To provide clinically relevant information about Clinical Nutrition.

To enable participants to start a Clinical Nutrition programme back in their workplace, and to introduce the LLL programme.

Who should attend

Young (up to 35 years) European physicians from different specialities who have interest in Clinical Nutrition (approximately 60 participants).

Learning objectives

The course will be held as plenary lectures, LLL courses and group working practical demonstrations, as well as case – based problem – solving discussions; each clinical case will be plenary debated during the next morning by the students together with the tutors.

Main areas to be covered are: nutritional assessment, prevention and treatment of malnutrition, techniques, control and complications of nutritional support, nutrition in different diseases: critically ill, sepsis, single and multiple organ failure, gastrointesatinal disorders, cardiac, lung and kidney failure and many other clinical practice topics.

16th ESPEN Course in Clinical Nutrition
Preliminary programme
Fruska Gora / Norcev, Serbia

Thursday, October 8, 2009

Arrival and accommodation

16.00 - 17.00 Registration

17.00 - 17.30 **Introduction:** Forbes A. (United Kingdom), Panisic M. (Serbia), Krznaric Z. (Croatia)

17.30 - 18.00 Malnutrition in hospital: etiology and consequences: P. Soeters (The Netherlands)

18.00 - 18.30 How to diagnose and fight against malnutrition: A. Forbes (United Kingdom)

18.30 -19.00 Discussion on ethical aspects of nutrition support: A. Forbes, P. Soeters

20.00 Dinner

Friday, October 9, 2009

- 8.00-8.30 Energy and protein balance and measurement of body composition.
L. Sobotka (Czech Republic)
- 8.30-8.45 *Discussion*
- 8.45-9.15 Basics of nutrition support: indications and methods.
R. Meier (Switzerland)
- 9.15-9.30 *Discussion*
- 9.30-10.00 Substrates in parenteral and enteral nutrition - proteins and amino acids.
P. Soeters (The Netherlands)
- 10.00-10.15 *Discussion*
- 10.15-10.45 Coffee break**
- 10.45-11.15 Substrates in parenteral and enteral nutrition: electrolytes and micronutrients.
L. Sobotka (Czech Republic)
- 11.15-11.30 *Discussion*
- 11.30-12.00 Clinical implication of pre- and probiotics today.
R. Meier (Switzerland)
- 12.00-12.15 *Discussion*
- 12.15-12.45 Special substrates in clinical nutrition: Immunonutrition.
G. Kekstas (Lithuania)
- 12.45-13.00 *Discussion*
- 13.00-13.30 Basic of enteral and parenteral nutrition (Evidence based approach):
H. Lochs (Germany)
- 14.00-15.30 Lunch**
- 15.30-16.30 *Practical demonstration*
Blue Group: Parenteral nutrition
G. Kekstas (Lithuania), I. Grecu (Romania)
Red Group: Nutrition assessment
D. Vranesic (Croatia), Z. Krznaric (Croatia)
Green Group: Enteral nutrition
D. Tarabar (Serbia), D. Slavkovic (Serbia)
- 16.30-17.00 Coffee break**
- 17.00-18.00 *Case discussion*
Blue Group: R. Meier (Switzerland)
Red Group: A. Forbes (United Kingdom)
Green Group: L. Sobotka (Czech Republic)
- 18.00-19.00 *Case preparation (groups)*
- 20.00 Dinner**

Saturday, October 10, 2009

- 8.00-8.40 **Report form the working groups**
R. Meier (Switzerland), P. Soeters (The Netherlands)
- 8.40-8.55 *Discussion*
- 8.55-9.25 Organization of nutrition support team.
A. van Gossum (Belgium)
- 9.25-9.40 *Discussion*
- 9.40-10.10 Substrates in parenteral and enteral nutrition: Energy and Carbohydrates.
Y. Carpentier (Belgium)
- 10.10-10.25 *Discussion*

10.25 - 10.55 Coffee break

- 10.55-11.25 Substrates in parenteral and enteral nutrition: Lipids.
Y. Carpentier (Belgium)
- 11.25-11.40 *Discussion*
- 11.40-12.10 Pharmaceutical aspects of parenteral nutrition.
M. Antunovic (Serbia)
- 12.10-12.25 *Discussion*
- 12.25- 12.55 Cachexia and wasting syndrome: role of nutrition support.
A. Laviano (Italy)
- 12.55-13.10 *Discussion*
- 13.10-13.40 Indications and contraindications for parenteral and enteral nutrition.
M. Pertkiewitz (Poland)
- 13.40-13.55 *Discussion*

14.00 - 15.30 Lunch

- 15.30-16.30 **Practical demonstration**
Blue Group: Nutrition assessment
D. Vranesic (Croatia), Z. Krznaric (Croatia)
Red Group: Enteral nutrition
D. Tarabar (Serbia), D. Slavkovic (Serbia)
Green Group: Parenteral nutrition
I. Grecu (Romania), G. Kekstas (Lithuania)

16.30-17.00 Coffee break

- 17.00-18.00 **Case discussion**
Blue Group: A. Laviano (Italy)
Red Group: H. Lochs (Germany)
Green Group: M. Pertkiewitz (Poland)
- 18.00-19.00 **Case preparation (groups)**

20.00 Dinner

Sunday, October 11, 2009

8.00-8.40 **Report form the working groups**
A. Laviano (Italy), H. Lochs (Germany)

8.40-8.50 *Discussion*

8.50-9.20 Nutrition support in the elderly.
A. van Gossum (Belgium)

9.20-9.35 *Discussion*

9.35-10.05 Nutrition support in liver diseases
A. Forbes (United Kingdom)

10.05-10.20 *Discussion*

10.20 - 10.50 Coffee break

10.50-11.20 Nutrition support in critically ill and septic patients
G. Kekstas (Lithuania)

11.20-11.35 *Discussion*

11.35-12.05 Complications of parenteral and enteral nutrition
I. Grecu (Romania)

12.05-12.20 *Discussion*

12.20-12.50 Home parenteral nutrition
M. Pertkiewicz (Poland)

12.50-13.05 *Discussion*

13.05 – 14.30 Lunch

14.30-15.00 Global nutritional education programmes
R. Komsa (Bulgaria)

15.00-17.00 **LLL Course** Nutrition in Cancer Patients - Part I.
A. Laviano (Italy), R. Meier (Switzerland)

17.00-17.20 Coffee break

17.20-19.20 **LLL Course** Nutrition in Cancer Patients - Part II. - Case report and test
A. Laviano (Italy), R. Meier (Switzerland)

20.30 Dinner

Monday, October 12, 2009

8.30-10.30 **LLL Course** Compromised GUT - Part I
R. Meier (Switzerland), Z. Krznaric (Croatia)

10.30-10.50 Coffee break

10.50-12.50 **LLL Course** Compromised GUT - Part II. - Case report and test
R. Meier (Switzerland), Z. Krznaric (Croatia), Panusic M. (Serbia)

12.50-13.20 The gut in SIRS and sepsis
H. Lochs (Germany)

13.20–13.35 *Discussion*

13.35–14.05 Industry presentation

14.00 Lunch and Trip to Belgrade / Sremski Karlovci / Novi Sad

Tuesday, October 13, 2009

8.00-8.30 Nutrition support in acute and chronic pancreatitis
Z. Krznaric (Croatia)

8.30-8.45 *Discussion*

8.45-9.15 Nutrition support in IBD
D. Tarabar (Serbia)

9.15-9.30 *Discussion*

9.30-10.00 Nutrition support in surgical patients
I. Grecu (Romania)

10.00-10.15 *Discussion*

10.15-10.45 Coffe break

10.45-11.15 Nutrition support in diabetic patient
G. Jankovic (Serbia)

11.15-11.30 *Discussion*

11.30-12.00 Nutrition in trauma patients including burns
M. Panisic (Serbia)

12.00-12.15 *Discussion*

12.15-12.45 Industry presentation

13.00 - 15.00 Lunch

15.00-16.00 *Practical demonstration*

Blue Group: Enteral nutrition

D. Tarabar (Serbia), D. Slavkovic (Serbia)

Red Group: Parenteral nutrition

I. Grecu (Romania), G. Kekstas (Lithuania)

Green Group: Nutrition assessment

D. Vranesic (Croatia), Z. Krznaric (Croatia)

16.00-16.30 Coffe break

16.30-17.30 *Case discussion*

Blue Group: M. Panisic (Serbia)

Red Group: G. Kekstas (Lithuania)

Green Group: I. Grecu (Romania)

17.30-18.30 *Case preparation (groups)*

20.00 Farewell dinner - Novi Sad / Norceve

Wednesday, October 14, 2009

- 8.00-8.40 ***Report from the working groups***
I Grecu (Romania), M. Panisic (Serbia)
- 8.40-8.50 *Discussion*
- 9.00-9.30 Nutrition in cardiac and pulmonary disease
P. Stanojlovic (Serbia)
- 9.30-9.45 *Discussion*
- 9.45-10.15 Biochemistry of love
R. Komsa (Bulgaria)
- 10.15-10.45 *Discussion*
- 10.45-12.00 Test & Closing the course
- 12.00- 13.00 Lunch and departure**

Local organizing Committee:

Primarius Marina Panišić, MD

NUPENS President

Military Medical Academy

Clinic of Abdominal and Endocrine Surgery

Division of Perioperative Nutrition

Crnotravska street 17

11000 Beograd – Srbija

Tel.: + 381 63 32 72 51

e-mail: panisic@ikomline.net

Ljiljan Đaković

NUPENS secretair

Pere Četkovića 23

11000 Beograd - Srbija

Tel.: +381 64 61 44 212

e-mail: djak59@gmail.com

Petar Mrkic

PM plus

Karadjordjeva street 7/3

11080 Zemun - Belgrade - Serbia

Tel./ Fax.: +381 11 2608-364, +381 11 2608-365

e-mail: petar.m@pmplus.rs

ESPEN Education and Clinical Practice Commitee

Prof. Alastair Forbes, MD, PhD

Chairman of ESPEN Educational and Practise Commitee

Professor of Gastroenterology and Clinical Nutrition

University College Hospital

235 Euston Road, London, NW1 2BU

Tel: ## 44 (0) 8451 555 000 X3512

e-mail: a.forbes@ucl.ac.uk

Registration

Please send by e-mail:

16.basic.course.espen.nupens@gmail.com

and

predragm@pmplus.rs

not later than September 1st, 2009.:

- a letter of recommendation from the Head of Your Department or from Your National PEN Society President
- professional and/or academic qualifications
- career degree(s) and the year(s) in which they were obtained
- a brief description of Your professional activities and functions

Registration and accommodation fees:

Students	Registration fee	Accommodation, meals and social activities
Easteren Europe (recommended by National SPEN)	EUR 80	free
Others	EUR 100	EUR 600