



**ESPEN**



# 22<sup>th</sup> ESPEN Course of Clinical Nutrition and Metabolic Care

November 1 - 6, 2015 • Bucharest, Romania  
Rin Grand Hotel Conference Center



**ROSPEN**  
Romanian Society for Enteral  
and Parenteral Nutrition

# Bucharest

Bucharest is the capital municipality, cultural, industrial, and financial centre of Romania. It is the largest city in Romania and located in the southeast of the country.

Bucharest was first mentioned in documents in 1459. It became the capital of Romania in 1862 and is the centre of Romanian media, culture and art. Its architecture is a mix of historical (neo-classical), interbellum (Bauhaus and art deco), communist-era and modern. In the period between the two World Wars, the city's elegant architecture and the sophistication of its elite earned Bucharest the nickname of "Little Paris". Although buildings and districts in the historic city centre were heavily damaged or destroyed by war, earthquakes. In recent years, the city has been experiencing an economic and cultural boom.

According to Eurostat, Bucharest has a large urban zone of 2,151,880 residents. Bucharest is the 6th largest city in the European Union by population within city limits, after London, Berlin, Madrid, Rome, and Paris.

Economically, Bucharest is the most prosperous city in Romania and is one of the main industrial centres and transportation hubs of Eastern Europe. The city has big convention facilities, educational institutes, cultural venues, traditional "shopping arcades" and recreational areas.

## Etymology

The name of București has an uncertain origin: tradition connects the founding of Bucharest with the name of Bucur who was either a prince, an outlaw, a fisherman, a shepherd, or a hunter, according to different legends. In Romanian the word stem bucurie means 'joy', ("happiness") and it is believed to be of Dacian origin.

There are other etymologies given by early scholars, including the one of an Ottoman traveler, Evliya Çelebi, who said that Bucharest was named after a certain "Abu-Kariş", from the tribe of "Bani-Kureiş". In 1781, Franz Sulzer claimed that it was related to bucurie (joy), bucuros (joyful) or a se bucura (to become joyful), while an early 19th-century book published in Vienna assumed its name has been derived from "Bukovie", a beech forest.

source: <http://en.wikipedia.org/wiki/Bucharest>



# 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

Maximum of 60 participants (4 from every country) will be accepted. Physicians from different specialties can apply to participate in the course as well as other professionals working in the field of clinical nutrition.

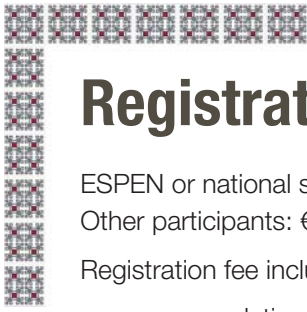
## Deadline for the Application

15th of September 2015

## Documents Necessary for the Registration:

1. Registration form
2. Resume / Curriculum vitae
3. Recommendation letter from national society and from Head of participant's department.





# Registration Fee

ESPEN or national societies recommended person: € 100

Other participants: € 500

Registration fee includes:

- accommodation for 6 nights,
- meals,
- ESPEN “Blue book”,
- two (2) LLL courses and exams,
- free of any additional charge.

# Faculty

Andre Van Gossum

Zeljko Krznic

Tommy Cederholm

Dina Ljubas Kelecic

Stephan Schneider

Marina Panisic

Remy Meier

Regina Komsa

Alessandro Laviano

Gintautas Kekstas

Lubos Sobotka

Ioana Marina Grințescu

Stanislav Klek

Sanda Copotoiu

Michael Chourdakis

Ioana Grigoraș



# Preliminary Programme

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## Day 1 – 1 November 2015

16:00 Arrival and accommodation

### Afternoon

17:00 - 17:15 Welcome message

### Opening session

17:15 - 17:45 Magistral conference

17:45 - 18:15 Malnutrition - definition, etiology, consequences

18:15 - 18:45 Magistral conference

19:30 Dinner

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## Day 2 – 2 November 2015

### Morning

8:30 - 12:30 Basic in Clinical Nutrition

8:30 - 9:00 The role of energy substrates in artificial nutrition  
(intensive care and rehabilitation)

9:00 - 9:30 Carbohydrates and lipids metabolism

9:30 - 10:00 Amino acids and protein metabolism

10:00 - 10:30 Coffee break

10:30 - 11:00 Water and electrolytes

11:00 - 11:30 Micronutrients

11:30 - 12:00 Metabolic reaction to inflammation

12:00 - 12:30 Metabolic changes in stress and critical illness

12:30 - 14:00 Lunch break

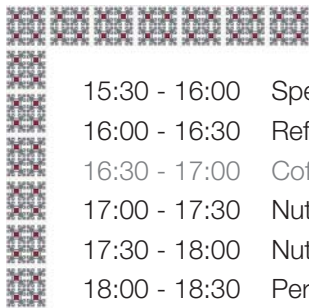
### Afternoon

14:00 - 14:30 Nutriton assessment and goal of nutriton support

14:30 - 15:00 Enteral nutrition

15:00 - 15:30 Parenteral nutrition





- 15:30 - 16:00 Special substrates in nutrition: GLN, ARG, n-3  
16:00 - 16:30 Refeeding syndrome  
16:30 - 17:00 Coffee break  
17:00 - 17:30 Nutrition in childhood and prevention of diseases in adulthood  
17:30 - 18:00 Nutrition support in oncology  
18:00 - 18:30 Perioperative nutrition

## 19:30 Dinner

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## Day 3 – 3 November 2015

### Morning

- 8:30 - 9.00 Ethical aspects of nutritional support  
9:00 - 9.30 Nutrition in acute and chronic kidney disease  
9:30 - 10.00 Nutrition in acute and chronic pulmonary  
10:00 - 10:30 Coffee break  
10:30 - 11:00 Nutrition in acute and chronic liver disease disease  
11:00 - 11:30 Probiotics in GI-diseases  
11:30 - 12:00 Nutrition in inflammatory bowel disease  
12:00 - 12:45 1st Workshop  
1st group: enteral nutrition  
2nd group: parenteral nutrition  
3rd group: nutritional assessment  
12:45 - 14:00 Lunch break

### Afternoon

- 14:00 - 14:30 Nutrition in critical illness and sepsis  
14:30 - 15:00 Nutrition in acute pancreatitis  
15:30 - 16:00 Nutrition in GI fistulas  
16:00 - 16:30 Nutrition in trauma and burns  
16:30 - 17:00 Coffee break  
17:00 - 18:30 Workshop  
17:00 - 17:45 2nd Workshop  
1st group: enteral nutrition  
2nd group: parenteral nutrition  
3rd group: nutritional assessment

17:45 - 18:30 Case presentation and discussion

18:30 - 19:15 Case preparation

## 20:00 Dinner

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## Day 4 – 4 November 2015

### Morning

8.30 - 9.15 Case report

9:15 - 11:15 LLL course: Approach to Oral and Enteral Nutrition in Adults

1. Indications, Contraindications, Complications and Monitoring of EN

2. Oral and Sip Feeding

3. Techniques of Enteral Nutrition

4. Formulae for Enteral Nutrition

11:15 - 11:45 Coffee break

11:45 - 12:45 LLL case report

12:45 - 13:15 LLL exam

13:15 - 14:00 Lunch break

### Afternoon

14:00 - 14:45 Case presentation and discussion

14:45 - 15:30 Case preparation

### Free afternoon

Organized city break and festive dinner in the old town.

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## Day 5 – 5 November 2015

### Morning

8:30 - 9:15 Case report from working group

9:15 - 11:15 LLL course: Approach to Parenteral Nutrition

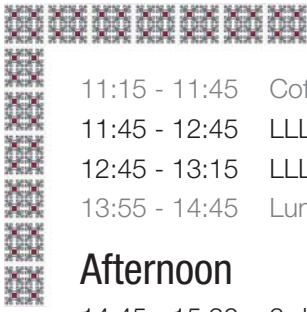
1. Indications and Contraindications for Parenteral Nutrition

2. Techniques of Parenteral Nutrition

3. Compounding, Drugs and Nutritional Admixtures in PN

4. Monitoring and Complications of Parenteral Nutrition





- 11:15 - 11:45 Coffee break
- 11:45 - 12:45 LLL case report
- 12:45 - 13:15 LLL exam
- 13:55 - 14:45 Lunch break

## Afternoon

- 14:45 - 15:30 3rd Workshop
  - 1st group: enteral nutrition
  - 2nd group: parenteral nutrition
  - 3rd group: nutritional assessment
- 15:30 - 16:00 Obesity – pathophysiology and clinical consequences; Nutrition in obesity
- 16:30 - 17:00 Nutrition and bariatric surgery
- 17:00 - 17:30 Coffee break
- 17:30 - 18:15 Case presentation and discussion
- 18:15 - 19:00 Case preparation

## 19:30 Dinner

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## Day 6 – 6 November 2015

### Morning

- 8:30 - 9:15 Case report from working groups
- 9:15 - 9:45 Nutrition support team
- 9:45 - 10:15 Home parenteral nutrition
- 10:15 - 10:45 Coffee break
- 10:45 - 11:45 Final general discussion
- 11:45 - 12:15 Closing Ceremony, diploma
- 12:30 - 14:00 Lunch

### Afternoon

Departure



# Accommodation

## RIN Grand Hotel Bucharest

7D Vitan - Barzesti Street, Bucharest, Romania

Phone: +40 731 111 000; Website: [www.ringrandhotel.ro](http://www.ringrandhotel.ro)



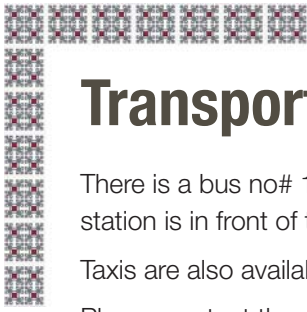
RIN Grand Hotel Bucharest is a modern hotel, built in 2007, having a wide range of services perfectly adapted for business or leisure travelers.

Hotel is situated at 25 km from “Henri Coanda” International Airport and only 10 minutes drive from the Bucharest historical and commercial centre. The area is easily accessible and offers a generous parking lot, so that you should not lose time within traffic or looking for a parking place. Those passionate about natural landscape will be most delighted by the proximity of The Vacaresti Natural Park, also known as „The Bucharest Delta” – situated at 50 m distance from our hotel.

Rooms are very spacious and comfortable, offering all the amenities you could expect from a four star hotel. Their special ambience is created by connecting the mild and warm design with the high tech devices. Each room is equipped with large opening windows, safety box, mini bar and for your moments of relaxation you have at your disposal a flat screen LCD and room service. All rooms are provided with free WiFi connection.

Extra benefits available are: a modern Spa Center Body Art Wellness Club – indoor swimming pool, wet or dry sauna, jacuzzi, fitness room, massage room, gambling room. You are welcome to visit us anytime as our Spa Center Body Art Wellness Club is the only one open 24/7 in the city.





# Transportation

There is a bus no# 102, which connect the Hotel to metro station. The bus station is in front of the hotel.

Taxis are also available from the airport and from the hotel to city center.

Please contact the officers at the reception of the hotels and the special desk at RIN Grand Hotel Conference Centre for calling a taxi.

Attention should be paid to choosing a registered cab. These have the company name, telephone and pricing marked on their doors.



## Registration Form

### 22th ESPEN Course of Clinical Nutrition and Metabolic Care

Title

First Name

Last Name

Date of Birth

Gender

Male

Female

Country

Working place

Speciality

MD

Pharmacist

Dietitian

Nurse

Email

Phone

ESPEN member

Yes

No



# Bucharest Facts

- Bucharest is the 6th largest capital in the EU.
- The city's Palace of the Parliament is the second-largest building in the world.
- Bucharest's surface transit network, run by Regia Autonoma de Transport Bucuresti, is the 4th largest in Europe.
- Museum of the Romanian Peasant was declared the European Museum of the Year in 1996.
- The first omnibus horses were opened in Bucharest in 1840, being among the first cities in Europe that had such means of transport
- The first road in Bucharest was Wood Road, Victoria today. Victory Road was paved with tree trunks.
- Lipsyani street name comes from the city of Leipzig in Germany, which reminds of the extremely dynamic and commercial life of Wallachia.
- Over 20 churches and monasteries were destroyed, partially or completely, during communism. Among the oldest are: Crangasi Church (1564), White-drapeer Church (1568), Mihai Voda Monastery (1591) and others.
- Novotel entrance façade is a copy of the former façade of the National Theatre. During the Second World War, specifically on 26 August 1944, a German aircraft dropped a bomb with the intention to destroy the Palace of Phones, but the bomb missed the target and fell on the National Theatre.
- Bucharest Telephone Palace was built between 1929-1934. The architect was inspired by the American skyscrapers and was the tallest building in Bucharest up till 1970.
- Athénée Palace hotel, now a Hilton, may have been Europe's most notorious den of spies in the years leading up to World War II.
- In Bucharest was born Henri Marie Coanda on 7 June 1886. He was a Romanian inventor, aerodynamics pioneer and builder of an experimental aircraft, the Coanda-1910 described as the world's first jet. He also invented a great number of devices, designed a "flying saucer" and discovered the Coanda effect of fluid dynamics.



Ioana Grintescu

ROSPEN President

E-mail: [ioana.grintescu@rospen.ro](mailto:ioana.grintescu@rospen.ro)

Tel: +40 722 329 187

Liliana Mirea

ROSPEN Secretary

E-mail: [llmirea@yahoo.com](mailto:llmirea@yahoo.com)

Tel: +40 722 529 056



## Official course secretariat

Str. Tudor Stefan 56, Sector 1

011658, Bucuresti, Romania

Tel: +40 21 230 51 10

Fax: +40 21 230 50 42

Contact: Ioana Lăzărescu

E-mail: [ioana.lazarescu@rotravelplus.com](mailto:ioana.lazarescu@rotravelplus.com)

