



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

**February 5-6, 2018**

**Tel Aviv, Rabin Medical Center**

**, Israel**

Under the auspices of ESPEN and 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) together with the Vienna University Hospital are 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 using short presentations with open discussion, hands on practice and clinical rounds:**

- How to assess nutritional status in the ICU
- Which patients should be fed and when to start feeding (oral, enteral and parenteral)
- How much to deliver, at which rate and how to use special nutrients
- How to monitor and prevent over or undernutrition
- Use of indirect calorimetry, CT, Muscle US, bio-impedance to assess malnutrition.
- Nutrition in special conditions: CRRT, ECMO
- Rounds following the progress of patients and case discussions

Our centers have 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, etc... The center of expertise team has published several articles, reviews and chapters in most of the well known critical care journals and text books on this topic and numerous conferences have been delivered all over the world from Chile to Japan.

The course will be held during 2 days at **the Department of Intensive Care Medicine** of the RMC, Beilinson Hospital in Petah Tikva, Israel and will focus on presentations, clinical applications and case discussions at bed side. **Professor Pierre Singer (IL), Professor Michael Hiesmayr( AU) and Pr Elizabeth de Waele (B)** assisted by **Dr Araballe Fischer (AU), Dr Shaul Lev, Dr Miriam Theilla and Dr Ilya Kagan (IL)** (all active members of ESPEN) will organize the

course. Publications of the team on nutrition in the ICU will be provided to each participant on a disk on key.

The course will **accept** no more than **30-35 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 analysis and 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 from ESPEN.

REGISTRATION FEES: 100 EUROS

Contact through Einat the department secretary: [einatha@clalit.org.il](mailto:einatha@clalit.org.il) +97239376521

Hotel reservation can be obtained on request

The program is as followed:

**Monday, 05.02.2018**

8:30-09:00	Welcome and introduction	Dr. B Tadmor, Beilinson Hospital Director Prof. Pierre Singer, ICU director
09:00-09:15	How to assess nutritional status and which patients should be fed	Prof. Michael Hiesmayr
09:15-09:45	Discussion	All the group
9:45-10:00	Muscle evaluation: US, CT	Dr Arabella Fischer
Small break		
10:00-11:00	Hands- on practicing: Evaluation of muscle strength and mass including technology & scoring systems	Dr Arabella Fischer
11:00-11:30	Energy requirements: Equations and indirect calorimetry REE derived from VCO <sub>2</sub> value	Pr Elisabeth de Waele
11:30-12:30	Hands on with indirect calorimetry	All the team
12:30-13:30	<b>L U N C H</b>	
13:30-15:00	Case discussions	Dr Ilya Kagan, Dr Shaul Lev
15:00-16:00	Rounds and discussion on daily practice	Prof. Pierre Singer, Pr Michael Hiesmayr
Dinner together		

**Tuesday, 06.02.2017**

9:00 – 10:00	Case discussions	Dr Miriam Theilla, Dr Ilya Kagan
10:15-10:45	The Chronically critically ill patient	Prof. Pierre Singer
10:45 -11:30	Hands on: how to evaluate muscle function	Dr Arabella Fischer
11:30-12:00	Visit to patients discharged from the ICU	All
12:00 – 12:30	Special conditions: ECMO, CRRT	Pr Elisabeth de Waele
12:30-13:30	<b>Lunch</b>	
13:30-14:00	Physical activity in the ICU: the added value	Pr Pierre Singer
14:00-15:00	Patients visit while exercising during indirect calorimetry	Sandy Kramer, physiotherapist
15:00-15:15	Bioimpedance: how to use	Dr Miriam Theilla
15:15-15:45	Integrating tools to plan nutritional therapy	Pr Elisabeth de Waele
15:45-17:00	Case solving from the participants	ALL
17:00 -17:00	<b>Conclusions</b>	

**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. Evaluation muscle mass and function as well as nutritional status at ICU discharge
6. Monitor

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