

Save the date!



THE EUROPEAN  
SOCIETY  
FOR CLINICAL  
NUTRITION  
AND  
METABOLISM

# 25<sup>TH</sup> ESPEN COURSE OF CLINICAL NUTRITION AND METABOLIC CARE

October 5<sup>th</sup> - 10<sup>th</sup> 2018 | Zagreb | Croatia



Croatian Society  
of Clinical Nutrition



Croatian Medical  
Association



Croatian Society of  
Nutritionists and Dietitians



prof. Darija Vranešić Bender, BSc, PhD, prof. Željko Krznarić, MD, PhD, Dina Ljubas Kelečić, MPharm

## Local Organising Committee

Prof. **Željko Krznarić**, MD, PhD, FEBGH,  
President of Croatian Medical Association,  
President of CSPEN  
University Hospital Zagreb,  
Department of Internal Medicine,  
Head of Division of Gastroenterology  
and Hepatology & Clinical Unit  
of Clinical Nutrition  
Kišpatičeva 12  
10 000 Zagreb  
Croatia  
**T:** +385 12367730  
**E:** zeljko.krznaric1@zg.t-com.hr

**Dina Ljubas Kelečić**, MPharm  
University Hospital Zagreb,  
Department of Internal Medicine,  
Clinical Unit of Clinical Nutrition  
Kišpatičeva 12  
10 000 Zagreb  
Croatia  
**T:** +385 12367730  
**E:** ljubas.dina@gmail.com

Prof. **Darija Vranešić Bender**, BSc, PhD  
CSPEN Secretary  
University Hospital Zagreb,  
Department of Internal Medicine,  
Clinical Unit of Clinical Nutrition  
Kišpatičeva 12  
10 000 Zagreb  
Croatia  
**T:** +385 12367730  
**E:** dvranesic@vitamini.hr

Mr. **Dean Sudec**  
B - Travel d.o.o.  
Maksimirska 112a  
10 000 Zagreb  
Croatia  
**T:** +385 1 5599 810  
**F:** +385 1 6666 851  
**M:** +385 98 9805 715  
**E:** dean.sudec@btravel.pro

# General Information

## Aims

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

## Learning objectives

- Malnutrition epidemiology, prevention and treatment of malnutrition, nutritional assessment, consequences of malnutrition;
- Techniques, indications and contraindications of nutritional support, monitoring and complications of different techniques of clinical nutrition;
- Nutrition in different diseases: critical illness, sepsis, neurology, gastroenterology, pulmonology, oncology, liver, pancreatic disease and others.

## Applications and participants

Physicians from various specialties can apply to participate in the course as well as other professionals working in the field of clinical nutrition (nutritionists, dietitians, pharmacists).

Deadline for the application is September 17<sup>th</sup> 2018.

## 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.krznic1@zg.t-com.hr](mailto:zeljko.krznic1@zg.t-com.hr) and [dvranesic@vitamini.hr](mailto:dvranesic@vitamini.hr)

## Registration fee

ESPEN or national societies recommended person	150 EUR	Accommodation for 5 nights, meals, (2) LLL courses and exams – free of any additional charge
Other participants	600 Euro	Accommodation for 5 nights, meals, (2) LLL courses and exams – free of any additional charge

After application the confirmation letter will be sent.

Mr. Dean Sudec, B-Travel, will contact participants regarding Course fee and all other matters. T: +385 1 5599 810; F: +385 1 6666 851; M:+385 98 9805 715; E: [dean.sudec@btravel.pro](mailto:dean.sudec@btravel.pro)

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

Arrival on 5<sup>th</sup> of October 2018.

Departure 10<sup>th</sup> of October 2018.

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

## Accommodation

Hotel Dubrovnik, Gajeva 1, Zagreb, Croatia  
<https://hotel-dubrovnik.hr/>



# Education Information

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**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. There will be two live LLL courses incorporated in the program (Approach to Oral and Enteral Nutrition in Adults and Approach to Parenteral Nutrition).

**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 Wednesday, 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.





## About Zagreb

The city of Zagreb, capital of Croatia, on the historic and political threshold between East and West, illustrates both the continental and Mediterranean spirit of the nation it spearheads. Zagreb is the cultural, scientific, economic, political and administrative centre of the Republic of Croatia, and is home to the Croatian Parliament, Government and President. Its favourable location between the Pannonian plain, the edge of the Alps and the Dinaric range has allowed it to become a crossing point for mass international communication.

The city is protected from the cold northern winds by the mountain of Medvednica and opens up to the rest of the world thanks to a spacious plain and the Sava river. Zagreb, with a population of nearly one million, contains almost a quarter of the entire population of Croatia. Over the centuries, the city was inhabited by people coming from all over Europe; and, in recent years, by people coming from different parts of Croatia, ensuring a rich cultural life.

Zagreb is a safe city whose doors are always open; a city with a tumultuous history teeming with interesting personalities; a city that warmly invites all those who wish to get to know it, and a city that will surely fulfill your expectations. In this city, you can easily meet remarkable people, make new friends and enjoy special moments. The façades of Zagreb's buildings reflect the ebb and flow of history, while its streets and squares bear witness to the coming together of the many cultures that have shaped the identity of this laid-back capital.

# REGISTRATION FORM

## 25<sup>TH</sup> ESPEN COURSE OF CLINICAL NUTRITION AND METABOLIC CARE

Zagreb, Croatia, October 5<sup>th</sup>-10<sup>th</sup>, 2018

To be sent before **September 1<sup>st</sup>**, 2018 to:

zeljko.krznaric1@zg.t-com.hr and dvransic@vitamini.hr

Confirmation letter will be sent by Mr. Dean Sudec

BTRAVEL d.o.o., Maksimirska 112a, HR - 10000 Zagreb, Croatia

Phn: +385 1 5599 810 Fax: +385 1 6666 851 Mob: +385 98 9805 715

E-mail: [dean.sudec@btravel.pro](mailto:dean.sudec@btravel.pro)


Title/Position	First name	Last name

Address

Postal code	City	Country
Phone	Fax	E-mail

The registration fee ESPEN or national societies recommended person:  
EUR 150,00

The registration fee  
Other participants:  
EUR 600,00



The fees include registration, the course, accommodation for 5 nights – shared double rooms, meals, two LLL courses, exams, diplomas and social programme. The travel costs are not covered by ESPEN or local organizer. Arrival 05<sup>th</sup> October / departure 10<sup>th</sup> October.

The venue: Hotel Dubrovnik, Gajeva 1, HR-10000 Zagreb, Croatia  
<https://hotel-dubrovnik.hr/>

### Payment:

- Bank transfer – please contact “BTRAVEL” for pro-forma invoice
- Credit card

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- American Express      Credit card No.: .....
  - Eurocard / Mastercard      Valid: .....
  - Visa      CVC: .....
  - Diners Club      Signature: .....

\*Credit cards will be charged in local currency (HRK)

### Important registration information:

- Deadline for the application is **September 17<sup>th</sup>, 2018**
  - Cancellation Policy: Cancellations must be received in writing by **September 17<sup>th</sup>, 2018**
  - Cancellations after **September 17<sup>th</sup>, 2018** are not possible (fee is not refunded)
  - Confirmations will be sent by e-mail.
  - If your fees are paid by company / sponsor, please advise the name of the company / sponsor, contact person and phone number and email
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# FINAL PROGRAM

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## Faculty

Željko Krznarić  
Rocco Barrazzoni  
Stephane Schneider  
Stephan C. Bischoff  
Remy Meier  
Alessandro Laviano  
Alastair Forbes  
Michael Hiesmayr  
Sanja Kolaček  
Matthias Pirlich  
Christian Stoppe  
Michail Chourdakis  
Stanislav Klek  
Marina Panišić  
Gintautas Kekstas  
Darija Vranešić Bender  
Dina Ljubas Kelečić  
Irena Karas  
Marina Peklić  
Tajana Pavić

# Friday, October 5<sup>th</sup> 2018

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- 14:30 – 15:30**    **Arrival, registration and accommodation**
- 15:30 – 15:45    **Welcome message**  
Željko Krznarić
- 15:45 – 16:15    **Nutrition Support Teams**  
Michael Hiesmayr
- 16:15 – 16:45    **Nutritional screening and implications**  
Darija Vranešić Bender
- 16:45 – 17:30    **Malnutrition - definition, etiology, consequences**  
Stephane Schneider
- 17:30 – 17:45**    **Coffee Break**
- 17:45 – 18:15    **Mediterranean Diet as a Golden Nutrition Standard -  
The Hospital View**  
Željko Krznarić
- 18:15 – 18:45    **ESPEN Guidelines Snapshot**  
Stephan C. Bischoff
- 18:45 – 19:15    **State of the art lecture: The Role of Nutrition in Epigenetics  
and Long-term Health Programming**  
Sanja Kolaček
- 19:15 – 19:30    **Q&A**
- 20:00**            **Dinner**

# Saturday, October 6<sup>th</sup> 2018

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- 09:00 – 09:30 **Ethics in Clinical Nutrition**  
Alastair Forbes
- 09:30 – 11:30 **LLL: 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  
Željko Krznarić, Dina Ljubas Kelečić,  
Alastair Forbes, Darija Vranešić Bender
- 11:30 – 12:00 Coffee break**
- 12:00 – 13:30 **LLL: Case reports**  
Stephane Schneider
- 13:30 – 14:00 **LLL exam**
- 14:00 – 15:00 Lunch**
- 15:00 – 15:30 **Protein – the critical macronutrient**  
Alastair Forbes
- 15:30 – 16:00 **Lipids – the new pharmaconutrients**  
Michael Hiesmayr
- 16:00 – 16:30 **Challenges of inflammation and critical illness**  
Marina Panišić
- 16:30 – 16:45 **Q&A**
- 17:00 – 19:30 Zagreb City Tour**
- 19:30 Dinner**

# Sunday, October 7<sup>th</sup> 2018

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- 09:00 – 11:00 **LLL: 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  
Željko Krznarić, Remy Meier,  
Dina Ljubas Kelečić, Gintautas Kekstas
- 11:00 – 11:30 **Coffee break**
- 11:30 – 12:30 **LLL: Case reports**  
Stanislav Klek
- 12:30 – 13:30 **LLL exam**
- 13:30 – 14:30 **Lunch**
- 14.30 – 15.00 **Malnutrition and sarcopenia in the older adult**  
Stephane Schneider
- 15.00 – 15.30 **Metabolic goals in ICU**  
Michael Hiesmayr
- 15.30 – 16.00 **Refeeding syndrome**  
Dina Ljubas Kelečić
- 16:00 – 16:30 **Q&A**
- 16:30 – 17:00 **Coffee break**
- 17:00 – 17:45 **Workshop**  
1<sup>st</sup> group: enteral nutrition / Stanislav Klek  
2<sup>nd</sup> group: parenteral nutrition / Marina Peklič  
3<sup>rd</sup> group: nutritional assessment / Irena Karas
- 17:45 – 18:30 **Case presentation & discussion**  
1<sup>st</sup> group: Nutrition during chemotherapy for cancer / Gintautas Kekstas  
2<sup>nd</sup> group: Fistula in Crohn's disease / Marina Panišič  
3<sup>rd</sup> group: Complicated acute pancreatitis / Marina Peklič
- 18:30 – 19:15 **Case preparation in the group**
- 20:00 **Dinner**

# Monday, October 8<sup>th</sup> 2018

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- 08:30 – 09:00 **Case report from working groups**
- 09:30 – 10:00 **Metabolic syndrome – where is the place of nutrition?**  
Rocco Barrazzoni
- 10:00 – 10:30 **Obesity**  
Michail Chourdakis
- 10:30 – 10:45 **Q&A**
- 10:45 – 11:15 Coffee break**
- 11:15 – 11:45 **Cancer and cancer cachexia**  
Alessandro Laviano
- 11:45 – 12:15 **Fluid and electrolyte balance**  
Stanislav Klek
- 12:15 – 12:45 **Insulin resistance**  
Rocco Barrazzoni
- 12:45 – 13:00 **Q&A**
- 13:00 – 14:30 Lunch**
- 14:30 – 15:00 **Case presentation and discussion**  
1<sup>st</sup> group: Complicated acute pancreatitis / Michail Chourdakis  
2<sup>nd</sup> group: Nutrition during chemotherapy for cancer / Alessandro Laviano  
3<sup>rd</sup> group: Fistula in Crohn's disease / Marina Panišić
- 15:00 – 15:45 **Case preparation in the group**
- 16:00 – 16:45 **Workshop**  
1<sup>st</sup> group: parenteral nutrition / Dina Ljubas Kelečić  
2<sup>nd</sup> group: nutritional assessment / Darija Vranešić Bender  
3<sup>rd</sup> group: enteral nutrition / Tajana Pavić
- 16.50-17.20 **Nutrition in surgery**  
Stanislav Klek

# Tuesday, October 9<sup>th</sup> 2018

- 08:30 – 09:15 **Case report from working groups**
- 09:15 – 09:45 **Intestinal failure**  
Željko Krznarić
- 09:45 – 10:15 **Nutrition in GI fistulas**  
Marina Panišić
- 10:15 – 10:30 **Q&A**
- 10:30 – 11:00 Coffee break**
- 11:00 – 11:30 **Nutrition in acute pancreatitis**  
Remy Meier
- 11:30 – 12:00 **Perioperative nutrition**  
Christian Stoppe
- 12:00 – 12:30 **Microbiota in health and disease**  
Remy Meier
- 12:30 – 13:00 **Nutrition in IBD**  
Darija Vranešić Bender
- 13:00 – 13:30 **Q&A**
- 13:30 – 15:00 Lunch**
- 15:00 – 15:30 **Body composition assessment**  
Matthias Pirlich
- 15:30 – 16:00 **Nutrition in cardiac and pulmonary diseases**  
Christian Stoppe
- 16:00 – 16:30 Coffee break**
- 16:30 – 17:15 **Workshop**  
1<sup>st</sup> group: parenteral nutrition / Dina Ljubas Kelečić  
2<sup>nd</sup> group: nutritional assessment / Irena Karas  
3<sup>rd</sup> group: enteral nutrition / Marina Peklić
- 17:15 – 18:00 **Case presentation & discussion**  
1<sup>st</sup> group: Fistula in Crohn's disease / Marina Panišić  
2<sup>nd</sup> group: Complicated acute pancreatitis / Marina Peklić  
3<sup>rd</sup> group: Nutrition during chemotherapy for cancer / Tajana Pavić
- 18:00 – 18:45 **Case preparation in the group**
- 20:00 Dinner**



# Wednesday, October 10<sup>th</sup> 2018

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08:30 – 09:30 **Case report from working groups**

9:30 – 10:00 **Nutrition in liver disease**  
Tajana Pavić

10:00 – 10:30 **Wrap up - Education in nutrition**  
Željko Krznarić

10:30 – 10:45 **Q&A**

**10:45 – 11:00** **Coffee break**

11:00 – 12:00 **Final Exam**  
Closing ceremony, diploma