ABOUT THE VENUE

The Sun Beach Hotel is located on the road to Agia Triada having direct access to Akti Thermaikou Beach, 24 km east of Thessaloniki and 14 km from Macedonia Airport Thessaloniki (code SKG).

SUN BEACH, 57019 Agia Triada Thessaloniki, +30 2392051221
www.thessalonikisunbeach.com

How to reach SUN BEACH HOTEL

By Bus:

**79: A.S.IKEA-AERODROMIO**
Outside the arrivals area for Macedonia Airport of Thessaloniki you can find the Bus Station of OASTH. Take the Bus N. 79, to IKEA East Station of OASTH. Then you need to change a bus.

**72: A.S.IKEA - N. MICHANIONA**
From A.S.IKEA take the BUS N. 72, and step out at SUN BEACH HOTEL. The Bus stop is just infront of the hotel. The stop is called: ”Sun Beach”.

By Taxi:

It's about 10-15 minutes rout, depending on the traffic, and the cost is about 25€ - 30€. It's the most convenient way. If you are willing to share a taxi with other participants please check the appropriate box of the registration form.
Dear Colleagues,

The original aim of the ESPEN Educational Course in Clinical Nutrition is to provide knowledge on clinical nutrition for the younger generation of health care workers interested in this exciting field.

The Course provides theoretical and practical knowledge in the field of clinical nutrition. It is a special advantage of the Course that the ESPEN educational LLL program (2 TOPICS) is included into the educational goals.

The Greek Society of Clinical Nutrition and Metabolism is extremely honored to have the privilege to host the 24th Course on Clinical Nutrition and Metabolic Care for the first time in this part of Europe.

We hope the Educational Program of the Course will be found as extremely interesting and appealing from all of you and would provide participants with a lot of new information in clinical nutrition.

As in all previous years, this Course is supported by ESPEN.

We wish you fruitful and pleasant stay in Thessaloniki, Greece.

Assist. Professor 
Michael Chourdakis
On behalf of the Organizing Committee

Professor
Stéphane Schneider
Chairman of ECPC ESPEN

Faculty:

Local
Anastasilakis Chrysostomos
Anastassiadou Anastasia
Baschali Aristea
Bougioukas Konstantinos
Chourdakis Michael
Kakavas Sotirios
Karagiannis Dimitris
Kostoglanis Konstantinos
Kouvelas Dimitris
Lavrentieva Athina
Naoumi Anthoula Ismini
Papaspanos Nikos
Passakiotou Marily
Poulia Kalliopi-Anna
Tsiaousi Georgia
Zampelas Antonis

International
Arvanitaki Marianna (BE)
Cuerda Christina (SP)
Forbes Alastair (UK)
Ioannou Elina (CY)
Klek Stanislaw (PO)
Laas Anni (EST)
Laviano Alessandro (IT)
Norman Kristina (GE)
Panisić Marina (SER)
Schneider Stéphane (FR)
Sobotka Luboš (CZ)
Stoppe Christian (GE)
Van Gossum Andre (BE)
Day 1: 22nd October 2017 (Sunday)

16:00 Arrival and accommodation

17:00-17:15 Welcome message  
ESPEN Exe-Com & GrESPEN Chairman

17:15-17:45 The history of ESPEN and nutritional support. Aims and perspectives for the future  
Andre Van Gossum

17:45-18:15 The spectrum of malnutrition: from mechanisms to definitions and consequences  
Michael Chourdakis

18:15-18:45 Mediterranean Diet: New insights on an old story  
Antonis Zampelas

18:45-19:15 Body composition: Why and how to assess it  
Kristina Norman

19:15-19:30 Questions and answers (Q&A)

20:00 Dinner
Day 2: 23rd October 2017 (Monday)

08:30-09:00 Carbohydrate and lipid metabolism  
Luboš Sobotka

09:00-09:30 Amino acid and protein metabolism  
Christian Stoppe

09:30-10:00 Micronutrients  
Anthi Naoumi

10:00-10:30 Water and electrolytes  
Luboš Sobotka

10:30-11:00 Coffee break

11:00-11:30 Metabolic reaction to inflammation  
Antonis Zampelas

11:30-12:00 Metabolic changes in stress and critical illness  
Luboš Sobotka

12:00-12:30 Age-related sarcopenia  
Kristina Norman

12:30-13:00 Q & A

13:00-14:00 Lunch

14:30-15:15 1st Workshop  
1st group: Enteral Nutrition Anni Laas  
2nd group: Parenteral Nutrition Stanislaw Klek  
3rd group: Nutritional Assessment Nikolaos Papaspanos

15:15-16:00 Case presentation & discussion  
1st group Kalliopi Anna Poulia  
2nd group Dimitrios Karagiannis  
3rd group Stoppe Christian

16:00-16:30 Case preparation by the group

16:30-17:00 Coffee break

17:00-17:30 Implementation of Enteral Nutrition. Video examples.  
Marianna Arvanitaki

17:30-18:00 Placement and use of a nutrition catheter for PN  
Stanislaw Klek

18:00-18:30 Weight loss- a real case presenting a female patient with COPD and chronic mesenteric ischemia  
Marianna Arvanitaki

19:00-21:00 Dinner
Day 3: 24th October 2017 (Tuesday)

09:00-13:00  1st LLL course: Module 8/9: Approach to oral and enteral nutrition in adults
1. Indications, contraindications, complications and monitoring of EN Dimitris Karagiannis
2. Oral and sip feeding Kalliopi Anna Poulia
3. Techniques of enteral nutrition Michael Chourdakis
4. Formulae for enteral nutrition Kalliopi Anna Poulia

13:00-14:00 Lunch

14:00-14:30 Monitoring of nutritional support
Anastasia Anastassiadou

14:30-15:00 Pharmaceutical aspects of nutritional support
Chrysostomos Anastasilakis

15:00-15:30 Perioperative Nutrition
Stanislaw Klek

15:30-16:00 Coffee break

16:00-16:30 Intravenous lipid emulsions in parenteral nutrition
Stanislaw Klek

16:30-17:00 Glycaemic and metabolic goals in the ICU
Marili Passakiotou

17:30-18:00 Parenteral nutrition: complications
Athina Lavrentieva

18:00-18:30 Refeeding Syndrome
Georgia Tsaousi

18:30-19:00 Q&A

19:00-21:00 Dinner - Party
Day 4: 25th October 2017 (Wednesday)

08:30-09:30  Case Report from Working Group / Discussion
Marina Panisic

09:30-10:00  Nutrition in trauma and burns
Marina Panisic

10:00-10:30  Nutrition in acute and chronic pulmonary diseases
Kakavas Sotirios

10:30-11:00  Coffee break

11:00-11:30  Organisation and import of nutrition support
Anni Laas

11:30-12:00  Nutrition in (acute & chronic) renal diseases and renal replacement therapy
Kalliopi Anna Poulia

12:00-12:30  Cardiac cachexia
Christian Stoppe

12:30-13:00  Q&A

13:00-14:00  Lunch break

14:00-14:30  Probiotics in GI diseases
Dimitris Karagiannis

14:30-15:00  Nutrition in acute and chronic liver disease
Alastair Forbes

15:00-15:30  Nutrition in acute and chronic pancreatitis
Stéphane Schneider

16:00  City break

19:00-22:00  Dinner in Thessaloniki
09:00-13:00  **1<sup>st</sup> LLL course:** [Module 18: Nutritional Support in Intensive Care Unit (ICU)]
1 How to Maintain Homeostasis by Nutrition Care in the ICU
2 More than Choosing the Route: Enteral and Parenteral Nutrition
3 Repletion, Supplementation and Pharmaco-nutrition
4 Clinical Priorities for Solving Complex ICU Patient Problems  
   ([Sotirios Kakavas, Marina Panisic, Marili Passakiotou])

**13:00-14:00 Lunch**

14:30-15:00 Intestinal failure and short bowel syndrome  
   **Alastair Forbes**

15:00-15:30 Nutrition in GI fistulas  
   **Marina Panisic**

15:30-16:00 Nutrition in inflammatory bowel diseases  
   **Stéphane Schneider**

16:00-16:30 Home parenteral nutrition  
   **Konstantinos Kostoglanis**

16:30-17:00 **Coffee break**

17:00-18:45 **2<sup>nd</sup> Workshop**
1st group: parenteral nutrition  **Kakavas Sotirios**
2nd group: nutritional assessment  **Kalliopi Anna Poulia**
3rd group: enteral nutrition  **Anni Laas**

18:45-19:15 Case presentation & discussion
1st group  **Konstantinos Kostoglanis**
2nd group  **Aristea Baschali**
3rd group  **Elina Ioannou**

19:15-19:30 Case preparation by the group

**19:30-21:00 Dinner**
Day 6: 27th October 2017 (Friday)

08:30-09:30  Case Report from Working Group / Discussion  
Stéphane Schneider

09:30-10:00  Nutrition in metabolic syndrome  
Cristina Cuerda

10:00-10:30  Nutrition in the obese patient (pathophysiology and clinical consequences)  
Elina Ioannou

10:30-11:00  Nutrition support in neurological diseases  
Cristina Cuerda

11:00-11:30  Coffee break

11:30-12:00  You are when you eat: the emerging role of timing in nutrition therapy  
Alessandro Laviano

12:00-12:30  Specific aspects of malnutrition in the elderly  
Stéphane Schneider

12:30-13:00  Cancer cachexia  
Alessandro Laviano

13:00-13:15  Q & A

13:15-14:00  Lunch

14:30-15:15  3rd Workshop  
1st group: nutritional assessment Kalliopi Anna Poulia  
2nd group: enteral nutrition Anni Laas  
3rd group: parenteral nutrition Kakavas Sotirios

15:15-16:00  Case presentation & discussion  
1st group Nikos Papaspanos  
2nd group Dimitris Karagiannis  
3rd group Anastasia Anastasiadou

16:00-16:30  Case preparation by the group

16:30-17:00  Coffee break

17:00-17:30  Nutrition in Pediatrics  
Michael Chourdakis

17:30-18:00  Essential Statistics & concepts for clinical trials, including power and sample size  
Konstantinos Bougioukas

18:00-18:30  Nutrition and physical activity during critical illness  
Nikos Papaspanos

18:30-19:00  Ethical aspects of nutritional support  
Aristea Baschali

19:00-22:00  Dinner - Party
Day 7: 28th October 2017 (Saturday)

08:30-09:30  Case Report from Working Group / Discussion
             Michael Chourdakis

09:30-10:30  Final Exam - Discussion

10:30-11:00  Diploma - Closing Ceremony

11:00-11:30  Coffee break - DEPARTURE

ABOUT THE CITY

Thessaloniki historically also known as Thessalonica, Salonika or Salonica, is the second-largest city in Greece and the capital of the region of Central Macedonia. Thessaloniki is the capital of Macedonia and second largest city of Greece. It was first established in 316 B.C. by Kassandros and named after his wife, Thessaloniki, half sister of Alexander the Great. It means Victory in Thessaly. It is here that the Apostle Paul first brought the message of Christianity (50 A.D.) and that Demetrius, a Roman officer died in martyrdom (303 A.D.), thus becoming the holy patron of the city.

Thessaloniki was the second most important city of the Byzantine Empire, next to Constantinople, and is full of beautiful examples of Byzantine art and architecture. In the 15th Century Thessaloniki became a haven for Jews exiled from Spain, who became an important part of the culture, until they were sent to the concentration camps during the Nazi occupation, thus ending a period of four hundred years of Jewish influence both socially and economically. This period roughly corresponds with the occupation of Greece by the Ottoman Turks.

Although much of Greece was liberated after the 1821 War of Independence, Thessaloniki and Macedonia remained Ottoman. Both before and after the period Greeks call the 'Macedonian Struggle' (1904–08), Thessaloniki was the base for mutually antagonistic rebel groups and reform movements, including the Young Turks, which sought to introduce Western-style reforms to save the dwindling Ottoman Empire. One notable Young Turk and Thessaloniki native, Mustafa Kemal, would later become the founder of modern Turkey, and be deemed Atatürk (Father of the Turks).
REGISTRATION

Price includes: accommodation for 6 nights (shared double room), meals, ESPEN “Blue book”, two LLL courses, exams and diplomas

Do not include: Flights, transfer to/from airport/venue

1. **Blockmember Society recommended person** (up to 3 per country): **150€**

If there are more applicants supported by a society, they will be put in a waiting list and once admitted the rate will be **150€** each.

Applicants should send a letter of recommendation (from the president of the national society), to: info@grespen.org

Registration form needs to be completed at: www.bit.ly/2017Course

2. **Other participants** (applying with no letter of recommendation from the blockmember society or who do not want to be on the waiting list or who are not members of any ESPEN-affiliated PEN society): **600€**

Registration form needs to be completed at: www.bit.ly/2017Course

For payment please use ONLY bank transfer:

PIREUS BANK, TSIMISKI BRANCH THESSALONIKI
IBAN GR66 0172 2380 0052 3801 6383 583
BIC/SWIFT CODE: PIRBGRAA
ACCOUNT HOLDER: ANOIXA & GKATZIOU O.E

A confirmation letter will be sent to each applicant and the payment (per bank transfer only) is expected within 5 working days, otherwise the place will be given to another participant.

For further information about the registration please contact: info@voyagertravel.gr
Thessaloniki's Museums

Thessaloniki Archaeological Museum *Andronikou st 6*

Museum of Byzantine Culture Award-winning museum (2005 - best Museum of Europe) *Stratou ave 2*

Olympic Museum *Tritis Sevtemvriou & Agiou Dimitriou St.*

Museum at Aghios Demetrios *Agiou Dimitriou St.*

Museum at the White Tower *Platia Lefkou Pyrgou*

Museum of Ancient Greek, Byzantine, and Post Byzantine Musical Instruments *Katouni 12, in the Ladadika neighbourhood*

Thessaloniki Museum of Photography *Harbor, Warehouse A*

Museum of Cinematography in Thessaloniki *Harbor, Warehouse A*

Folklore and Ethnological Museum of Macedonia and Thrace *Vassilisis Olgas St 68*

Municipal Gallery of Art *Vassilisis Olgas St 162*