ESPEN
The European Society for Clinical Nutrition and Metabolism

ESTSPEN
Estonian Society for Parenteral and Enteral Nutrition

endorsed by ueg

28th ESPEN Course in Clinical Nutrition and Metabolism

Tallinn, Estonia
5-10th November 2023

WELCOME

Dear colleague,

On behalf of the Estonian Society of Clinical Nutrition (EstSPEN) we cordially invite you to the 28th ESPEN Course in Clinical Nutrition and Metabolic Care 2023, which will be held in Tallinn, Estonia on 5th-10th of November, 2023.

We hope to provide you practical and broad insight in the field of nutrition care and help you enhance your skills with provoking interdisciplinary case-discussions.

We will give our best to make you feel welcome and hope to see you in Tallinn in November!

Local Organizing Committee

Dr Hanna-Liis Lepp
Ms Siiri Oad
Ms Maarja Lember
Mrs Angelika Lall
Dr Eve Sooba
Dr Kadri Bobrovski
Ms Birgit Kiilaspää

AT THE 28th ESPEN COURSE YOU WILL:

- ✓ gain access to clinically relevant information about clinical nutrition and metabolic care;
- ✓ learn to screen, assess, diagnose and monitor malnutrition in different clinical settings;
- ✓ elevate your practical skills in nutrition care;
- ✓ get to know the value of ESPEN Life Long Learning (LLL-program) in Clinical Nutrition;
- ✓ Cultivate an environment that encourages interdisciplinary discussions;
- ✓ Participate in active workshops and round-tables to build up your skills;
- ✓ Create a new network of CN enthusiasts;

EXPECTED PARTICIPANTS:

Physicians- and other medical professionals from various specialties working in the field of clinical nutrition (nutritionists, dietitians, pharmacists) can apply to participate in the course, ESPEN members have priority. 50 applicants are accepted. Registration will take place on a first come first served basis.

REGISTRATION

Registration fee:

- ESPEN blockmember national society recommended person*: € 200,00
- Other participants: € 600,00

Fee includes educational sessions, 3 LLL Courses, certificate of attendance, accommodation in double rooms and catering services during the course (as stated in the programme).

To complete the registration process, please fill the Registration form and include your CV and a recommendation letter from a national society to the registration form or send it to info@estspen.ee.

Please note that travel expenses are not covered by ESPEN nor EstSPEN. Stay in single rooms is for extra cost, please contact the hotel directly in case you need a single room or wish to stay extra nights: ljubov.loboseva@parkinn.com.

* 2023 regular membership is required, please confirm this in your registration form. Please provide upon registration the correct data for issuing an invoice.

FACULTY

Prof. Rocco Barazzoni (Italy)
Dr Rosa Burgos (Spain)
Prof Tommy Cederholm (Sweden)
Prof Alastair Forbes (Estonia/UK)
Prof Regina Komsa (Bulgaria)
Prof Darija Vranešić Bender (Croatia)
Ms Dina Ljubas Kelečić, PharmD (Croatia)
Dr Stanislaw Klek, MD (Poland)
Dr Aleksandra Šilova, MD (Estonia)
Dr Olga Gapejeva, MD (Estonia)
Dr Hanna-Liis Lepp, MD (Estonia)
Dr Alice Sabatino, MD (Italy)
Dr Aileen Hill, MD (Germany)
Dr Anna Simona Sasdelli (Italy)
Ms Kairi Marlen Antoniak, PharmD(Estonia)

In WORKHOPS/HANDS-ON: Prof A. Forbes, Dr H-L Lepp, Dr Susan Sündema, Ms Siiri Oad, Ms Kadri Bobrovski, Ms Galina Kappo, Ms Birgit Kiilaspää, Ms Tiina Suvi, Mr Aaro Nursi

PROGRAMME*

*The programme may be subject to changes

	28th ESPEN COURSE IN CLINICAL NUTRITION, 5th-10th of NOVEMBER 2023		
DAY 1	**SUNDAY, November 5th**	**DAY 2**	**MONDAY, November 6th**
14:00	*Arrival, registration and accommodation*	8:30	Calculating Energy and protein requirements
14:45	Welcome message	9:00	Substrates for nutritional support: macronutrients including fiber (focused on practical aspects for nutrition therapy)
15:00	SPeed-dating for Get-to-know	9:30	Substrates for nutritional support: micronutrients (focused on practical aspects for nutrition therapy)
15:15	ESPEN, the leader in research and education in clinical nutrition	10:00	Refeeding syndrome
15:45	Nutrition related diseases- screening and assessment	10:30	***Coffee Break***
16:15	Malnutrition and cachexia. Definition, etiology and consequences	11:00	Workshops (EN, PN, Nutritional assessment / body composition, texture modifying/swallowing assessment)
16:45	Sarcopenia. Definition, etiology, consequences	12:00	Nutrition care in special clinical situations: Neurologic patient
17:15	***Coffee Break***	12:30	Nutrition care in special clinical situations: Acute and Chronic Pancreatitis
17:45	Diagnosing Global Leadership Initiative on malnutrition (GLIM)	13:00	***Lunch***
18:15	Case discussion /Workshop: nutritional screening and clinincal assessment/ body composition	14:30	Nutrition care in special clinical situations: Diabetic Patient and Metabolic Syndrome
19:30	Ending of Day 1	15:30	Nutrition care in special clinical situations: IBD
20:00	***Welcome dinner***	16:00	Nutrition care in special clinical situations: Liver diseases
		16:30	Q&A
		17:00	***Coffee Break***
		17:30	Case report presentation and discussion (severe acute pancreatitis)
		19:00	Ending of Day 2
		19:30	***Buffee dinner at the hotel***

DAY 3	TUESDAY, November 7th	DAY 4	WENDSDAY, November 8th
8:00	Debriefing of the previous day. Next steps		
9:00	LLL. Approach to oral and enteral nutrition in adults; 4x 30min lectures, case disccussions + ***Coffee Break***	9:00	LLL. Approach to parenteral Nutrition; 4x 30min lectures, case disccussions + ***Coffee Break***
13:00	***Lunch***	13:00	***Lunch***
14:30	Workshops (EN, PN, Nutritional assessment / body composition, swallowing assessment)	14:30	Workshops (EN, PN, Nutritional assessment / body composition, texture modifying/swallowing assessment)
15:00	Nutrition care in special clinical situations: Intestinal failure	15:30	Nutrition care in special clinical situations: Renal disease (acute and continous renal replacement therapy)
16:00	Nutrition care in special clinical situations: Short bowel syndrome	16:00	Nutrition care in special clinical situations: Renal disease (chronic predialyses and renal replacement therapy)
16:30	Nutrition care in special clinical situations: GI Motility disorders	16:30	***Coffee Break***
17:00	Q& A	17:00	Ending of day 4
17:30	***Coffee Break***	2h	***GUIDED VISIT TO MEDIEVAL OLD TOWN OF TALLINN- dinner optional at hotel or towntown***
18:00	Case report presentation and discussion (intestinal fistula)		
19:00	Ending of Day 3		
19:30	***Buffee dinner at the hotel***		

DAY 5	THURSDAY, November 9th	DAY 6	FRIDAY, November 10th
8:00	Case reports and general discussion	08:00	Debriefing of the previous day. Next steps
9:00	LLL. Nutritional support in intensive care: 4x 30min lectures, case disccussions + ***Coffee Break***	8:30	Nutrition support Teams: how to implement. Barriers. Benefits. Medical-Economical aspects
13:00	***Lunch***	9:00	Organisation of hospital nutrition
14:00	Nutrition care in special clinical situations: Cancer	9:30	TeamWork in Swallowing Rehabilitation
14:30	Nutrition care in special clinical situations: Pulmonary diseases	10:00	Home nutrition support- organisation and continuing care efficiently
15:00	Ethics in clinical nutrition	10:30	***Coffee Break***
15:30	Q& A	11:00	Participants feedback/Quizz: HOW to IMPLEMENT THE KNOWLEDGE IN EVERYDAY WORK?
16:00	Workshops (EN, PN, Nutritional assessment / body composition, texture modifying/swallowing assessment)	11:30	FINAL TEST
17:30	***Coffee Break***	12:00	***CHECK OUT***
18:00	Case report presentation and discussion (cancer patient on treatment)	13.00-	***OPTIONAL - GUIDED TOUR - NATURE TRIP TO EASTER ESTONIA***
19:30	**Final *DINNER/RECEPTION***		

VENUE

Park Inn by Radisson Meriton Conference & Spa Hotel Tallinn is situated at Toompuiestee 27, Tallinn 10149, Estonia.

The hotel is situated close to the Old Town, Parliament, the train station, the bus station and the airport.

From Tallinn Airport the easiest travel to the hotel is by taxi - the ride takes 15min (6km). Public transportation is also available.

LANGUAGE

English is the official language of the course; no translation is provided.

If you need more information, please DO NOT hesitate to contact us: **info@estspen.com**

Park Inn by Radisson Meriton Conference & Spa Hotel Tallin

Registration has been opened and we welcome your application. Please use THIS FORM to submit it.

Please appreciate the latest deadline for application October 1ST, 2023 if you are a national society delegate.

If you are not a national delegate, the confirmation of participation will be sent ONLY after this date!

ADDITIONAL INFORMATION

Once the application is submitted and assessed, a confirmation letter of registration and an invoice will be sent to the provided e-mail address and recipient by a representative from EstSPEN. **2-3 delegates from each block-member country will be accepted!**

An e-mail will be sent to confirm your final registration after the invoice is paid.

All cancellation requests must be submitted in writing (via email) to **info@estspen.ee** no later than October 10th, 2023. Verbal cancellation requests will not be accepted. For cancellation requests made by 10th of October, 70% of the paid amount will be refunded.

No refunds will be issued after this date.

The course is supported by UEG, ESPEN, EstSPEN.