



29th ESPEN COURSE IN CLINICAL NUTRITION

13th-19th
of October 2024

Gdansk, Poland



At the 29th ESPEN Course

You Will:

- Gain clinically relevant information about clinical nutrition and metabolism
- Learn to screen, assess, diagnose, and monitor malnutrition in various clinical settings
- Elevate your practical skills in nutrition care
- Understand the value of Life Long Learning (LLL) in Clinical Nutrition
- Cultivate an environment that encourages interdisciplinary discussions
- Participate in active workshops and roundtables to enhance your skills
- Network with clinical nutrition enthusiasts



**POLISH SOCIETY
FOR PARENTERAL, ENTERAL NUTRITION
AND METABOLISM (POLSPEN)**



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**13th-19th
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Gdansk, Poland

WELCOME

Dear Colleague,

On behalf of the Polish Society of Parenteral, Enteral Nutrition and Metabolism (POLSPEN), we cordially invite you to the 29th ESPEN Course in Clinical Nutrition, which will be held in Gdansk, Poland, from the 13th to the 19th of October 2024.

Our aim is to provide practical and comprehensive insight into clinical nutrition and to encourage interdisciplinary discussion.

We look forward to welcoming you in October!

LOCAL ORGANIZING

COMMITTEE:

- Prof. Dorota Mańkowska-Wierzbicka, MD, PhD
- Prof. Sylwia Małgorzewicz, MD, PhD
- Prof. Marcin Folwarski, MD, PhD
- Kinga Szczepanek, MD
- Prof. Zbigniew Kamocki, MD, PhD
- Michał Jankowski, MD, PhD
- Aleksandra Kapała, MD, PhD
- Prof. Stanisław Kłęk, MD, PhD
- Małgorzata Łyszkowska, MD, PhD
- Katarzyna Matysiak-Luśnia, MD, PhD
- Prof. Maciej Słodkowski, MD, PhD
- Prof. Dorota Szostak-Węgierek, MD, PhD
- Justyna Zamarska, MPharm

FACULTY:

- Prof. Stanisław Kłęk (Poland)
- Prof. Rocco Barazzoni (Italy)
- Prof. Dorota Mańkowska-Wierzbicka (Poland)
- Dr. Rosa Burgos (Spain)
- Prof. Tommy Cederholm (Sweden)
- Dr. Cristina de la Cuerda (Spain)
- Dr. Anna Dardzinska (Poland)
- Prof. Marcin Folwarski (Poland)
- Prof. Alastair Forbes (Estonia/UK)
- Prof. Michael Hiesmayr (Austria)
- Dr. Katarzyna Gladys-Cieszyńska (Poland)
- Dr. Marek Guzek (Poland)
- Prof. Michał Jankowski (Poland)
- Dr. Paweł Kabata (Poland)
- Prof. Kalliopi-Anna Poulia (Greece)
- Dr. Aleksandra Kapała (Poland)
- Prof. Lukasz Kaska (Poland)
- Dr. Paweł Kutnik (Poland)
- Prof. Alessandro Laviano (Italy)
- Mr. Marek Lichota (Poland)
- Prof. Olle Ljungqvist (Sweden)
- Mrs. Agata Lyczek (Poland)
- Prof. Sylwia Małgorzewicz (Poland)
- Dr. Katarzyna Matysiak-Lusnia (Poland)
- Prof. Rémy Meier (Switzerland)
- Dr. Magdalena Milewska (Poland)
- Dr. Małgorzata Nartowicz (Poland)
- Dr. Magdalena Pietka (Poland)

- Dr. Nada Rotovnik (Slovenia)
- Dr. Alice Sabatino (Italy)
- Dr. Jacek Szopiński (Poland)
- Prof. Stéphane Schneider (France)
- Prof. Maciej Stawny (Poland)
- Prof. Agnieszka Szlagatys-Sidorkiewicz (Poland)
- Dr. Ronan Thibault (France)
- Prof. Arved Weimann (Germany)
- Dr. Edyta Wernio (Poland)

WORKSHOPS AND HANDS-ON TRAININGS BY:

- Dr. Dagmara Bogdanowska-Charkiewicz (Poland)
- Prof. Marcin Folwarski (Poland)
- Dr. Paweł Kabata (Poland)
- Dr. Kinga Kupczyk (Poland)
- Dr. Paweł Kutnik (Poland)
- Dr. Małgorzata Lyszkowska (Poland)
- Dr. Katarzyna Matysiak-Luśnia (Poland)
- Dr. Małgorzata Nartowicz (Poland)
- Dr. Kinga Szczepanek (Poland)
- Dr. Edyta Wernio (Poland)



PROGRAMME

HIGHLIGHTS:

DAY 1

Sunday, 13th October 2024

Session I: Introduction to malnutrition

Session I: Introduction to malnutrition

14:00: Arrival, registration, and accommodation

14:45: Welcome message

15:00: Preliminary Quiz

15:15: *ESPEN, the Leader in Research and Education in Clinical Nutrition* - Stanislaw Klek

15:45: *Malnutrition and Cachexia. Definition, etiology, and Consequences* - Rosa Burgos

16:15: *Malnutrition Screening and Assessment* - Dorota Mankowska-Wierzbicka

16:45: Coffee break

17:15: *Ethics in Clinical Nutrition* - Arved Weimann

17:45: *Home Nutrition Support* - Marcin Folwarski

18:15: *Nutrition Support Teams* - Arved Weimann

18:45: Ending of Day 1

20:00-22:00: Welcome reception dinner

DAY 2

Monday, 14th October 2024

Sessions II-IV: Substrates, Nutrition Care in Special Clinical Situations I, LLL-Enteral Nutrition, Practical Workshop

Session II: Substrates: Energy, Macro- & Micronutrients

08:30: *Calculating energy requirements – focus on practical aspects of nutrition therapy in acute and chronic care -*

Kalliopi-Anna Poulia

09:00: *Substrates for nutritional support: CHO and Lipids - focus on practical aspects of nutrition therapy in acute and chronic care -* Katarzyna Matysiak-Lusnia

09:30: *Calculating protein needs for nutritional support: focus on practical aspects in acute and chronic care -* Kalliopi-Anna Poulia

10:00: *Substrates for nutritional support: micronutrients - focused on practical aspects for nutrition therapy in acute and chronic care -* Magdalena Pietka

10:30: Coffee break

Session III: Nutrition Care in Specific Clinical Situations I

11:00: *Refeeding syndrome -* Aleksandra Kapala

11:30: *Sarcopenia. Definition, etiology and consequences -* Rocco Barazzoni

12:00: *Body composition assessment techniques -* Edyta Wernio

12:30: *Nutrition Care in Neurological Patient -* Rosa Burgos

13:00: Lunch

14:00: Workshops I-III

Paweł Kutnik, Katarzyna Matysiak-Lusnia, Marcin Folwarski

Session IV LLL-Nutrition Module 8: Approach to oral and enteral nutrition in adults

15:30: *8.1 Indications and contraindications , Complications and Monitoring of Enteral Nutrition -* Marcin Folwarski

16:00: *8.2 Hospital Food and ONS -* Edyta Wernio

16:30: *8.3 Techniques of Enteral Nutrition -* Remy Meier

17:00: Coffee break

17:30: *8.4 Formulas for Enteral Nutrition -* Alastair Forbes

18:00: *Patient Case* Pawel Kutnik, Rosa Burgos, Remy Meier

18:30: *TEST for LLL-Nutrition Diploma Module 8 -* Alastair Forbes

19:00: *Patient Case Preparation in groups: IBD -* Dorota Mankowska-Wierzbicka, Alastair Forbes, Dagmara Bogdanowska-Charkiewicz

19:30: Ending of Day 2

19:45: Dinner

DAY 3

Tuesday, 15th October 2024

Sessions V-VI: LLL-Parenteral Nutrition, Nutrition Care in Special Clinical Situations II, Practical Workshop

08:00-09:00: *Debriefing of the previous day- overview of group work with comments from the panelists - Pawel Kabata, Rosa Burgos, Edyta Wernio*

Session V: LLL-Nutrition Module 9 Parenteral Nutrition

09:00: *Module 9.1 Indications and Contraindications for Parenteral Nutrition - Michał Jankowski*

09:30: *Module 9.2 Techniques of Parenteral Nutrition - Katarzyna Matysiak-Lusnia*

10:00: *Module 9.3 Compounding and Ready-to-use Preparation of PN: Pharmaceutical Aspects. Compatibility and Stability Considerations; Drug Admixing - Maciej Stawny*

10:30: Coffee break

11:00: *Module 9.4 Monitoring and Complications of Parenteral Nutrition - Jacek Szopiński*

11:30: *Patient Case - Małgorzata Nartowicz, Remy Meier, Katarzyna Matysiak-Lusnia*

12:00: *TEST for LLL nutrition Diploma Module 9 - Remy Meier*



Session VI: Nutrition Care in Specific Clinical Situations II Cancer + GI tract I

12:30: *Nutrition Care in Specific Clinical Situations: Cancer Care - Alessandro Laviano*

13:00: Lunch

14:00: *Nutritional Care in Special Clinical Situations: IBD - Alastair Forbes*

14:30: *Nutrition Care in Short Bowel Syndrome - Alastair Forbes*

15:00: Coffee break

15:30: Workshops I-III

Małgorzata Łyszkowska, Pawel Kabata, Kinga Kupczyk

17:00: *Nutritional Care in Acute Pancreatitis - Remy Meier*

17:45: *Patient Case Discussions in Groups Pancreatic Disease (From acute to chronic) - Dagmara Bogdanowska-Charkiewicz, Remy Meier, Stéphane Schneider*

18:45: Ending of Day 3

19:30: Dinner



DAY 4

Wednesday, 16th October 2024

Session VII: Nutrition Care in Special Clinical Situations III, Practical Work-Shop III, City Tour

08:00-09:00: *Debriefing of the previous day- overview of group work with comments from the panelists-* Dagmara Bogdanowska-Charkiewicz, Remy Meier, Stéphane Schneider

Session VII: Nutrition Care in Special Clinical Situations III: Organ failure

09:00: *Nutritional Care in Special Clinical Situations: Acute and Chronic Liver Disease* - Marek Guzek

09:30: *Nutrition Care in Swallowing Failure* - Magdalena Milewska

10:00: *Nutrition Care in Intestinal Failure* - Stéphane Schneider

10:30: Coffee break



11:00: *Nutrition Care in GI Motility Disorders* - Katarzyna Gładyś-Cieszyńska

11:30: *Nutritional Care in Acute Renal Disease and Continuous Renal Replacement Therapy* - Alice Sabatino

12:00: *Nutritional Care in Chronic Renal Disease and Renal Replacement Therapy* - Alice Sabatino

12:30: Lunch

13:30: Workshops I-III

Małgorzata Łyszkowska, Pawel Kabata, Kinga Kupczyk

15:00: *Patient Case Discussions in Groups (IF: from acute to chronic)* - Stanisław Kłęk, Marcin Folwarski, Kinga Szczepanek

16:00: Ending of Day 4

16:30: City Tour

DAY 5

Thursday, 17th October 2024

Sessions VIII-IX: Nutrition Care In Special Clinical Situations IV, Patient Case

08:00-09:00: *Debriefing of the previous day- overview of group work with comments from the panelists* - Marcin Folwarski, Pawel Kabata, Kinga Kupczyk

Session VIII: Nutrition Care in Specific Clinical Situations IV: Respiratory Diseases, Rehabilitation, Perioperative Care; Hospital Nutrition

09:00: *Nutrition Care in Acute Pulmonary Diseases* - Michael Hiesmayr

09:30: *Nutrition Care in Chronic Pulmonary Diseases* - Sylwia Malgorzewicz

10:00: *Hospital Nutrition* - Ronan Thibault

10:30: Coffee break

11:00: *Nutrition Care in Obesity. Medical management* - Ronan Thibault

11:30: *Nutrition Care in Obesity. Surgical management* - Lukasz Kaska

12:00: *Nutrition care in metabolic syndrome and diabetes* - Sylwia Małgorzewicz



12:30: Lunch

Session IX: Physical Activity, Quality of Life, Education.

13:30: *Nday Worldwide: Benchmarking & interpreting the data* - Michael Hiesmayr

14:00: *Assessing muscle function in clinical setting* - Agata Lyczek

14:30: *How to prescribe physical activity* - Nada Rotovnik

15:00: *Quality of life evaluation in clinical nutrition* - Cristina de la Cuerda

15:30: *Nutrition education in medical schools* - Cristina de la Cuerda

16:00: Coffee break

16:30: *Physical activity in practice* - Nada Rotovnik and Agata Lyczek

18:00: Ending of Day 5

19:30: Dinner



DAY 6

Friday, 18th October 2024

Sessions X-XI: Nutrition Care in Special Clinical Situations V

08:00-09:00: *Debriefing of the previous day- overview of group work with comments from the panelists - Sylwia Małgorzewicz, Ronan Thibault*

Session X: Nutrition Care in Specific Clinical Situations V: Cardiology, Pediatrics, Geriatrics

09:00: *Nutrition care in cardiology: heart failure, cardiac cachexia - Paweł Kutnik*

09:30: *Nutrition care in Pediatrics - Agnieszka Szlagatys - Sidorkiewicz*

10:00: *Nutrition care in Geriatric patients - Anna Dardzińska*

10:30: Coffee break

11:00: *Mediterranean Diet - Edyta Wernio*

11:30: *Microbiota in health and disease - Dorota Mankowska-Wierzbicka*

12:00: *Prebiotics, probiotics, symbiotics - Dorota Mankowska-Wierzbicka*

12:30: Lunch



Session XI: LLL-Nutrition Module 17 Nutritional Support in the Perioperative Period

13:30: *17.1 Metabolic Responses to Surgical Stress - Olle Ljungqvist*

14:00: *17.2 Managing Surgical Stress - Stanislaw Klek*

14:30: *17.3 Nutrition Therapy in the Perioperative Period - Olle Ljungqvist*

15:00: *17.4 Making the Gut Work - Stanislaw Klek*

15:30: Coffee break

16:00: *Patient Case - Stanislaw Klek, Olle Ljungqvist, Paweł Kabata*

16:30: *TEST for LLL Nutrition Diploma Module 18*

17:00: *Life With Intestinal Failure: Patient View - Marek Lichota*

18:00: Ending of Day 6

19:30: Dinner

DAY 7

Saturday, 19th October 2024

Session XII: Organizing Nutrition Care, Final Test

Session XII: Organization of Nutrition Care

09:00: *Diagnosing Global leadership initiative on malnutrition (GLIM)* - Tommy Cederholm

09:30: *GLIS (Global leadership initiative on sarcopenia)* - Tommy Cederholm

10:30: Coffee break

11:00: *Final Test* - Dorota Mankowska-Wierzbicka, Marcin Folwarski

12:00: *Participants feedback/Quiz: How I implement my knowledge in everyday work?* - Marcin Folwarski

12:15: Ending of course - Dorota Mankowska-Wierzbicka, Stanislaw Klek

13:00: Dinner and Farewell



Venue:

GDAŃSK, POLAND

Gdansk is a historic port city located on the Baltic coast of northern Poland, founded in the early Middle Ages. Over the centuries, Polish and German control has alternated. After World War I, it became a Free City but was heavily impacted by World War II, serving as the site of the war's first battle. In the 1980s, Gdańsk played a central role in the Solidarity movement, which challenged communist rule. Today, it is celebrated for its rich maritime history and vibrant culture.

HOTEL DWÓR UPHAGENA

The hotel is conveniently located near the Old Town, Parliament, the train station, the bus station, and the airport. A taxi ride from the airport takes approximately 60-80 minutes (9 km), and public transportation options are also available.



Hotel Dwór Uphagena Gdańsk, Poland



Supported
by ESPEN and POLSPEN

WELCOME & LOCAL ORGANIZING COMMITTEE

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FACULTY

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PROGRAMME HIGHLIGHTS

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DAY 1

Sunday, 13th October 2024

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Session I: Introduction to malnutrition

DAY 2

Monday, 14th October 2024

05

Session II: Substrates: Energy, Macro-
& Micronutrients

Session III: Nutrition Care in Specific Clinical
Situations I

Session IV LLL-Nutrition Module 8: Approach to oral
and enteral nutrition in adults

DAY 3

Tuesday, 15th October 2024

06

Session V: LLL-Nutrition Module 9 Parenteral
Nutrition

Session VI: Nutrition Care in Specific Clinical
Situations II Cancer + GI tract I

DAY 4

Wednesday, 16th October 2024

07

Session VII: Nutrition Care in Special Clinical
Situations III: Organ failure

DAY 5

Thursday, 17th October 2024

08

Session VIII: Nutrition Care in Specific Clinical Situations IV: Respiratory
Diseases, Rehabilitation, Perioperative Care; Hospital Nutrition

Session IX: Physical Activity, Quality of Life, Education.

DAY 6

Friday, 18th October 2024

09

Session X: Nutrition Care in Specific Clinical
Situations V: Cardiology, Pediatrics, Geriatrics

Session XI: LLL-Nutrition Module 17 Nutritional
Support in the Perioperative Period

DAY 7

Saturday, 19th October 2024

10

Session XII: Organizing Nutrition Care, Final Test

We appreciate your presence!





13th-19th of October 2024

Gdansk, Poland