

MAGYAR MESTERSÉGES TÁPLÁLÁSI TÁRSASÁG
HUNGARIAN SOCIETY OF CLINICAL NUTRITION

ESPEN
The European Society for Clinical Nutrition and Metabolism

30th ESPEN COURSE IN CLINICAL NUTRITION

9th -15th
of November 2025

Budapest, Hungary



At the 30th 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

ESPEN
The European Society for Clinical Nutrition and Metabolism

Hungarian Society of Clinical Nutrition (HSCN)

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WELCOME

Dear Colleagues,

On behalf of the Hungarian Society of Clinical Nutrition we most cordially invite you to the 30th ESPEN Clinical Course on Nutrition and Metabolism, to be held in Budapest, Hungary, on 9-15th November, 2025.
Our aim is to provide broad insight into the theoretical and practical knowledge of the field of clinical nutrition and also encourage interdisciplinary discussions.

We look forward welcoming you in November to Budapest.

Peter Tamasi M.D.
Course Director

LOCAL ORGANIZING COMMITTEE:

- Peter Tamasi M.D.
- Erzsebet Palfi M.D., PhD
- Istvan Telessy Pharm. D., PhD
- Gabor Nardai M.D., PhD
- Andrea Molnar, Dr., PhD
- Laszlo Czako M.D., DSc.
- Sarolta Dako
- Miklos Horvath M.D.
- Katalin Müller M.D., PhD
- Tamas Vass M.D.
- Zsolt Turoczi M.D.
- Olga Zahariev

FACULTY:

WORKSHOPS AND HANDS-ON TRAININGS BY:

- Balint Gellert M.D.
- Ivett Jakus M.D.
- Fruzsina Vilmos M.D.
- Akos Kerekes M.D.
- Bettina Budai
- Petra Golovics
- Dora Demeter
- Lara Vamossy

REGISTRATION:

Fees:

ESPEN member: €200
Non-member: €600

2025 regular membership required for ESPEN members. Fee includes access to all scientific sessions, workshops, 3 LLL course modules, certificate of attendance, double room accommodation, and catering during the course.

Travel and single room accommodation not covered.

To register, fill out the registration form, and provide your CV and a recommendation letter from a national society to event@timelessevent.hu

CONTACT:

For more information, please write to:
event@timelessevent.hu

PROGRAMME HIGHLIGHTS:

DAY 1

Sunday, 9th November 2025

Session I: Introduction to malnutrition

14:00: Arrival, registration, and accommodation; Coffee and snacks
14:45: Wellcome message
15:00: Preliminary Quiz

15:15: ESPEN, the Leader in Research and Education in Clinical Nutrition -
15:45: Malnutrition and Cachexia. Definition, etiology, and Consequences -
16:15: Malnutrition Screening and Assessment -

16:45: Coffee break

17:15: Diagnosing Global Leadership Initiative on malnutrition (GLIM) -
17:45: Body composition assessment techniques -
18:15: Sarcopenia. Definition, etiology and consequences. GLIS global leadership initiative on sarcopenia -

18:45: Ending of Day 1

20:00-22:00: Welcome reception dinner

DAY 2

Monday, 10th November 2025

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 -
09:00: Substrates for nutritional support: CHO and Lipids - focus on practical aspects of nutrition therapy in acute and chronic care -
09:30: Calculating protein needs for nutritional support: focus on practical aspects in acute and chronic care -
10:00: Substrates for nutritional support: micronutrients - focused on practical aspects for nutrition therapy in acute and chronic care -

10:30: Coffee break

Session III: Nutrition Care in Specific Clinical Situations I

11:00: Refeeding syndrome -
11:30: Nutrition Care in Specific Clinical Situations: Cancer Care -
12:00: Nutrition Care in swallowing failure -
12:30: Nutrition Care in Neurological Patient -

13:00: Lunch

14:00: Workshops I-III

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
16:00: 8.2 Hospital Food and ONS -
16:30: 8.3 Techniques of Enteral Nutrition -

17:00: Coffee break

17:30: 8.4 Formulas for Enteral Nutrition -
18:00: Patient Case -
18:30: TEST for LLL–Nutrition Diploma Module 8 -
19:00: Patient Case Preparation in groups:

19:30: Ending of Day 2

19:45: Dinner

DAY 3

Tuesday, 11th November 2025

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

08:00-09:00: Debriefing of the previous day - overview of group work with comments from the panelists -

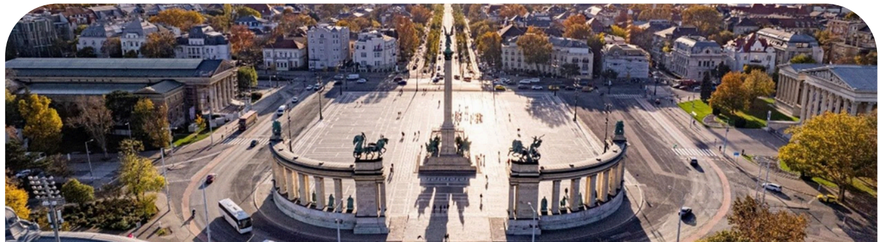
Session VI: Nutrition Care in Specific Clinical Situations II. GI tract I

09:00: Nutritional Care in Special Clinical Situations: IBD -
09:30: Nutrition care in acute and chronic liver disease -
10:00: Nutritional Care in Acute & Chronic Pancreatitis -
10:30: Nutrition Care in GI Motility Disorders -

11:00: Coffee break

11:30: Workshops I-III

13:00: Lunch





Session VI: LLL-Nutrition Module 9 Parenteral Nutrition

14:00: Module 9.1 Indications and Contraindications for Parenteral Nutrition -
14:30: Module 9.2 Techniques of Parenteral Nutrition -
15:00: Module 9.3 Compounding and Ready-to-use Preparation of PN: Pharmaceutical Aspects. Compatibility and Stability Considerations; Drug Admixing -

15:30: Coffee break

16:00: Module 9.4 Monitoring and Complications of Parenteral Nutrition -
16:30: Patient Case -

17:00: TEST for LLL nutrition Diploma Module 9

17:30: Patient Case Discussions in Groups (From acute to chronic)

18:45: Ending of Day 3
19:30: Dinner

DAY 4

Wednesday, 12th November 2025

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

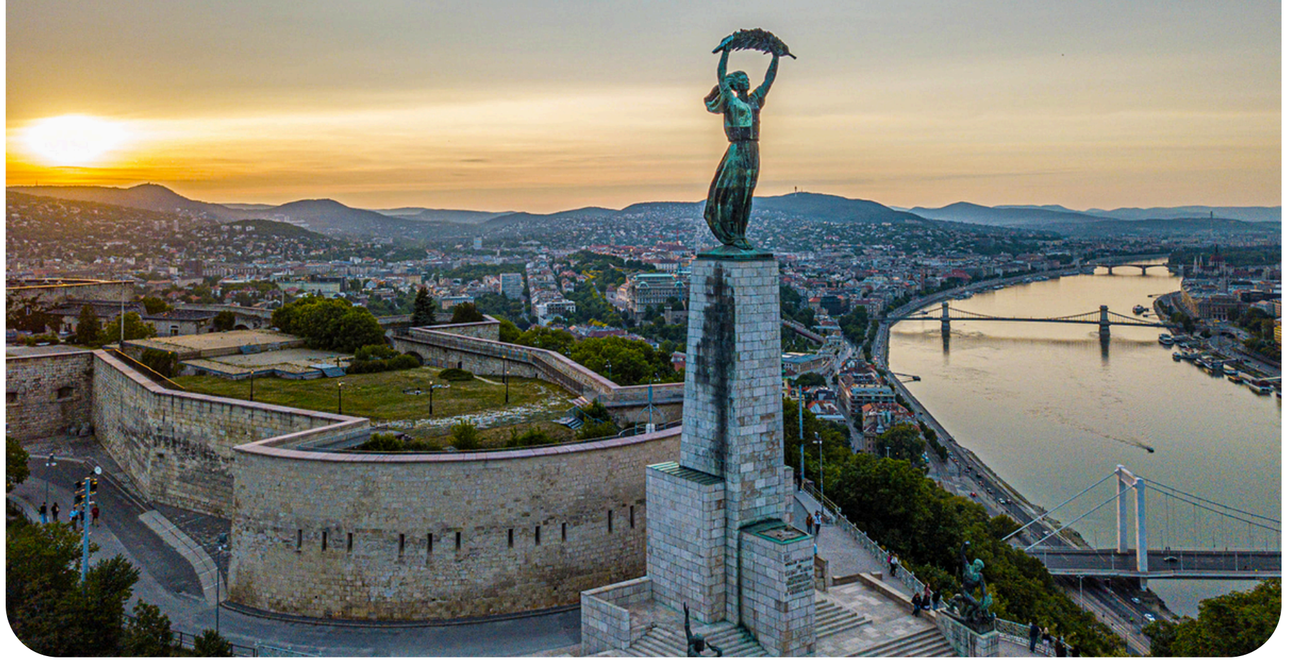
08:00-09:00: Debriefing of the previous day- overview of group work with comments from the panelists -

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

09:00: Nutrition Care in Acute Intestinal Failure -
09:30: Nutrition Care in Acute and Chronic Pulmonary disease -
10:30: Nutrition Care in Chronic Intestinal Failure -

11:00: Coffee break





11:30: Nutritional Care in Acute Renal Disease and Continuous Renal Replacement Therapy -
11:30: Nutrition care in cardiology: hear failure, cardiac cachexia -
12:00: Nutritional Care in Chronic Renal Disease and Renal Replacement Therapy -
12:30: Patient Case Discussions in Groups (IF: from acute to chronic) -

13:30: Lunch

13:30: Workshops I-III -

16:00: Ending of Day 4

16:30: City Tour

DAY 5

Thursday, 13th November 2025

Sessions VIII-IX: : LLL-Surgical Patient, 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 -

Session VIII: Nutrition Care in Specific Clinical Situations IV: Obesity, Perioperative Care; Hospital Nutrition

09:00: Nutrition Care in Obesity. Medical management -
09:30: Nutrition Care in Obesity. Surgical management -
10:00: Nutrition care in metabolic syndrome and diabetes -

10:30: Coffee break

11:00: Hospital Nutrition -
11:30: nDay Worldwide: Benchmarking -
12:00: nDay Worldwide: Interpreting the data -

12:30: Lunch



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

13:30: 17.1 Metabolic Responses to Surgical Stress -
14:00: 17.2 Managing Surgical Stress -
14:30: 17.3 Nutrition Therapy in the Perioperative Period -
15:00: 17.4 Making the Gut Work -

15:30: Coffee break

16:00: Patient Case
16:30: TEST for LLL Nutrition Diploma Module 18
17:00: Life with intestinal failure: Patient view

18:00: Ending of Day 5
19:30: Dinner

DAY 6

Friday, 14th November 2025

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 -

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

09:00: Nutrition care in Pediatrics -
09:30: Nutrition care in Geriatric patients -
10:00: Nutrition care in Critically ill patients -

10:30: Coffee break

11:00: Mediterranean Diet -
11:30: Microbiota in health and disease -
12:00: Prebiotics, probiotics, symbiotics -

12:30: Lunch



Session XI: Phsyical Activity, Quality of Life, Education

13:30: Assessing muscle function in clinical setting -
14:00: How to prescribe physical activity -
14:30: Quality of life evaluation in clinical nutrition -
15:00: Nutrition education in medical schools -

15:30: Coffee break

16:00: Physical activity in practice -

18:00: Ending of Day 6
19:30: Dinner

DAY 7

Saturday, 15th November 2025

Session XII: Organizing Nutrition Care, Final Test

09:00: Ethics in Clinical Nutrition -
09:30: Home Nutrition Support -
09:30: Nutrition Support Teams -

10:30: Coffee break

11:00: Final Test
12:00: Participants feedback/Quiz: How I implement my knowledge in everyday work? -

12:15: Ending of course -
13:00: Lunch and Farewell



Venue:

BUDAPEST, HUNGARY

Budapest, the capital of Hungary, is a city rich in history, culture, and stunning architecture. Split by the Danube River into two parts - Buda and Pest - it offers a unique blend of old-world charm and modern vibrancy. Buda, with its hilly terrain, is home to the historic Buda Castle and the Fisherman's Bastion, while Pest is known for its grand boulevards, Parliament building, and vibrant nightlife. In 1872, Buda and Pest officially merged to form Budapest, and the city played a pivotal role in Hungary's political and cultural life. Today, it’s celebrated for its thermal baths, stunning bridges, and rich artistic heritage.

MÖVENPICK HOTEL BUDAPEST CENTRE

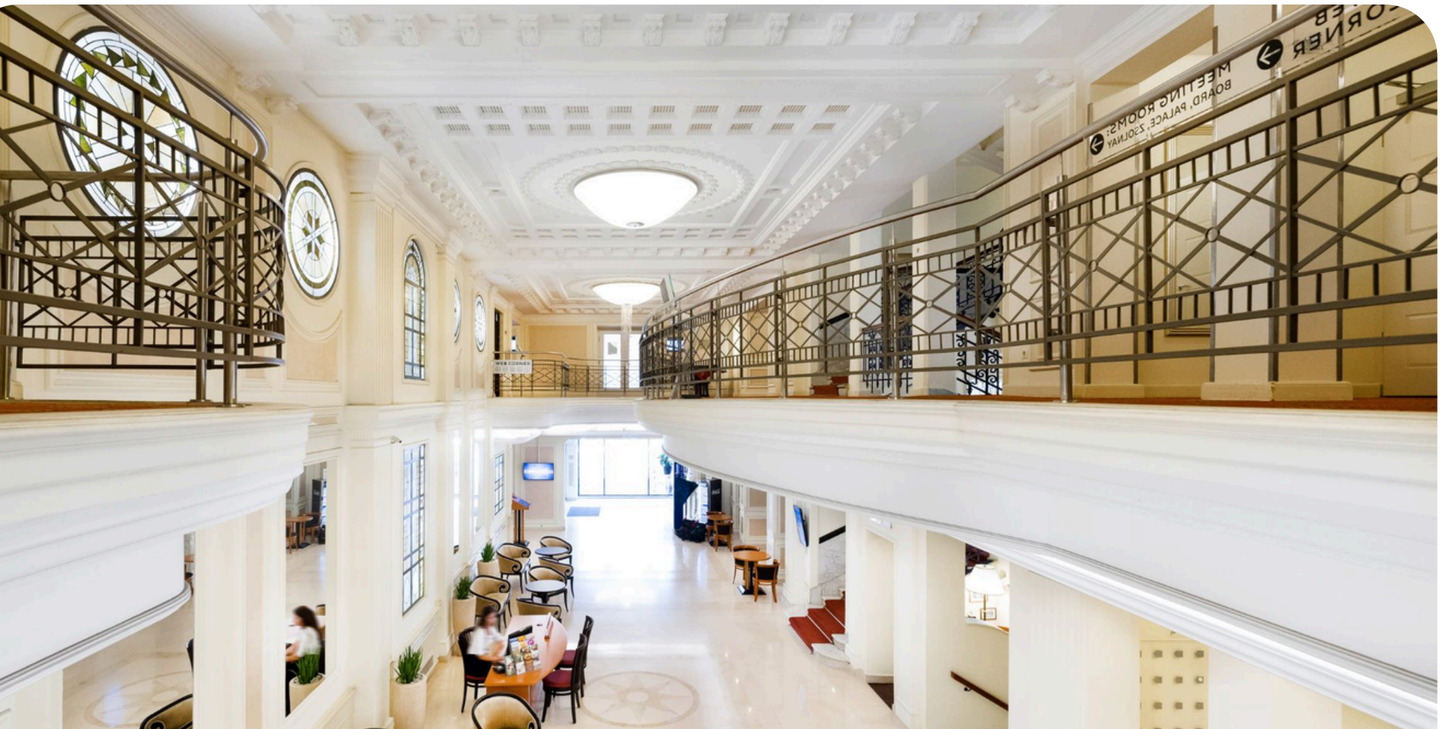
The hotel is in the City Centre near a metro and tram station. A taxi ride from the airport takes approximately 40-60 minutes (20 km), and public transportation options are also available.

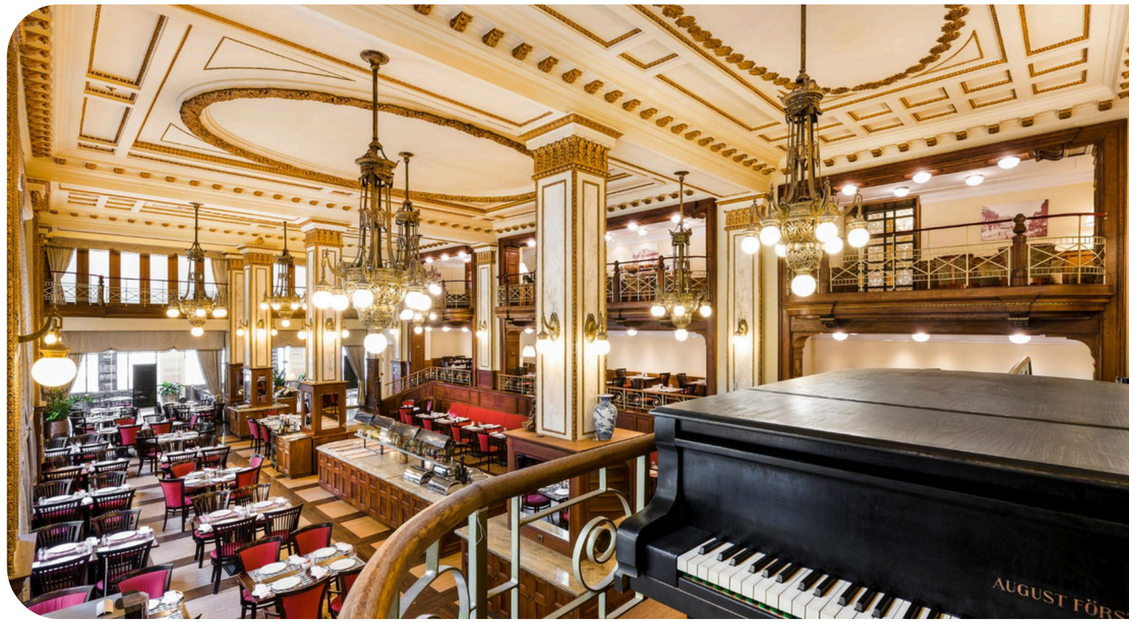


Mövenpick Hotel Budapest Centre
Budapest, Hungary









Supported
by ESPEN and HSCN

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Session XI: Physical Activity, Quality of Life, Education

DAY 7

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Session XII: Organizing Nutrition Care, Final Test

We appreciate your presence!

