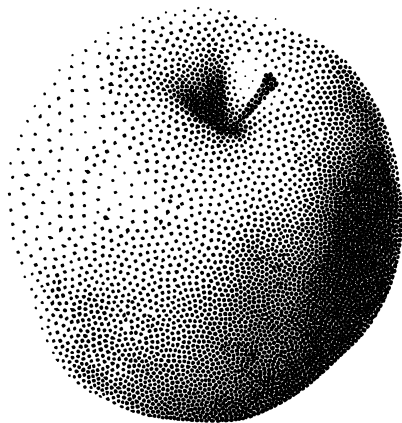


ESPEN Workshop



NUTRITION IN IBD PATIENTS

September 29–30, 2025

University Hospital Centre Zagreb, Croatia





Organizing committee: Ana Kunović, MD, PhD, Prof Darija Vranešić Bender, BSc, PhD, Dina Ljubas Kelečić, M Pharm, PhD, Prof Željko Krznarić, MD, PhD, Irena Karas, M Nutr, Andreja Horvat, head nurse.

FACULTY

- Prof Željko Krznarić, MD, PhD, FEBGH
- Prof Alastair Forbes, MD, PhD, FRCP
- Prof Darija Vranešić Bender, BSc, PhD
- Dina Ljubas Kelečić, MPharm, PhD
- Ana Barišić, MD, PhD
- Irena Karas, M Nutr
- Asst Prof Ana Marija Liberati Pršo, MD, PhD
- Tihomir Kekez, MD, PhD
- Prof Marko Brinar, MD, PhD
- Prof Milena Skočić, MD, PhD
- Andreja Horvat, head nurse

VENUE

University Hospital Centre Zagreb, Department of Internal Medicine, Unit of Clinical Nutrition & Department of Gastroenterology, Kišpatičeva 12, 10 000 Zagreb, Croatia / Educational Center & Clinic

APPLICATION

We can accept (only) 20 applicants for this workshop. Registration will take place on a first come first served basis. Priority will be given to ESPEN members. In your application, please indicate whether you are a member or not. Please also provide a short overview of your background and motivation to follow this workshop.

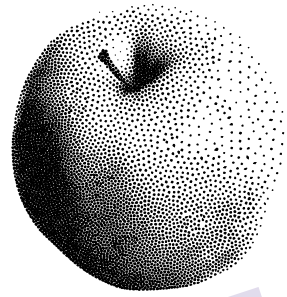
The course will be held in Zagreb, Croatia, at the University Hospital Centre Zagreb. ESPEN will cover most of the costs (meals & education & social program & materials & certificate). The cost of travel and accomodation should be covered by the participant.

Please note that **travel and hotels are not covered by ESPEN**, and are for your own costs. We can provide you with suggestions for reasonably priced hotels after your acceptance. We look forward to receive your application. Registration deadline is: August 1st 2025.

Please use this [FORM](#) to submit your application.

If you need more information, please write to: dvranesi@kbc-zagreb.hr

PROGRAM



Monday, September 29th 2025

- 09:00 – 09:15 Welcome
- 09:15 – 10:00 Speed dating: Getting to know each other
(professional background, personal learning goals)
- 10:00 – 10:15 Introduction & key learning points
- 10:15 – 10:35 Inflammatory bowel diseases: an introduction
- 10:35– 11:10 Inflammatory bowel diseases: therapy – an update
- 11:10 – 11:45 Nutrition in inflammatory bowel diseases

11:45 – 12:00 Short coffee break

Nutritional status in IBD patient: from undernutrition to obesity

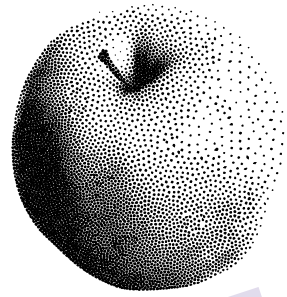
- 12:00 – 13:00 Hands on: how to assess nutritional status part I (biochemical analyses, functional and clinical assessment, body composition, calculation of nutritional requirements)

13:00 – 14:00 Lunch & Coffee Break

- 14:00 – 14:30 IBD as a part of spectrum of metabolic syndrome
- 14:30 – 15:15 Basics of enteral nutrition in IBD: practical demonstration
- 15:15 – 16:00 Basics of parenteral nutrition in IBD: practical demonstration
- 16:00 – 16:30 Q and A & Recap Day 1

19:00 Dinner buffet

PROGRAM



Tuesday, September 30th 2025

- 09:30 – 10:15 Patient case study: Nutrition support in IBD patient (on the ward)
- 10:15 – 11:00 Intestinal Failure Unit – Case study: Parenteral nutrition in IBD / short bowel syndrome as a prototype in IBD
- 11:00 – 11:45 Perioperative nutrition in IBD
- 11:45 – 12:15 Coffee break**
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- 12:15 – 12:45 Diet therapy in active disease and in remission: putting theory into clinical practice
- 12:45 – 13:15 Case based discussion: Micronutrient replacement therapy in IBD (work with lab medical records and product database)
- 13:15 – 14:00 Lunch**
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- 14:00 – 14:45 How to conduct a clinical study on nutrition support in IBD patients?
- 14:45 – 15:30 Emotional and psychological support in IBD and nutrition
- 15:30 – 16:15 Evaluation & Wrap-up
- 17:00 – 20:00 Free time**
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