



ESPEN WORKSHOP

NUTRITIONAL SCREENING & ASSESSMENT

APRIL 25 - 26, 2019
AMSTERDAM UMC, LOCATION AMC
THE NETHERLANDS

ORGANISING COMMITTEE

- Marian de van der Schueren RD PhD (chair)
- Jacqueline Langius RD PhD
- Maarten Soeters MD PhD
- Susanne Leij PhD
- Robert Memelink MSc
- Jeanne in 't Hulst MSc
- Nutritional Assessment Platform - Netherlands

APPLICATION

We can have (only) 20 applicants for this course. 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 Amsterdam, the Netherlands. ESPEN will cover most of the costs; the additional individual course fee is 200 euros. Once you have been accepted for the course we will send you further payment instructions. Please note that travel and hotels are not covered by ESPEN, and are for your own costs. We will provide you with suggestions for reasonably priced hotels after your acceptance.

We look forward to receiving your application.
Please sent it to: marian.devanderschueren@han.nl



THURSDAY, 25 APRIL

TIME	TOPIC
9:00 - 9:15	Welcome Start: introduction and establishing learning goals
9:15 - 10:00	Getting to know each other: (professional) background, personal learning goals
10:00 - 10:15	What is nutritional screening and assessment?
10:15 - 10:45	Overview of screening(tools) and the four domains of nutritional assessment: body composition, biochemical analyses, dietary intake in relation to requirements, and the functional and clinical assessment
10:45 - 11:00	Coffee/ tea break
11:00 - 13:00	Workshop screeningtools and anthropometry (theory and practice): demi span, knee-height, upper-arm (muscle) circumference, skinfold thickness measurements
13:00 - 14:00	Lunch
14:00 - 15:30	Workshop Bioelectrical Impedance Analysis (theory and practice): single and multi-frequency
15:30 - 15:45	Coffee/ tea break
15:45 - 17:45	Putting theory into (clinical) practice Anthropometry measurements of Amsterdam UMC patients
17:45 - 18:00	Recap/ preview day 2
18:00	Diner buffet



FRIDAY, 26 APRIL

TIME	TOPIC
9:00 - 10:30	Workshop functional assessment (theory and practice): hand grip strength, walking test, 1-RM, short physical performance battery
10:30 - 10:45	Coffee/ tea break
10:45 - 12:45	Workshop advanced methods (theory and demonstration): Indirect calorimetry (standard and portable devices) Dual X-ray Absorptiometry Air Displacement Plethysmography (BODPOD) CT scan/ echography Universal eating monitor
12:45 - 13:45	Lunch
13:45 - 16:15	Putting theory into (clinical) practice Functional assessment measurements of Amsterdam UMC patients, and applying the data from advanced methods; present and discuss results
16:15 - 16:30	Evaluation, wrap-up
16:30	End of program



SATURDAY, 27 APRIL - KINGS DAY

EXTEND YOUR STAY AND CELEBRATE THE KING'S BIRTHDAY

Many festivities all over the Netherlands and especially in Amsterdam

