



ESPEN

THE EUROPEAN  
SOCIETY  
FOR CLINICAL  
NUTRITION  
AND  
METABOLISM

ESPEN WORKSHOP

# NUTRITION in IBD patients

**May 24. – 25. 2019**

UNIVERSITY HOSPITAL CENTRE ZAGREB  
CROATIA



Croatian Society  
of Clinical Nutrition





Faculty: Ana Barišić, MD, Prof. Darija Vranešić Bender, BSc, PhD, Dina Ljubas Kelečić, mag.pharm, Prof. Željko Krznarić, MD, PhD, Irena Karas, mag.nutr., Andreja Horvat, nurse.

## ORGANISING COMMITTEE

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- Prof. Željko Krznarić, MD, PhD
- Prof. Darija Vranešić Bender, BSc, PhD
- Dina Ljubas Kelečić, M Pharm
- Ana Barišić, MD
- Irena Karas, mag.nutr.
- Andreja Horvat, nurse

## VENUE

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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

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We can accept (only) 15 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); the additional individual workshop fee is 150 EUR. 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. Our recommendation is Hotel Rebro, next to University Hospital (<http://www.hotelrebro.com/en/>)

We look forward to receive your application. **Registration deadline is: March 1<sup>st</sup> 2019.**

Please send it to: [dvransic@vitamini.hr](mailto:dvransic@vitamini.hr)

## **Friday, May 24<sup>th</sup> 2019**

- 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 – 11:00 Inflammatory bowel diseases: epidemiology, pathophysiology, diagnosis and therapy
- 11:00 – 11:45 Nutrition in IBD

### **11:45 – 12:00 Short coffee break**

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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)

### **13:00 – 14:00 Lunch**

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- 14:00 – 15:00 *Hands on:* how to assess nutritional status part II (body composition, energy requirements, dietary intake in relation to requirements)

### **15:30 – 16:00 Coffee/tea break**

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Enteral nutrition

- 16:00 – 17:30 Mini *hands on* workshop: enteral nutrition in IBD (feeding protocols, tube-feeding, PEG placement, feeding pumps & sets, ONS)
- 17:30 – 18:15 Pharmaconutrients & special formula composition in IBD
- 18:15 – 18:30 Recap / preview day 2

**Diner buffet**

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## PROGRAM

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### Saturday, May 25<sup>th</sup> 2019

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 Comorbidities and extra-intestinal manifestations: the place of nutrition in prevention and therapy

12:45 – 13:15 Is there a place of nutrition in IBD clinical studies on biologics and small molecules (facts & controversies)

#### **13:15 – 14:00 Lunch**

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14:00 – 14:45 Case based discussion: Micronutrient replacement therapy in IBD (work with lab medical records and product database)

14:45 – 15:30 Diet therapy in active disease and in remission: putting theory into clinical practice

15:30 – 16:15 Emotional and psychological support in IBD and nutrition

16:15 – 16:30 Evaluation & wrap-up

#### **17:00 – 20:00 ZAGREB CITY TOUR**

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### Sunday, May 26<sup>th</sup> 2019

#### Departure

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