



ESPEN WORKSHOP

# NUTRITION in IBD patients

May 29. – 30. 2020

UNIVERSITY HOSPITAL CENTRE ZAGREB  
CROATIA



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, Kišpatićeva 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> 2020.**  
Please send it to: [dvrnesic@vitamini.hr](mailto:dvrnesic@vitamini.hr)

**Friday, May 29<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 | Željko Krznarić
- 10:15 – 11:00 Inflammatory bowel diseases: epidemiology, pathophysiology, diagnosis and therapy | Željko Krznarić
- 11:00 – 11:45 Nutrition in IBD | Darija Vranešić Bender

**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) | Darija Vranešić Bender, Irena Karas

**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) | Irena Karas, Darija Vranešić Bender

**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) | Dina Ljubas Kelečić, Andreja Horvat
- 17:30 – 18:15 Pharmaconutrients & special formula composition in IBD | Darija Vranešić Bender
- 18:15 – 18:30 Recap / preview day 2

**Diner buffet**

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## PROGRAM

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### Saturday, May 30<sup>th</sup> 2019

09:30 – 10:15 Patient case study: Nutrition support in IBD patient (on the ward) |  
Željko Krznarić, Marko Brinar, Ana Barišić, Dina Ljubas Kelečić, Andreja Horvat

10:15 – 11:00 Intestinal Failure Unit - Case study: Parenteral nutrition in IBD /  
short bowel syndrome as a prototype in IBD |  
Dina Ljubas Kelečić, Željko Krznarić

11:00 – 11:45 Perioperative nutrition in IBD | Tihomir Kekez

#### 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 | Marko Brinar

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

#### 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) |  
Dina Ljubas Kelečić, Irena Karas

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

15:30 – 16:15 Emotional and psychological support in IBD and nutrition |  
Milena Skočić Hanžek

16:15 – 16:30 Evaluation & wrap-up

#### 17:00 – 20:00 Free time

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### Sunday, May 31<sup>st</sup> 2019

Departure

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