



**ESPEN**

The European Society for Clinical Nutrition and Metabolism

ESPEN Education and Clinical Practice Committee

**11<sup>th</sup> ESPEN Course  
in  
Clinical Nutrition and Metabolic Care**



**October 15 – 20, 2004  
Warsaw, Poland**

**Warszawianka Congres Center  
Jachranka, Poland**

# Sponsors

## ESPEN

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## **Welcome address**

Dear Colleagues,

The idea for the ESPEN Basic Educational Course in Clinical Nutrition was born in Budapest at ESPEN '93. It was decided at that time to form a circulating educational course which would alternate its location between Hungary, Czech Republic and Poland. The aim at that time was to provide Eastern European colleagues with the means to acquire the state of the art. knowledge in clinical nutrition at the location near to the participants and lectures alike.

Time has passed, the world has been changed. However, malnutrition is still a common problem in hospitals in whole Europe and also in the community. The progress of knowledge and growing interest of attending young physicians became more obvious and the level of the Course became more and more advanced. The gap in the nutritional knowledge between East and West has decreased, however the practice is still far from optimal. Therefore the aim of the course is to provide a more practically oriented basic knowledge in the field of clinical nutrition. We are sure that is an important responsibility for ESPEN and also for industry to help with education in clinical nutrition.

The Polish Society of Parenteral and Enteral Nutrition is proud to host the 11<sup>th</sup> ESPEN Basic Educational Course in Clinical Nutrition. We hope that the programme and the ESPEN book will provide you enough of information to start or improve enteral and parenteral nutrition in your country.

The enclosed programme shows that the morning lectures are more theoretically while the afternoon sessions concentrate on practical questions. We urge you to be interactive and pose your questions to the lecturers during their presentations. Do not hesitate to interrupt them if necessary.

During the course the representatives of pharmaceutical companies will be available to give you the necessary information about their companies, their products and philosophy, enabling you to form a continuous and lasting contact for the future. Please take advantage of this opportunity. These representatives came for you and for the links that you have the chance to form.

We hope the Course will be fruitful, but at the same time we hope you find it enjoyable. We know that you have a very busy programme but we believe all our efforts will be well also helpful for your patients in nearest future.

We wish you an fruitful and unforgettable stay in Poland.

On behalf of Polish Society of Parenteral and Enteral Nutrition

Marek Pertkiewicz  
PolsPEN Chairman  
Course Coordinator

## General Information

**Aims:** To provide clinically relevant information about Clinical Nutrition; to enable participants to start a Clinical Nutrition programme back in their workplace.

**Learning objectives:** Main areas to be covered are: nutritional assessment, prevention and treatment of malnutrition, techniques, control and complications of nutritional support, nutrition in different pathologies: critically ill, sepsis, single and multiple organ failure, gastrointestinal disorders, cardiac, lung and kidney failure and many other clinical practice topics.

The course will be held as morning plenary lectures and afternoon group-working practical demonstrations and case-based problem-solving discussions; each clinical case will be plenary debated during the next morning by the students together with the tutors.

**Accommodation:** all rooms are equipped with bathroom and TV. We ask that you return the key to the reception when you are not in. All extra charges will be credited to your personal account. ESPEN is bearing the cost of your stay for 5 nights, starting from Friday, 15<sup>th</sup> of October.

**Meals:** Breakfast buffet will be served in the restaurant for all participants every morning from 7:00 to 8:00 a.m.

Lunch will be served in the same restaurant everyday per programme.

Dinner will be served in different places everyday per programme, from Friday 15<sup>th</sup> to Wednesday, 20<sup>nd</sup>.

**Badges:** All participants are asked to wear their name badges throughout the conference, including all events.

### **Badge colours:**

White – Faculty

Blue, Green, Yellow – Participants per working groups

### **Demonstrations and Case Reports**

Participants will be divided into three groups. These groups will work together during demonstrations and later during case reports presented by one of the lecturers. We ask that you be prepared for an interactive participation. After the presentation each group has 45 minutes to prepare the case report which they should present and discuss next morning.

### **Test and Evaluation sheet**

Enclosed you will find an evaluation sheet about the lectures, demonstrations, case report presentations, industrial presentations. Please fill it and hand to Course Secretariat on the last day.

**Social programme:** there will be a welcome party during dinner on Saturday, 16<sup>th</sup> for all participants.

On Monday afternoon there will be a sightseeing guided tour through Warsaw, followed by free time for walking or shopping. Departure from the hotel at 16:00 by bus; return at 20:00, also by bus.

## **Faculty**

- Maria Ermelinda Camilo – Portugal
- Yvon Carpentier – Belgium
- Wilfried Druml – Austria
- Irina Grecu - Romania
- Laszlo Harsanyi – Hungary
- Gintautas Kekstas, Lithuania
- Jens Kondrup – Denmark
- Teresa Korta – Poland
- Zeljko Krznaric - Croatia
- Herbert Lochs – Germany
- Małgorzata Łyszkowska - Poland
- Remy Meier - Switzerland
- Stefan Mühlebach - Switzerland
- Marek Pertkiewicz – Poland
- Erich Roth – Austria
- Matthias Plauth - Germany
- Lubos Sobotka - Czech Republic
- Peter Soeters - The Netherlands
- Zdenek Zadak – Czech Republic

## **Local Organizing Committee**

- Marek Pertkiewicz
- Teresa Korta
- Małgorzata Łyszkowska
- Krystyna Majewska

## Friday, October 15<sup>th</sup>

19:00 – 20:00 Student's arrival  
Dinner  
Nutritional Knowledge Evaluation on Admission

## Saturday, October 16<sup>th</sup>

**8:00 – 8:10** Welcome address  
**8:10 – 8:55** Erich Roth  
**Amino acid and protein metabolism.**  
**8:55 – 9:40** Yvon Carpentier  
**Energy, carbohydrates, fat metabolism.**  
**9:40- 10:25** Lubos Sobotka  
**Water and electrolytes**  
10:25-10:45 *Coffee break*  
**10:45- 11:30** Herbert Lochs  
**Basics of Parenteral and Enteral Nutrition**  
**11:30 – 12:15** Maria Ermelinda Camilo  
**Prevention and Treatment of Malnutrition.**  
12:15- 12:30 *Break*  
**12:30 –13:15** Marek Pertkiewicz  
**Planning Nutritional Support.**  
**13:15 – 13:45** Industry presentation  
Lilian Bjelton – **Fresenius-Kabi**  
**13:45 – 14:45** *Lunch*  
**14:45 – 16:15** **Demonstrations**  
*Blue Group* Nutritional Assessment - L.Sobotka  
*Green Group* Practice of parenteral nutrition – M.Pertkiewicz  
*Yellow Group* Practice of enteral nutrition – T.Korta  
**16:15 – 16:45** *Coffee break*  
**16:45 – 17:30** **Case Report Discussion:**  
Malnutrition - planning of parenteral and enteral nutrition  
Presented by Maria E.Camilo, Herbert Lochs and R.Meier  
**17:30 –18:30** **Case Report Preparation by Students**  
**19:00 – 22:00** **Welcome party**

## Sunday, October 17<sup>th</sup>

- 8:00 – 9:20**      **Report of Working Groups.**  
Chaired by Maria E. Camilo, Herbert Lochs and Remy Meier
- 9:30 – 10:15**      Peter Soeters  
**Nutrition in Critical Illness and Sepsis**
- 10:15- 10:45**      Remy Meier  
**Ethics of Clinical Nutrition**
- 10:45- 11:00**      *Coffee break*
- 11:00- 11:45**      Remy Meier  
**Nutrition and the Gut**
- 11:45- 12:30**      Stefan Mühlebach  
**Pharmaceutical Aspects of Clinical Nutrition**
- 12:30- 12:40**      **Break**
- 12:40- 13:25**      Mathias Plauth  
**Nutrition in Liver Disease**
- 13:25- 13:55**      **Industry Presentation**  
**Ewa Latko – Nutricia**
- 13:55- 14:55**      *Lunch*
- 14:55- 16:25**      **Demonstrations**
- Blue Group*      Nutritional Assessment – L.Sobotka
- Green Group*      Practice of parenteral nutrition - T.Korta
- Yellow Group*      Practice of enteral nutrition – G.Kekstas
- 16:25 – 16:40**      *Coffee break*
- 16:40 – 17:40**      **Case Report Discussion:** Enteral and parenteral nutrition in surgical catastrophe – Peter.B.Soeters, L.Harsanyi, M.Pertkiewicz.
- 17:40 – 18:40**      **Case Report Preparation by Students**
- 19:00 – 20:00**      *Dinner*

## **Monday, October 18<sup>th</sup>**

- 8:00 – 9:30**      **Report of Working Groups**  
Chaired by Peter Soeters, L.Harsanyi and Marek Pertkiewicz
- 9:30- 10:15**      Peter Soeters  
**Nutrition in Cancer**
- 10:15- 10:35**      *Coffee break*
- 10:35- 11:20**      Gintautas Kekstas  
**Nutrition in ICU. Diabetes.**
- 11:20- 12:05**      Laszlo Harsanyi  
**Nutrition in Pancreatic Disease**
- 12:05- 12:15**      Break
- 12:15- 13:00**      Zeljko Krznaric  
**Nutrition in Lung and Cardiac Disease**
- 13:00 – 13:30**      **Industry presentation**  
**Eric van der Loo – Nestlé**
- 13:30 – 14:30**      *Lunch*
- 14:30 – 15:30**      **Case Report Discussion** (Nutrition in Trauma and Organ Failure)  
Presented by Irina Grecu ,Teresa Korta and Matthias Plauth
- 15:30 – 16:00**      **Case Report Preparation by Students**
- 16:00 – 20:00**      *Sightseeing programme*
- 20:00 – 21:00**      *Dinner*



## Tuesday , October 19<sup>th</sup>

- 8:00 – 9:30**      **Report of Working Groups**  
Chaired by Irina Grecu, Teresa Korta and Matthias Plauth
- 9:30 – 10:15**      Irina Grecu  
**Perioperative Nutrition**
- 10:15 – 10:35**      *Coffee break*
- 10:35 – 11:20**      Zdenek Zadak  
**Micronutrients**
- 11:20 - 12:05**      Wilfried Druml  
**Nutrition in Renal Disease**
- 12:05 - 12:55**      Małgorzata Łyszkowska  
**Nutrition in Pediatrics**
- 12:55 – 13:15**      Marek Pertkiewicz  
**Nutritional Support Team**
- 13:15 – 13.45**      Industry Presentation  
**Piotr Borowski – Baxter**  
**Mark - Novartis**
- 13:45 – 14:45**      *Lunch*
- 14:45 – 16:15**      **Demonstrations**  
*Blue Group*              Nutritional Assessment – Z.Krznaric  
*Green Group*             Practice of parenteral nutrition – I.Grecu  
*Yellow Group*            Practice of enteral nutrition – G.Kesktas
- 16:15 – 16:30**      *Coffee Break*
- 16:30 – 17:30**      **Case Report Discussion** ( Nutrition in severe acute pancreatitis)  
Presented by: W.Druml , T.Korta, M.Pertkiewicz
- 17:30 – 18:30**      **Case Report Preparation**
- 18:30 - 19:00**      **Special Presentation – Novartis**
- 19:30 – 21:30**      *Dinner*

## Wednesday , October 20<sup>th</sup>

8:00 – 9:20

### Report of Working Groups

Chaired by W.Druml , T.Korta, M.Pertkiewicz

9:30 - 10:15

Jens Kondrup

### Food and nutritional care in hospitals

10:15 - 10:35

*Coffee break*

10:35 – 11:20

Teresa Korta

### Complications and Control of Nutritional Support. Refeeding Syndrome

11:20 – 12:05

Marek Pertkiewicz

### Intestinal Failure. Home Nutrition

12:05 – 12:45

Multiple Choice Examination

12:45 – 13:00

### Summary and Conclusions

13:00 - 14:00

*Lunch*

14:00

### Departure



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