



ESPEN

The European Society for Clinical Nutrition and Metabolism

ESPEN Education and Clinical Practice Committee

19th ESPEN Course of Clinical Nutrition and Metabolic Care



October 28th - November 3rd 2012
Dubrovnik, Croatia

*Croatian Society of Clinical Nutrition
&
ACCN - Adriatic Club of Clinical Nutrition*

Welcome address

Dear colleagues,

The idea for ESPEN Basic Educational Course in Clinical Nutrition was born at ESPEN's Congress in 1993. The aim was to provide the knowledge in clinical nutrition at the location near to the participants and the biggest attention was paid to Eastern European colleagues. The course has been called "basic course" of clinical nutrition at this time.

Every year the level of courses became more and more advanced. It is really difficult to use the word "basic" for this course.

The main aim of this course is to provide a more practically oriented basic knowledge in the field of nutrition.

The big advantage is the Blue ESPEN book - an official ESPEN book and we are proud to present the 4th edition of this book in this year.

This course is supported by ESPEN and local industry companies.

The Croatian Society of Clinical Nutrition is proud to host the 19th ESPEN Course in clinical nutrition and metabolic care. We hope the Course will be enjoyable and would provide you enough information about clinical nutrition. We hope that all our efforts would be helpful for our patients in future.

We wish you a fruitful and pleasant stay in Dubrovnik, Croatia.

Organization Team

Faculty:

Local Organising Committee:

<p>Prof. Željko Krznarić, MD, PhD CSPEN President Univ. Hospital Center Zagreb Dept. of Internal Medicine-Rebro Center of Clinical Nutrition, Kispaticeva 12, 10 000 Zagreb, Croatia Tel:+385 12367730</p> <p>E-mail: zeljko.krznaric1@zg.t-com.hr</p>	<p>Asst. Prof. Darija Vranešić Bender, BSc, PhD CSPEN Secretary Univ. Hospital Center Zagreb Dept. of Internal Medicine-Rebro Center of Clinical Nutrition, Kispaticeva 12 10 000 Zagreb - Croatia Tel.:+385 12367730</p> <p>E-mail: dvranesic@vitamini.hr</p>
<p>Dina Ljubas Kelečić, mag.pharm Univ. Hospital Center Zagreb Dept. of Internal Medicine-Rebro Center of Clinical Nutrition, Kispaticeva 12 10 000 Zagreb - Croatia Tel.:+385 12367730</p> <p>E-mail: dina.ljubas@gmail.com</p>	<p>Tatjana Jurčić BTI Croatia / O-Tours Gajeva 6 / 1st floor 10 000 Zagreb - Croatia Tel: +385 1 4831 007 Fax: +385 1 4813 010</p> <p>E-mail: tatjana.jurcic@otours.hr</p>

PRELIMINARY PROGRAM

Sunday, October 28th

- 16:00	Arrival and accommodation	
16:00 – 16: 15	Welcome message	Ž. Krznarić
16:15– 16: 45	Mediterranean diet and healthy aging	D. Vranešić
16.45- 17.15	Role of nutrition in human development: latest developments & old problems!	S. Kolaček
17.15- 17.45	Malnutrition - definition, etiology, consequences	Ž. Krznarić
17.45- 18.15	Nutritional screening and implications	R. Meier
19:00	Dinner	

Monday, October 29th

08:30 – 09:00	Introduction to LLL	R. Meier
09:00 – 11:00	LLL: Approach to Oral and Enteral Nutrition in Adults <ol style="list-style-type: none"> 1. Indications, Contraindications, Complications and Monitoring of EN 2. Oral and Sip Feeding 3. Techniques of Enteral Nutrition 4. Formulae for Enteral Nutrition 	R. Meier M. Pirlich Ž. Krznarić D. Vranešić
11:00 – 11:30	Coffee break	
11:30 – 12:30	LLL: Case reports	R. Meier, Ž. Krznarić
12:30 – 13:00	LLL exam	R. Meier, Ž. Krznarić
13:00 – 14:30	Lunch	
14:30 – 15:00	Amino acids and protein metabolism	P. Soeters
15:00 – 15:30	Water and electrolytes in health and disease	L. Sobotka
15:30 – 16:00	Carbohydrates and lipids metabolism	P. Soeters
16:00 – 16:15	Q&A	
16:15 – 16:45	Coffe break	
16.45- 17.15	Energy and protein balance	L. Sobotka
17.15- 17.45	Nutrition in childhood and prevention of diseases in adulthood	S. Kolaček
17.45- 18.15	Nutrition in liver disease	M. Pirlich
19:30	Dinner	

Tuesday 30th October

08:30 – 10:30	LLL: Approach to Parenteral Nutrition <ol style="list-style-type: none"> 1. Indications and Contraindications for Parenteral Nutrition 2. Techniques of Parenteral Nutrition 3. Compounding, Drugs and Nutritional Admixtures in PN 4. Monitoring and Complications of Parenteral Nutrition 	Ž.Krznarić A.Van Gossum D.Ljubas Kelečić A.Laviano
10:30 – 11:00	Coffee break	
11:00 – 12:00	LLL: Case reports	A.Van Gossum A.Laviano
12:30 – 13:00	LLL exam	A.Van Gossum A.Laviano
13:00 – 14:30	Lunch	
14.30- 15.00	Clinical and biological impact of vitamins and trace elements	D.Vranešić
15.00- 15.30	Home parenteral nutrition	A.Van Gossum
15.30- 16.00	Refeeding syndrome	D.Ljubas Kelečić
16:00 – 16:30	Q+A	
16:30 – 17:00	Coffee break	
17:00 – 17:45	Workshop	
	1 st group: enteral nutrition	I.Grecu
	2 nd group: parenteral nutrition	D.Ljubas Kelečić
	3 rd group: nutritional assessment	D.Vranešić
17:45 – 18:30	Case presentation & discussion	
	1 st group:	A.Van Gossum
	2 nd group:	A.Laviano
	3 rd group:	R. Meier
18:30 – 19:30	Case preparation in the group	
20:00	Dinner	

Wednesday 31st October

08:30 – 09:15	Case report from working groups	
09:15 – 09:45	Nutrition in critical illness and sepsis	P.Singer
09:45 – 10:15	Nutrition in IBD	Ž.Krznarić
10:15 – 10:30	Q+A	
10:30 – 11:00	Coffee break	
11:00 – 11:30	Special substrates in nutrition: GLN, ARG, n-3	P.Singer
11:30 – 12:00	Intestinal failure	A.Forbes
12:00 – 12:30	Immunonutrition	S.Klek
12:30 – 13:00	Ethical aspects of nutritional support	R.Meier
13:00 – 13:30	Q+A	
13:30 – 14:30	Lunch	
14:30 – 15:30	Case presentation and discussion	
	I group:	R.Meier
	II group:	S.Klek
	III group:	A.Forbes
15.30- 16.00	Case preparation	
16.00-	DUBROVNIK CITY TOUR & HALLOWEEN PARTY	

Thursday 1st November

8.30 – 9.15	Case report from working groups	
9.15 – 9.45	Microbiota	R.Meier
9.45- 10.15	Perioperative nutrition	G.Kekstas
10.15 – 10.30	Q&A	
10.30 – 11.00	Coffee break	
11.00 – 11.30	Cancer and cancer cachexia	A.Laviano
11.30 – 12.00	Metabolic syndrome	M.Chourdakis
12.00 – 12.30	Nutrition in GI fistulas	M.Panišić
12.30 – 13.00	Nutrition in acute and chronic pancreatitis	R.Meier
13.00 – 13.30	Q&A	
13.30 – 15.00	Lunch	
15.00- 15.30	Nutrition in elderly	S.Schneider
15.30- 16.00	Metabolic goals in ICU	P.Singer
16.00 – 16.30	Coffee break	
16.30 – 17.30	Workshop	
	1 st group: parenteral nutrition	D.Ljubas Kelečić
	2 nd group: nutritional assessment	D.Vranešić
	3 rd group: enteral nutrition	I.Grecu
17.30 – 18.30	Case presentation & discussion	
	1 st group:	G.Kekstas
	2 nd group:	S.Schneider
	3 rd group:	M.Chourdakis
18:30 – 19:30	Case preparation in the group	
20:00	Dinner	

Friday 2nd November

8.30 – 9.30	Case report from working groups	
9.30- 10.00	Obesity: consequences and treatment	R.Barazzoni
10.00 – 10.30	Nutrition in trauma and burns	M.Panišić
10.30 – 11:00	Nutrition in renal diseases and renal replacement therapy	R.Barazzoni
11:00 – 11.15	Q&A	
11.15- 11.45	Coffee break	
11.45- 12. 45	Workshop	
	1 st group: parenteral nutrition	D.Ljubas Kelečić
	2 nd group: nutritional assessment	D.Vranešić
	3 rd group: enteral nutrition	I.Grecu
13.00 – 14.30	Lunch	
14.30 – 15:00	Nutrition support team	A.Forbes
15.00 – 15.30	Monitoring of nutritional support	I.Grecu
15.30 – 16.00	Final Exam	
16.00 – 16.30	Closing ceremony, diploma	
20.00	Dinner	

General Information

AIMS:

- To provide clinically relevant information about clinical nutrition and metabolism;
- To enable participants to introduce knowledge in everyday practice
- To introduce the LLL program

LEARNING OBJECTIVES:

- Nutritional assessment; prevention and treatment of malnutrition; malnutrition epidemiology and consequences;
- Techniques, indication and contraindications of nutritional support, monitoring and complications of different techniques of clinical nutrition;
- Nutrition in different diseases: critical illness, sepsis, multiple organ failure, oncology, liver, pancreatic disease and others.

APPLICATIONS and PARTICIPANTS

It will be accepted 60 participants (4 from every country). Physicians from different specialties can apply to participate in the course as well as other professionals working in the field of clinical nutrition.

Deadline for the application is September 17th 2012.

Documents necessary for the registration:

1. Registration form
2. CV
3. Recommendation letter from national society or from Head of participant's department.

Documents should be sent to the following e-mails:
zeliko.krznaric1@zg.t-com.hr and dvrnesic@vitamini.hr

REGISTRATION FEE

ESPEN or national societies recommended person	100 EUR	Accommodation for 6 nights, meals, ESPEN "Blue book", two (2) LLL courses and exams - free of any additional charge
Other participants	500 Euro	Accommodation for 6 nights, meals, ESPEN "Blue book", two (2) LLL courses and exams - free of any additional charge

After application the confirmation letter will be sent

Mrs. **Tatjana Jurčić**, BTI Croatia / O-Tours will contact any participant regarding Course fee and all other matters

General Information

Accommodation: Inter-University Center Dubrovnik (IUC), Don Frana Bulića 4, HR-20000 Dubrovnik, Croatia. For more information visit: <http://www.iuc.hr/facilities.php> and <http://www.tzdubrovnik.hr/enq/index.php> .



ESPEN is bearing the cost of your stay for 6 nights, starting from Sunday, 28th of October.

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

Lunch will be served in the restaurant „Mimoza“, next to Inter University Centre Dubrovnik: everyday according to program.

Dinner will be served in the restaurant „Mimoza“, next to Inter University Centre Dubrovnik: everyday according to program, from Sunday 28th of October to Friday, 2nd of November.

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

Badge colours:

White – Faculty

Blue, Green, Red – Participants per working groups

Social program: there will be a Halloween party and Dubrovnik sightseeing on Wednesday 31st of October.

Education Information

Program schedule: the lectures are 30 minutes in length, focusing on theoretical issues with clinical relevance; we strongly encourage participants to engage in interactive discussions throughout the whole presentations time in order to raise their educational level. In the afternoon, demonstrations and illustrative clinical cases will be presented/ discussed in small groups of students.

Literature: thanks to ESPEN and Galen (Prague) you will receive the ESPEN book *Basics in Clinical Nutrition*, which is the book of reference to the Course, which should be used for the clinical case report preparation

Demonstrations: the participants are divided into three groups; each group will receive badges with the colour of the respective group; these groups will rotate for the three different demonstrations:

- Nutritional assessment
- Practice of enteral nutrition
- Practice of parenteral nutrition

Clinical Case Reports: the same groups will work together during the clinical case report presentation and preparation. Each case report will be presented by one of the tutors and discussed with all the students during 60 minutes of time; afterwards, each group will have time to prepare the case report, which will be then presented on the following morning by the one elected as representing each group, during the plenary discussions. The time allocated for morning plenary discussions is 45- 60 minutes. Please note this should be the most interactive part of the Course and feel free to express your

opinion and questions.

Test: on Friday, after the last lecture, you will receive a test, which will contain questions about previous lectures, demonstrations and discussions

Diploma will be given only to those delegates who have successfully completed their multiple-choice test.

Language: the official Course language is English. No simultaneous translation will be provided.

Evaluation Sheet: enclosed you'll find an evaluation sheet about the lectures, LLL, demonstrations, case report presentations, industrial presentations and about the Course in general. Please fill in honestly and hand it to the Course Secretariat on the last day.

ABOUT DUBROVNIK

The city of Dubrovnik is a living monument, a string of pearls including both material and nonmaterial heritage.

The value of Dubrovnik was recognised by UNESCO, while the Festival of St Blaise joined the List of the Intangible Cultural Heritage of Humanity in 2009. The Dubrovnik Republic, which presents the golden period of the Dubrovnik history, perfectly regulated the City and its life through its statute and other historic documents.

A feature of Dubrovnik is its walls that run almost 2 km around the city. The walls run from four to six meters thick on the landward side but are much thinner on the seaward side. The system of turrets and towers were intended to protect the vulnerable city.



It is still possible to experience the Mediterranean as it once used to be, we hope to see you in Croatia!

The registration fee: EUR 100, 00

The accommodation fee: EUR 0, 00

The fees include registration, the course, accommodation in single and double rooms / sharing, meals and social programme. The venue: **Inter-University Center Dubrovnik (IUC)**, <http://www.iuc.hr/facilities.php>.

Arrival on 28th of October 2012.

Departure 03th of November 2012.

The travel costs are not covered by ESPEN or local organizer.

- Payment:**
- Bank transfer** – please contact "O-Tours" for pro-forma invoice
(The bank details for transfer will be on Invoice)
 - Credit card** *Credit cards will be charged in local currency – according the actual exchange rate

- American Exp
- Eurocard / Mastercard
- Visa
- Diners Club
-

Credit card No.: _____

Valid: _____

Signature: _____