

SAVE THE  
**DATE!**

**26<sup>TH</sup>**

# **ESPEN COURSE**

**OF CLINICAL NUTRITION AND METABOLIC CARE**

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**November 4<sup>th</sup> – 9<sup>th</sup>**

Kranjska Gora • Slovenia



**ESPEN**

European Society for Clinical Nutrition and Metabolism



SZKP

**KRANJSKA GORA**



# Local Organising Committee

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Mrs. **Ena Girandon**

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# General Informations

## AIMS

- To provide clinically relevant information about clinical nutrition and metabolism
- To improve knowledge about classification of clinical nutrition concepts and how to introduce the process of nutritional care in clinical work
- To introduce the LLL programme

## LEARNING OBJECTIVES

- Malnutrition epidemiology, prevention and treatment of malnutrition, nutritional assessment, consequences of malnutrition
- Techniques, indications and contraindications of nutritional support, monitoring and complications of different techniques of clinical nutrition
- Nutrition in different diseases: critical care, gastroenterology, surgery, oncology, liver diseases, sports and others

## APPLICATIONS AND PARTICIPANTS

- Physicians from various specialties can apply to participate in the course as well as other professionals working in the field of clinical nutrition (dietitians, nutritionists, pharmacists, nurses).
- Deadline for application is **20th september 2019**

## DOCUMENTS NECESSARY FOR THE REGISTRATION

1. Registration form (<https://forms.gle/itPpsGoUc8KFDH9MA>)
2. CV
3. Recommendation letter from national society or Head of participant's department.

**DOCUMENTS SHOULD BE SENT TO FOLLOWING EMAIL**  
**[evapeklaj@gmail.com](mailto:evapeklaj@gmail.com)**

## REGISTRATION FEE

ESPEN or national societies recommended person	150€	Accommodation for 5 nights, meals, 2 LLL courses and exam – free of any additional charge
Other participants	600€	Accommodation for 5 nights, meals, 2 LLL courses and exam – free of any additional charge

After application the confirmation letter will be sent.

Mrs. Ena Girandon will contact participants regarding Course fee and other matters.

**E:** [ena@forward.si](mailto:ena@forward.si)

**T:** +386 40 308 763

The fees include registration, the course, accommodation in single or double room/sharing, meals and social programme.

Arrival on 4<sup>th</sup> November 2019

Departure on 9<sup>th</sup> November 2019

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

Accommodation: Ramada Resort Kranjska Gora





# Accommodation

**Ramada Resort Kranjska Gora**, Borovška Cesta 99, 4280 Kranjska Gora, Slovenia

<https://www.hit-alpine.si/en/ramada-resort-kranjska-gora>

Ramada Resort Kranjska Gora is located right next to the ski slope, at the foot of the ski paradise. Its nicely furnished rooms with a view over the beautiful alpine world will make your stay comfortable and picturesque. The hotel is only a hundred meters away from the centre of Kranjska Gora.

## About Kranjska Gora

Kranjska Gora is an attractive mountain and tourist sports centre throughout the year. In the winter it sees Alpine skiers compete and top ski jumpers break new records at the near-by Planica. Cyclists endeavour to conquer the highest Slovenian mountain pass, and hikers can stop by many points of interest.

## How to reach Ramada Resort

- From Ljubljana Airport
- From Klagenfurt Airport
- From Ljubljana Train/Bus Station
- From Jesenice train station

## Estimated transfer prices

- Taxi: Ljubljana Airport – Kranjska Gora  
**110€**
- Bus: Ljubljana Airport – Kranjska Gora  
**8,50€**

# Preliminary program

## Monday, November 4th

14:30 – 15:30	Arrival, registration and accommodation
15:30 – 15:45	Welcome message
15:45 – 16:15	Nutrition in Medicine and Medical Schools
16:15 – 16:45	Translation of knowledge of metabolism to Basics of Clinical Nutrition
16:45 – 17:30	From Basics of Clinical Nutrition to individual nutritional needs
17:30 – 17:45	Coffee Break
17:45 – 18:15	Malnutrition – definition, etiology, consequences
18:15 – 18:45	Refeeding syndrome
18:45 – 19:15	Body composition assessment
19:15 – 19:30	Q&A
20:00	Dinner

## Tuesday, November 5th

09:00 – 09:30	State of the art lecture: Nutrition to all levels of the Health System, Optimal Nutritional Care for All
09:30 – 11:30	LLL: Approach to Oral and Enteral Nutrition in Adults <ol style="list-style-type: none"><li>1. Indications, Contraindications, Complications and Monitoring of EN</li><li>2. Oral and Sip Feeding</li><li>3. Techniques of Enteral Nutrition</li><li>4. Formulae for Enteral Nutrition</li></ol>
11:30 – 12:00	Coffee break
12:00 – 13:30	LLL: Case reports
13:30 – 14:00	LLL exam
14:00 – 15:00	Lunch
15:00 – 15:30	Protein – the critical macronutrient
15:30 – 16:00	Lipids – the new pharmaconutrients
16:00 – 16:30	Nutritional therapy on the ward and in ICU

17:00 – 17:20	Coffee break
17.20 – 19: 00	Nutrition in ICU – Test for nutritional homeostasis (4 x 20 min, interactive with Q in plenary discussion) Metabolic issues Fluids and Electrolyte balance Data Collection in ICU Everyday clinical (ethical) dilemmas in ICU
19:30	Dinner

## Wednesday, November 6th

09:00 – 11:00	LLL: Approach to Parenteral Nutrition Indications and Contraindications for Parenteral Nutrition Techniques of Parenteral Nutrition Compounding, Drugs and Nutritional Admixtures in PN Monitoring and Complications of Parenteral Nutrition
11:00 – 11:30	Coffee break
11:30 – 12:30	LLL: Case reports
12:30 – 13:30	LLL exam
13:30 – 14:30	Lunch
14.30 – 15.00	Malnutrition in the older adult
15.00 – 15.30	Nutrition in acute pancreatitis
16:00 – 16:30	Q&A
16:30 – 17:00	Coffee break
17:00 – 17:45	Workshops 1st group: Enteral nutrition 2nd group: Parenteral nutrition 3rd group: nutritional assessment
17:45 – 18:30	Case presentation & discussion 1st group: Nutrition during chemotherapy for cancer 2nd group: Home parenteral nutrition 3rd group: Fistula in Chron disease
18:30 – 19:15	Case preparation in the group
20:00	Dinner

## Thursday, November 7th

08:30 – 09:00	Case report from working groups
09:30 – 10:00	Start of metabolic problems in life – pediatric nutrition and obesity
10:00 – 10:30	How to approach obesity in children and adults – nutrition&integrated view
10:30 – 10:35	Q&A
10:35 – 10:50	Coffee break
10:50 – 11:20	Nutritional approach in cachexia
11:20 – 11:50	Perioperative nutrition
11:50 – 12:20	Nutrition and bariatric surgery
12:20 – 12:30	Q&A
12.45 – 16.00	Organized local sightseeing and Lunch
16:15 – 17:00	Case presentation and discussion  1st group: Home parenteral nutrition 2nd group: Nutrition during chemotherapy for cancer 3rd group: Fistula in Crohn's disease
17:00 – 17:45	Workshop  1st group: Parenteral nutrition 2nd group: Nutritional assessment 3rd group: Enteral nutrition
17.45 – 18:30	Case preparation in the group
20:00	Dinner

## Friday, November 8th

08:30 – 09:15	Case report from working groups
09:15 – 09:45	Intestinal failure – surgeon approach
09:45 – 10:15	Intestinal failure – how to optimize nutritional care
10:15 – 10:30	Q&A
10:30 – 11:00	Coffee break
11:00 – 11:30	How to fight against malnutrition and sarcopenia in elderly
11:30 – 12:00	Nutrition in IBD
12:00 – 12:30	Nutritional in intestinal fistulah
13:00 – 13:30	Q&A
13:30 – 15:00	Lunch
15:00 – 15:30	Ethics in Clinical Nutrition
15:30 – 16:00	Clinical nutrition in Sports
16:00 – 16:30	Coffee break

16:30 – 17:15	Workshop
	1st group: Parenteral nutrition
	2nd group: Nutritional assessment
	3rd group: Enteral nutrition
17:15 – 18:00	Case presentation & discussion
	1st group: Fistula in Crohn's disease
	2nd group: Home parenteral nutrition
	3rd group: Nutrition during chemotherapy for cancer
18:00 – 18:45	Case preparation in the group
20:00	Dinner

### **Saturday, November 9th**

08:30 – 09:30	Case report from working groups
9:30 – 10:00	The miracle of vitamin C
10:00 – 10:30	Education in clinical Nutrition (medical schools, patients)
10:30 – 10:45	Q&A
10:45 – 11:00	Coffee break
11:00 – 12:00	Final Exam Closing ceremony, diploma