



ESPEN

The European Society for Clinical Nutrition and Metabolism

ESPEN Education and Clinical Practice Committee

18th ESPEN Course of Clinical Nutrition and Metabolic Care



October 6 -12, 2011
Vilnius, Lithuania

Lithuanian Society of Parenteral and
Enteral Nutrition
BCCN - Baltic 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 Lithuanian Society of Parenteral and Enteral nutrition is proud to host the 18th ^{ESPEN} Basic Educational Course in clinical nutrition. We hope the Course is 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 stay in Lithuania

Organization Team

Faculty:

Prof. André van Gossum, Treasurer of ESPEN (Belgium)

Prof. Peter B. Soeters (The Netherlands)

Prof. Remy Meier (Switzerland)

Prof. Herbert Lochs (Austria)

Prof. Marek Pertkiewicz (Poland)

Prof. Regina Komsa (Bulgaria)

Prof. Lubos Sobotka (Czech Republic)

Prof. Zeljko Krznaric (Croatia)

Prof. Alastair Forbes (United Kingdom)

Irina Grecu (United Kingdom)

Marina Panisic (Serbia)

Gintautas Kėkštas (Lithuania)

Ingrida Lisauskienė (Lithuania)

Saulius Vilkelis (Lithuania)

Andrius Klimaškauskas (Lithuania)

Edita Gavelienė (Lithuania)

Robertas Badaras (Lithuania)

Local Organizing Committee

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08661 Vilnius

Lithuania

Phone :+ 370 52365138

Thursday, October 6th

- 17:00	Arrival and accommodation	
17:00 – 17: 15	Welcome message	G.Kekstas
17:30 – 19:30	Baltic Club of Clinical Nutrition course	G.Kekstas, I.Jagmane. A.Koroljov
20:00	Dinner	

Friday, October 7th

08:00 – 08:30	Malnutrition - definition, etiology, consequences	G.Kekstas
08:30 – 09:00	Gut – liver axis	P.Soeters
09:00 – 09:30	Metabolism in health human, simple starvation, acute disease and recovery	L.Sobotka
09:30 – 10:00	Water and electrolytes in health and disease	L.Sobotka
10:00 – 10:30	Q+A	
10:30 – 11:00	Coffee break	
11:00 – 11:30	Energy and protein balance	L.Sobotka
11:30 – 12:00	Amino acids and protein metabolism	P.Soeters
12:00 – 12:30	Carbohydrates and lipids metabolism	R.Komsa
12:30 – 13:00	The benefits of glucose control on insulin resistance	P.Soeters
13:00 – 13:30	Q+A	
13:30 – 14:30	Lunch	
14:30 – 15:00	Basics of enteral nutrition	I.Lisauskiene
15:00 – 15:30	Ethical aspects of nutritional support	Z. Krznaric
15:30 – 16:00	Q+A	
16:00 – 16:30	Coffee break	
16:30 – 17:30	Workshop	
	1 st group: nutritional assessment	E.Gaveliene
	2 nd group: enteral nutrition	I.Lisauskiene
	3 rd group: parenteral nutrition	S.Vilkelis
17:30 – 18:30	Case presentation & discussion	
	1 st group:	L.Sobotka
	2 nd group:	Z.Krznaric
	3 rd group:	P.Soeters
18:30 – 19:30	Case preparation in the group	
20:00	Dinner	

Saturday 8th October

08:00 – 09:00	Case report from working groups	L.Sobotka R. Meier P.Soeters
09:00 – 09:30	Body composition and measurement	R. Meier
09:30 – 10:00	Trace elements and vitamins	L.Sobotka
10:00 – 10:15	Q+A	
10:15 – 10:45	Coffee break	
10:45 – 11:15	Prebiotics and probiotics	R. Meier
11:15 – 11:45	Nutrition in elderly	A. Van Gossum
11:45 – 12:15	Introduction to LLL	R.Komsa
12:15 – 12:30	Q+A	
12:30 – 14:30	LLL: approach to enteral nutrition	R. Meier Z.Krznicaric A. Van Gossum
14:30 – 15:30	Lunch	
15:30 – 16:00	LLL: self assessment test and case report	R. Meier Z.Krznicaric A. Van Gossum
16:00 – 16:30	LLL exam	R. Meier Z.Krznicaric A. Van Gossum
16:30 – 17:00	Coffee break	
17:00 – 18:00	Workshop	
	1 st group: enteral nutrition	I.Lisauskiene
	2 nd group: parenteral nutrition	S.Vilkelis
	3 rd group: nutritional assessment	E.Gaveliene
18:00 – 19:00	Case presentation & discussion	
	1 st group:	A. Van Gossum
	2 nd group:	Z.Krznicaric
	3 rd group:	R. Meier
19:00 – 19:30	Case preparation in the group	
20:00	Dinner	

Sunday 9th October

08:00 – 09:00	Case report from working groups	R. Meier Z.Krznicaric A. Van Gossum
09:00 – 09:30	Basics of parenteral nutrition	M.Pertkewicz
09:30 – 10:00	Home parenteral nutrition	A. Van Gossum
10:00 – 10:30	Q+A	
10:30 – 11:00	Coffee break	
11:00 – 11:30	Nutrition in critical illness and sepsis	I.Grecu
11:30 – 12:00	Intestinal failure	Z.Krznicaric
12:00 – 12:30	Oxidative stress in critically ill patients	R.Komsa
12:30 – 13:00	Special substrates in nutrition: GLN, ARG, n-3	I.Grecu
13:00 – 13:30	Q+A	
13:30 – 14:30	Lunch	
14:30 – 15:00	Nutrition in acute and chronic pancreatitis	G.Kékštas
15:00 – 15:30	Venous access and complications	M.Pertkewicz
15:30 – 16:00	Q+A	
16:00 – 16:30	Coffee break	
16:30 – 17:30	Workshop	
	1 st group: parenteral nutrition	S.Vilkelis
	2 nd group: nutritional assessment	E.Gaveliene
	3 rd group: enteral nutrition	I.Lisauskiene
17:30 – 18:30	Case presentation & discussion	
	1 st group:	I.Grecu
	2 nd group:	G.Kékštas
	3 rd group:	M.Pertkewicz
18:30 – 19:30	Case preparation in the group	
20:00	Dinner	

Monday 10th October

8.00 – 9.00	Case report from working groups	I.Grecu G.Kėkštas M.Pertkewicz
9.00 – 9.30	Monitoring of nutritional support	I.Grecu
9.30- 10.00	GI access and complications	M.Pertkewicz
10.00 – 10.30	Q&A	
10.30 – 11.00	Coffee break	
11.00 – 11.30	Metabolic complications of nutritional support	I.Grecu
11.30 – 12.00	Nutrition in GI fistulas	M.Panusic
12.00 – 12.30	Nutrition in SBS	A.Klimašauskas
12.30 – 13.00	Nutrition support team	E.Gaveliene
13.00 – 13.30	Nutrition in toxicology	R.Badaras
13.30 – 14.00	Q&A	
14.00 – 15.00	Lunch	
15.00 – 19.00	Case preparation in the bus and sightseeing Vilnius	
20.00	Dinner	

Tuesday 11th October

8.00 – 9.00	Case report from working groups	
9.00 – 9.30	Nutrition of surgical patient	M.Panisc
9.30- 10.00	Nutrition of obese patient	A.Klimasauskas
10.00 – 10.15	Q&A	
10.15 – 10:45	Coffee break	
10:45 – 11.15	Nutrition in trauma and burns	M.Panisc
11.15 – 11.45	Nutrition in renal failure	A.Forbes
11.45 – 12.15	Cancer and cancer cachexia	H.Lochs
12.15 – 12.45	Nutrition in liver disease	A.Forbes
12.45 – 13.15	Nutrition in IBD	H.Lochs
13.15 – 13.30	Q&A	
13.30 – 14.30	Lunch	
14.30 – 16:30	LLL: approach to perioperative nutrition	M.Panisc G.Kekstas I.Lisauskiene
16.30 – 17.00	Coffee break	
17.00 – 17.30	LLL: self assessment test and case report	M.Panisc G.Kekstas I.Lisauskiene
17.30 – 18.00	LLL exam	M.Panisc G.Kekstas I.Lisauskiene
18.30 – 19.00	Case presentation and discusion	
	I group:	H.Lochs
	II group:	E.Gaveliene
	III group:	A.Forbes
19.00 – 19.30	Case preparation	
20.00	Dinner	

Wednesday 12th October

08:00 – 09:00	Case reports from working groups	H.Lochs A.Forbes E.Gaveliene
09:00 – 09:30	Biochemistry of love	R.Komsa
09:30 – 10:00	Q+A	
10:00 – 10:30	Coffee break	
10:30 – 11:00	Test	
11:00 – 12:00	Closing ceremony, diploma	
13:00 – 14:00	Lunch	
14:00	Departures	

General Information

AIMS:

To provide clinically relevant information about clinical nutrition;
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,
control and complications of different techniques of clinical nutrition;
Nutrition in different diseases: critical illness, sepsis, multiple organ
failure, oncology, liver, pancreatic disease and others.

PARTICIPANTS

It will be accepted 60 participants (4 from every country). Physicians
from different specialties can apply to participate in the course...

Every participant must apply till 1 August 2011.

He has to send

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

E-mail: lpemdr@gmail.com

REGISTRATION FEE

ESPEN or national societies recommended person	100 Euro	Accommodation for 6 nights, meal, ESPEN blue book, possibility to pass 2 LLL exams - free of charge
Other person	400 Euro	

After application you will receive the confirmation letter, after you can pay on arrival or to make a bank transfer.

Bank account:

ORGANIZATION OF THE DAY

Time	Subject	Participation
8:00 – 9:00	Presentation of case report - the speaker from group	All participants
9:00 – 16:00	Lectures	All participants
16:30 - 17:30	Workshop	Working group
17:30 – 18: 30	Case presentation and discussion	Working group with tutor
18:30 – 19: 30	Case preparation	Working group

MEALS: Breakfast buffet will be served in the restaurant for all participants every morning from 7:00 to 8:00

Lunch will be served at the same restaurant, time according the programme

Dinner will be served in different places every day per program. One

dinner will be served in the nature surrounding – please prepare your clothes and shoes to feel comfortable.

You will have 2 coffee breaks during the day.

ACCOMODATION:

All rooms are equipped with shower, refrigerator, TV and WIFI.

All rooms for participants are double or triple.

ESPEN is covering the cost of you stay for 6 nights from 6 October till 12 October.

All extra charges will be credited to your personal account.

The course will take place in hotel “Margis “.Surrounded by a beautiful natural landscape of hills and pine forests, this hotel offers a tranquil setting on a picturesque peninsula of Lake Margis, 8 km from Trakai and 35 km west of Vilnius.

The Margis offers comfortable rooms decorated with natural fabrics and colours, outdoor villas, a conference centre, a spa complex, and an outdoor sauna on the lakeshore. There is an outdoor terrace with panoramic views of the lake. In summer barbecue parties are hosted on the lakeshore. The bright and spacious spa centre features Turkish and Finnish saunas, a pool, and professional massages. The bathhouses on the lakeshore offer great views of the lake and have footbridges leading right into the water.

Address: Penkininkų village, 21103 Trakų district.

Phone: +370 52821717

e-mail: info@margis.lt

www.margis.lt

The transportation to hotel is on the participant personal account. We strongly recommend to book special taxi from hotel Margis directly (it helps to save some money). The organizers will help with this arrangement, but we need the correct your flight data.



We hope to see you in Lithuania!!!

