



**ESPEN**

The European Society for Clinical  
Nutrition and Metabolism  
ESPEN Education and Clinical Practice  
Committee

# 20th ESPEN Course of Clinical Nutrition and Metabolic Care

10-16th November 2013  
Gödöllő, Hungary

Hungarian Society of Clinical Nutrition



# Gödöllő

Gödöllő is a town situated in Pest county 30 km Northeast of Budapest. It lies on the banks of Rákos stream, in the valley of Gödöllő downs. It has direct access to M3 motorway and the brand new M31 relief road. Thanks to these both Liszt Ferenc Airport and the capital are only a 25 minutes drive from Gödöllő.

A suburban train makes it possible for the visitor to reach Gödöllő from Budapest in less than 45 minutes.

## Welcome

The Erzsébet Királyné (Queen Sisi) Hotel was opened in March 2008, in the beautifully reconstructed secession-style former town hall. We welcome our guests with 62 comfortable air-conditioned rooms (that can accomodate up to 130 people), quality service, a stylish restaurant, a unique ballroom and a professional and mindful staff. We are located in the heart of Gödöllő, Hungary, a town that was a very important and much beloved place in Queen Sisi's life. Our hotel is on the main square of Gödöllő, just a few steps from the Royal Palace and only 25 minutes from downtown Budapest.




# PRELIMINARY PROGRAM

## Sunday, 10th November \_\_\_\_\_

16.00	ARRIVAL AND ACCOMMODATION
16.00 - 16.15	Welcome message
16.15 - 16.45	Opening lecture
16.45 - 17.15	Malnutrition - definition, aetiology, consequences
17.15 - 17.45	Nutritional screening and implications
19.00	Dinner

## Monday, 11th November \_\_\_\_\_

08.30 - 09.00	Introduction to LLL
09.00 - 11.00	LLL: Approach to Oral and Enteral Nutrition in Adults 1. Indications, Contraindications, Complications and Monitoring of EN 2. Oral and Sip Feeding 3. Techniques of Enteral Nutrition 4. Formulae for Enteral Nutrition
11.00 - 11.30	Coffee break
11.30 - 12.30	LLL: Case reports
12.30 - 13.00	LLL exam
13.00 - 14.30	Lunch
14.30 - 15.00	Energy and protein balance
15.00 - 15.30	Amino acids and protein metabolism
15.30 - 16.00	Carbohydrates and lipids metabolism
16.00 - 16.15	Q&A
16.15 - 16.45	Coffee break
16.45 - 17.15	Nutrition in the elderly
17.15 - 17.45	Nutrition in childhood and prevention of diseases in adulthood
17.45 - 18.15	Nutrition in metabolic syndrome
19.30	Dinner



08.30 - 10.30	LLL: Approach to Parenteral Nutrition 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
10.30 - 11.00	Coffee break
11.00 - 12.00	LLL: Case reports
12.30 - 13.00	LLL exam
13.00 - 14.30	Lunch
14.30 - 15.00	Clinical and biological impact of vitamins and trace elements
15.00 - 15.30	Pharmaceutical aspects of clinical nutrition
15.30 - 16.00	Refeeding syndrome
16.00 - 16.30	Q+A
16.30 - 17.00	Coffee break
17.00 - 17.45	Workshop 1st group: enteral nutrition 2nd group: parenteral nutrition 3rd group: nutritional assessment
17.45 - 18.30	Case presentation & discussion
18.30 - 19.30	Case preparation in the group
20.00	Dinner

## Wednesday, 13th November

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08.30 - 09.15	Case report from working groups
09.15 - 09.45	Microbiota
09.45 - 10.15	Nutrition in IBD
10.15 - 10.30	Q+A
10.30 - 11.00	Coffee break
11.00 - 11.30	Nutrition in critical illness
11.30 - 12.00	Perioperative nutrition
12.00 - 12.30	Home artificial nutrition
12.30 - 13.00	Ethical aspects of nutritional support
13.00 - 13.30	Q+A
13.30 - 14.30	Lunch
14.30 - 15.30	Case presentation and discussion
15.30 - 16.00	Case preparation
18.00-	VISIT OF THE ROYAL CASTLE CULTURAL PROGRAMME & DINNER



## Thursday, 14th November

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08.30 - 09.15	Case report from working groups
09.15 - 09.45	Special substrates: G I n, Arg, n-3
09.45 - 10.15	Intestinal failure
10.15 - 10.30	Q&A
10.30 - 11.00	Coffee break
11.00 - 11.30	Cancer cachexia
11.30 - 12.00	Nutrition in Liver Disease
12.00 - 12.30	Nutrition in GI fistulas
12.30 - 13.00	Nutrition in acute and chronic pancreatitis
13.00 - 13.30	Q&A
13.30 - 15.00	Lunch
15.00 - 15.30	Water and electrolytes in health and disease
15.30 - 16.00	Glycemic and metabolic goals in ICU and clinical outcomes
16.00 - 16.30	Coffee break
16.30 - 17.30	Workshop
	1st group: parenteral nutrition
	2nd group: nutritional assessment
	3rd group: enteral nutrition
17.30 - 18.30	Case presentation & discussion
18.30 - 19.30	Case preparation in the group
20.00	Dinner

## Friday, 15th November

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08.30 - 09.30	Case report from working groups
09.30 - 10.00	Obesity: consequences and treatment
10.00 - 10.30	Nutrition in renal diseases and renal replacement therapy
10.30 - 11.00	Nutrition in trauma and burns
11.00 - 11.15	Q&A
11.15 - 11.45	Coffee break
11.45 - 12.45	Workshop
	1st group: nutritional assessment
	2nd group: enteral nutrition
	3rd group: parenteral nutrition
13.00 - 14.30	Lunch
14.30 - 15:00	Nutrition support team
15.00 - 15.30	Monitoring of nutritional support
15.30 - 16.00	Final Exam
16.00 - 16.30	Closing ceremony, diploma
20.00	Dinner

## Saturday 16th November

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DEPARTURE DAY





## **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**

- Maximum of 60 participants (4 from every country) will be accepted.
- 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 27th September 2013.**

### **Documents necessary for the registration:**

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



## REGISTRATION FEE

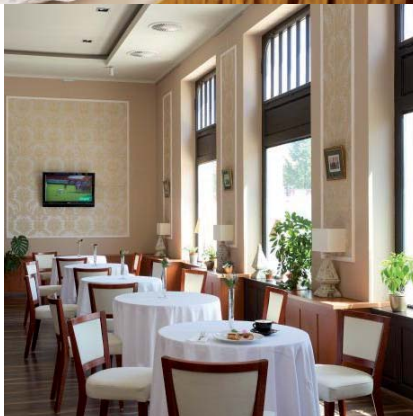
**ESPEN or national societies recommended person: 100 Euro**

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 and payment with bank transfer the confirmation letter will be sent to each applicant.



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## REGISTRATION FORM

Title:	
First name:	
Last name:	
Gender:	<input type="checkbox"/> male <input type="checkbox"/> female
Birth data:	
Coutry of residence:	
Speciality:	
Working place:	
Contact e-mail:	
Contact phone:	
ESPEN member:	<input type="checkbox"/> yes <input type="checkbox"/> no
National society recommended person:	<input type="checkbox"/> yes <input type="checkbox"/> no
Name of society:	
Name of the person, who recommends you:	
Time of arrival to Gödöllő:	
Time of departure from Gödöllő:	

**Please send the registration form to / for further information  
please contact:**

**On behalf of the local organizing committee:**

Dr. Peter Tamasi

E-mail: tamasi1950@gmail.com

Tel: +36 70 5025 925

**For payment please use ONLY bank transfer:**

Bank account number:

Name of the Bank: OTB Bank NYRT,

Magyar Mesterséges Táplálási Társaság

IBAN: HU65 1176 3093 1564 3887 0000 0000

SWIFT: OTPV HUHB

Following transfer, please be so kind to confirm the money transfer in e-mail.  
Following application and payment every participant will get written confirmation in e-mail.



