



ESPEN

The European Society for Clinical Nutrition and  
Metabolism

ESPEN Education and Clinical Practice Committee

## **21st ESPEN Course of Clinical Nutrition and Metabolic Care**

October 5<sup>th</sup> - October 11<sup>th</sup>  
2014

Hradec Králové, Czech Republic



Czech Society for Clinical Nutrition and  
Intensive Metabolic Care

Dear colleagues, dear friends,

Disease related malnutrition is still tremendous problem in clinical medicine in many countries. Good education is still cornerstone for the fight with this problem. Since 1994 ESPEN organizes the Basic Educational Courses in Clinical Nutrition. The aim of these courses is constant:

- Provision of the up-to-date knowledge of metabolic changes connected with disease and critical state
- Provision of the latest information on metabolic support for many patients and diseases states

We are proud to organize already 21<sup>st</sup> ESPEN Course of Clinical Nutrition and Metabolic Care. Moreover this course is already the 5<sup>th</sup> course which is organized by Czech Society of Clinical Nutrition and Intensive Metabolic Care (SKVIMP) in our country. We selected beautiful place in East Bohemia in old town of the Bohemian Queens - Hradec Králové.

We are pleased to invite you cordially to attend this course and we are sure that this course will be very helpful for your future work as well as well as for your patients.

Luboš Sobotka

**Course: 21st ESPEN Course of Clinical Nutrition and Metabolic Care**

**Place:** Hradec Kralové, Czech Republic

**Venue:** Hotel Nove Adalbertinum

Velké náměstí 32  
500 03 Hradec Králové  
Czech Republic

<http://www.noveadalbertinum.cz/en/>

**Date:** October 5 - 11, 2014

**Program schedule**

**Sunday Oct. 5<sup>th</sup>**

**Whole day**

**Arrival, registration, accommodation**

**18.00 – 19.30**

**Evening lectures:**

- Metabolic reactions from evolutionary aspects
- The history and aims of nutritional support

**20.00 – 22.00**

**Get together cocktail - dinner**

**Monday Oct. 6<sup>th</sup>**

**8.30 – 12.30**

**Nutritional physiology and pathophysiology**

- Undernutrition – short term, long term, stress fasting
- Clinical consequences of undernutrition
- Obesity – pathophysiology and clinical consequences
- Metabolic consequences of inflammation
- Metabolic changes in stress and critical illness
- Goals of nutritional support

**12.45 – 13.45 Lunch**

**14.00 – 19.00**

**LLL course – Nutritional assessment**

**19.30 Dinner**

## **Tuesday Oct 7<sup>th</sup>**

**8.30 – 12.30**

### **Basics of nutritional support**

- Substrates – CHO and lipids
- Substrates – Amino acids
- Substrates – Micronutrient
- Substrates – Electrolytes and water
- Enteral nutrition - Methods of enteral nutrition
- Enteral nutrition – Diets for enteral nutrition

**12.45 – 13.45 Lunch**

**14.00 – 19.00**

**LLL course Parenteral Nutrition *Michael***

**19.30 Dinner**

## **Wednesday Oct 8<sup>th</sup>**

**8.00– 9.30**

### **Nutrition support in special clinical situations – I**

- Severe malnutrition
- Nutrition support in neonates and children
- Diabetic patients

**10.00 – 11.00 Demonstration**

**11.00 – 12.00 Case report presentation & discussion**

**12.00 – 20.00 Tour to Prague**

**20.30 Dinner**

## **Thursday Oct 9<sup>th</sup>**

**8.00 – 9.00**

**Case report general discussion**

**9.30 – 12.30**

### **Nutrition support in special clinical situations – II a**

- Trauma and intensive care
- Septic patient
- Acute and chronic pulmonary disease
- Acute and chronic pancreatitis
- Perioperative nutrition
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**12.45 – 13.45 Lunch**

**14.00 – 15.30**

### **Nutrition support in special clinical situations – II b**

- Gastrointestinal fistulas
- Short bowel syndrome

**16.00 – 17.00 Demonstration**

**17.30 – 18.30 Case report presentation & discussion**  
**19.30 Dinner**

**Friday Oct. 10<sup>th</sup>**

**8.00 – 9.00**  
**Case report general discussion**

**9.30 – 12.30**  
**Nutrition support in special clinical stations – III a**

- Patient with cancer
- Acute and chronic kidney disease
- Acute and chronic liver disease
- Obese patient (including patient after bariatric surgery)
- Inflammatory bowel disease
- Anorexia nervosa

**12.45 – 13.45 Lunch**

**14.00 – 15.30**  
**Nutrition support in special clinical situations – III b**

- Nutrition support in neurological diseases
- Nutrition during physiotherapy, exercise and sport

**16.00 – 17.00 Demonstration**  
**17.30 – 18.30 Case report presentation & discussion**  
**19.30 Farewell party**

**Saturday Oct. 11<sup>th</sup>**

**8.00 – 9.00**  
**Case report general discussion**

**9.30 – 11.00**  
**Organization and legal aspects**

- Home nutritional support
- Ethical and legal aspects
- Nutrition support team
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**11.30 – 12.30**  
**Final general discussion**

**12.30-13.00**  
**Certificates**

**13.00-14-00 Lunch**

**Depatures**

# 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 (5 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 26th of September.**

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

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

Documents should be sent to the following e-mail:

vroubkova@bohemia-service.cz

## **REGISTRATION FEE**

ESPEN or national societies recommended person	100 EUR	Accommodation for 6 nights, meals, LLL courses and exams - free of any additional charge
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After application you will receive the confirmation letter, after you can pay by a bank transfer or online payment.

Mrs Adela Vroubkova, Bohemia Event Service, will contact participants regarding Course fee and all other matters.

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

Arrival on 5th of October 2014.

Departure 11th of October 2014.

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

## **General information:**

### **ACCOMMODATION**

Hotel, Congress center, Restaurant - Accommodation Hradec Králové\_Nové Adalbertinum are among the significant features of the historical center of the building on the Grand Square in Hradec Králové. Hotel, congress center and restaurant Nové Adalbertinum Hradec Králové, a former monastery, was the reconstruction of the building in the years 1993-1997 complemented by original architectural elements and the necessity of our time in the field of accommodation, for example, wheelchair access or the internet in the rooms. Hotel, Congress.Center and Restaurant Nové Adalbertinum, combining the history and present into one harmonious whole.

All rooms are equipped with bathroom, radio, satellite television and internet connection. We ask that you return the key to the reception when you are not there. All extra charges will be credited to your personal account. ESPEN is bearing the cost of your stay from 5th – 11th of October in double rooms. Extra nights or costs of spouses have to be settled at the hotel upon check-out. The hotel is calculating with the rate of the arrival date, and Accept the credit cards: VISA, MasterCard.

Accommodation in a pleasant quiet part of the historical center of Hradec Králové.

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

For further information about the Nove Adalbertinum hotel and congress center please visit us at <http://www.noveadalbertinum.cz/en/>.







## **MEALS**

Breakfast buffet will be served in the restaurant for all participants every morning from 6:00 to 8:00.

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

Dinner will be served at the same restaurant per programme, except for the arrival day, when it will be served after cocktail from 20:30 continuously till 22:00.

On arrival to the hotel all participants will get the package with refreshments.

You will have 2 coffee breaks during the day.

**21st ESPEN Course of Clinical Nutrition and Metabolic Care**

## Registration form

Title:	
First name:	
Last name:	
Birth data:	
Gender:	<input type="radio"/> Male <input type="radio"/> Female
Country:	
Working place:	
Speciality:	<input type="radio"/> medici doctor <input type="radio"/> pharmacist <input type="radio"/> dietitian <input type="radio"/> nurse
Contact e-mail:	
Contact phone:	
ESPEN member:	<input type="radio"/> Yes <input type="radio"/> No

For further information about the course and direct on-line registration please visit web-side:

[http://www.bohemiaservice.cz/21espen/welcome\\_adress](http://www.bohemiaservice.cz/21espen/welcome_adress)

We hope to see you in Hradec Králové!!!

