



# 24th ESPEN Course

## in Clinical Nutrition and Metabolism



Thessaloniki, 22-28 October 2017

- Programme
- Accommodation
- Transportation



## ABOUT THE VENUE

The **Sun Beach Hotel** is located on the road to Agia Triada having direct access to Akti Thermaikou Beach, 24 km east of **Thessaloniki** and 14 km from Macedonia **Airport Thessaloniki** (code SKG).

**SUN BEACH, 57019 Agia Triada Thessaloniki, +30 2392051221**

[www.thessalonikisunbeach.com](http://www.thessalonikisunbeach.com)

## How to reach SUN BEACH HOTEL

### By Bus:

#### **79: A.S.IKEA-AERODROMIO**

Outside the arrivals area for Macedonia Airport of Thessaloniki you can find the Bus Station of OASTH. Take the Bus N. 79, to IKEA East Station of OASTH. Then you need to change a bus.

#### **72: A.S.IKEA - N. MICHANIONA**

From A.S.IKEA take the BUS N. 72, and step out at SUN BEACH HOTEL. The Bus stop is just in front of the hotel. The stop is called: "Sun Beach".

### By Taxi:

It's about 10-15 minutes route, depending on the traffic, and the cost is about 25€ - 30€. It's the most convenient way. If you are willing to share a taxi with other participants please check the appropriate box of the registration form.



**VOYAGER COMPLETE TRAVEL SERVICES**

18, A. Sofias str., 54622 Thessaloniki, Tel. +30 2310250401, Fax +30 2310250418

e-mail: [info@voyagertravel.gr](mailto:info@voyagertravel.gr) - URL: [www.voyagertravel.gr](http://www.voyagertravel.gr)

**Dear Colleagues,**

The original aim of the ESPEN Educational Course in Clinical Nutrition is to provide knowledge on clinical nutrition for the younger generation of health care workers interested in this exciting field.

The Course provides theoretical and practical knowledge in the field of clinical nutrition. It is a special advantage of the Course that the ESPEN educational LLL program (2 TOPICS) is included into the educational goals.

The Greek Society of Clinical Nutrition and Metabolism is extremely honored to have the privilege to host the 24th Course on Clinical Nutrition and Metabolic Care for the first time in this part of Europe.

We hope the Educational Program of the Course will be found as extremely interesting and appealing from all of you and would provide participants with a lot of new information in clinical nutrition.

As in all previous years, this Course is supported by ESPEN.

We wish you fruitful and pleasant stay in Thessaloniki, Greece.

Assist. Professor  
Michael Chourdakis

Professor  
Stéphane Schneider

On behalf of the Organizing Committee

Chairman of ECPC ESPEN

### Faculty:

#### **Local**

Anastasilakis Chrysostomos  
Anastassiadou Anastasia  
Baschali Aristeia  
Bougioukas Konstantinos  
Chourdakis Michael  
Kakavas Sotirios  
Karagiannis Dimitris  
Kostoglanis Konstantinos  
Kouvelas Dimitris  
Lavrentieva Athina  
Naoumi Anthoula Ismini  
Papaspanos Nikos  
Passakiotou Marily  
Poulia Kalliopi-Anna  
Zampelas Antonis

#### **International**

Arvanitaki Marianna (BE)  
Cuerda Christina (SP)  
Forbes Alastair (UK)  
Ioannou Elina (CY)  
Klek Stanislaw (PO)  
Laas Anni (EST)  
Laviano Alessandro (IT)  
Norman Kristina (GE)  
Panisić Marina (SER)  
Schneider Stéphane (FR)  
Sobotka Luboš (CZ)  
Stoppe Christian (GE)

Day 1: 22<sup>nd</sup> October 2017 (Sunday)

- 16:00**                    *Arrival and accommodation*
- 17:00-17:15          Welcome message
- 17:15-17:45          The history of ESPEN and nutritional support. Aims and perspectives for the future
- 17:45-18:15          The spectrum of malnutrition: from mechanisms to definitions and consequences  
*Michael Chourdakis*
- 18:15-18:45          Mediteranean Diet: New insights on an old story  
*Antonis Zampelas*
- 18:45-19:15          Body composition: Why and how to assess it  
*Kristina Norman*
- 19:15-19:30          Questions and answers (Q&A)
- 20:00*                    *Dinner*

Day 2: 23<sup>rd</sup> October 2017 (Monday)

- 08:30-09:00 Carbohydrate and lipid metabolism  
Luboš Sobotka
- 09:00-09:30 Amino acid and protein metabolism  
Christian Stoppe
- 09:30-10:00 Micronutrients  
Anthi Naoumi
- 10:00-10:30 Water and electrolytes  
Luboš Sobotka
- 10:30-11:00 *Coffee break*
- 11:00-11:30 Metabolic reaction to inflammation  
Antonis Zampelas
- 11:30-12:00 Metabolic changes in stress and critical illness  
Luboš Sobotka
- 12:00-12:30 Age-related sarcopenia  
Kristina Norman
- 12:30-13:00 Q & A
- 13:00-14:00 *Lunch*
- 14:30-15:15 Implementation of Enteral Nutrition. Video examples.  
Marianna Arvanitaki
- 15:00-15:30 Placement and use of a nutrition catheter for PN  
Stanislaw Klek
- 15:30-16:00 Weight loss- a real case presenting a female patient with COPD and chronic mesenteric ischemia  
Marianna Arvanitaki
- 16:00-16:30 *Coffee break*
- 16:30-17:15 **1<sup>st</sup> Workshop**  
**1st group:** Enteral Nutrition | Anni Laas  
**2nd group:** Parenteral Nutrition | Stanislaw Klek  
**3rd group:** Nutritional Assessment | Kalliopi Anna Poulia
- 17:15-18:00 **Case presentation & discussion**  
**1st group:** Marianna Arvanitaki  
**2nd group:** Dimitrios Karagiannis  
**3rd group:** Stoppe Christian
- 18:00-18:30 *Case preparation by the group*
- 19:00-21:00 *Dinner*

Day 3: 24<sup>th</sup> October 2017 (Tuesday)

- 08:30-12:30 **LLL course: Module 8: Approach to oral and enteral nutrition in adults** 1.  
Indications, contraindications, complications and monitoring of EN **Dimitris Karagiannis**
2. Oral and sip feeding **Kalliopi Anna Poulia**
3. Techniques of enteral nutrition **Michael Chourdakis**
4. Formulae for enteral nutrition **Kalliopi Anna Poulia**
- 12:30-13:30 Case Report from Working Group / Discussion  
**Michael Chourdakis**
- 13:30-14:30 Lunch*
- 14:30-15:00 Monitoring of nutritional support  
**Anastasia Anastassiadou**
- 15:00-15:30 Perioperative Nutrition  
**Stanislaw Klek**
- 15:30-16:00 Organisation and import of nutrition support  
**Anni Laas**
- 16:00-16:30 Coffee break*
- 16:60-17:00 Intravenous lipid emulsions in parenteral nutrition  
**Stanislaw Klek**
- 17:00-17:30 Glycaemic and metabolic goals in the ICU  
**Marili Passakiotou**
- 18:00-18:30 Parenteral nutrition: complications  
**Athina Lavrentieva**
- 18:30-19:00 Refeeding Syndrome  
**Marili Pasakiotou**
- 19:00-19:30 Q&A
- 20:00-21:30 Dinner*



Day 4: 25<sup>th</sup> October 2017 (Wednesday)

- 09:00-09:30 Nutrition in trauma and burns  
Marina Panisic
- 09:30-10:00 Nutrition in acute and chronic pulmonary diseases  
Kakavas Sotirios
- 10:00-10:30 Pharmaceutical aspects of nutritional support  
Chrysostomos Anastasilakis
- 10:30-11:00 Coffee break*
- 11:00-11:30 Probiotics in GI diseases  
Dimitris Karagiannis
- 11:30-12:00 Nutrition in (acute & chronic) renal diseases and renal replacement therapy  
Kalliopi Anna Poulia
- 12:00-12:30 Cardiac cachexia  
Christian Stoppe
- 12:30-13:00 Q&A
- 13:00-14:00 Lunch break*
- 14:00-14:30 Nutrition in acute and chronic liver disease  
Alastair Forbes
- 14:30-15:00 Nutrition in acute and chronic pancreatitis  
Stéphane Schneider
- 15:30 City break*
- 19:00-22:00 Dinner in Thessaloniki*

Day 5: 26<sup>th</sup> October 2017 (Thursday)

- 09:00-13:00 **LLL course: Module 18: Nutritional Support in Intensive Care Unit (ICU)**  
1. Energy and Protein Target: How to prevent underfeeding, overfeeding and refeeding syndrome.  
2. More than Choosing the Route: Enteral and Parenteral Nutrition  
3. Repletion, Supplementation and Pharmaco-nutrition  
4. Clinical Priorities for Solving Complex ICU Patient Problems  
(Sotirios Kakavas, Marina Panisic, Marili Passakiotou)
- 13:00-14:00 *Lunch*
- 14:30-15:00 Intestinal failure and short bowel syndrome  
Alastair Forbes
- 15:00-15:30 Nutrition in GI fistulas  
Marina Panisic
- 15:30-16:00 Nutrition in inflammatory bowel diseases  
Stéphane Schneider
- 16:00-16:30 Home parenteral nutrition  
Konstantinos Kostoglani
- 16:30-17:00 *Coffee break*
- 17:00-18:45 **2<sup>nd</sup> Workshop**  
**1st group:** parenteral nutrition | Kakavas Sotirios  
**2nd group:** nutritional assessment | Kalliopi Anna Poulia  
**3rd group:** enteral nutrition | Anni Laas
- 18:45-19:15 Case presentation & discussion  
**1st group:** Konstantinos Kostoglani  
**2nd group:** Aristeia Baschali  
**3rd group:** Elina Ioannou
- 19:15-19:30 Case preparation by the group
- 19:30-21:00 *Dinner*



Day 6: 27<sup>th</sup> October 2017 (Friday)

- 08:30-09:30 Case Report from Working Group / Discussion  
Stéphane Schneider
- 09:30-10:00 Nutrition in metabolic syndrome  
Cristina Cuerda
- 10:00-10:30 Nutrition in the obese patient (pathophysiology and clinical consequences)  
Elina Ioannou
- 10:30-11:00 Nutrition support in neurological diseases  
Cristina Cuerda
- 11:00-11:30 *Coffee break*
- 11:30-12:00 You are when you eat: the emerging role of timing in nutrition therapy  
Alessandro Laviano
- 12:00-12:30 Specific aspects of malnutrition in the elderly  
Stéphane Schneider
- 12:30-13:00 Cancer cachexia  
Alessandro Laviano
- 13:00-13:15 Q & A
- 13:15-14:00 **Lunch**
- 14:30-15:15 **3<sup>rd</sup> Workshop**  
**1st group:** nutritional assessment | Kalliopi Anna Poulia  
**2nd group:** enteral nutrition | Anni Laas  
**3rd group:** parenteral nutrition | Kakavas Sotirios
- 15:15-16:00 Case presentation & discussion  
**1st group:** Nikos Papaspanos  
**2nd group:** Anthi Naoumi  
**3rd group:** Dimitris Karagiannis
- 16:00-16:30 *Case preparation by the group*
- 16:30-17:00 *Coffee break*
- 17:00-17:30 Nutrition and physical activity during critical illness  
Nikos Papaspanos
- 17:30-18:00 Nutrition in Pediatrics  
Michael Chourdakis
- 18:00-18:30 Essential Statistics & concepts for clinical trials, including power and sample size  
Konstantinos Bougioukas
- 18:30-19:00 Ethical aspects of nutritional support  
Aristea Baschali
- 19:00-22:00 **Dinner - Party**

Day 7: 28<sup>th</sup> October 2017 (Saturday)

- 08:30-09:30 Case Report from Working Group / Discussion  
Michael Chourdakis
- 09:30-10:30 Final Exam - Discussion
- 10:30-11:00 Diploma - Closing Ceremony
- 11:00-11:30 *Coffee break - DEPARTURE*

## ABOUT THE CITY

**Thessaloniki** historically also known as Thessalonica, Salonika or Salonica, is the second-largest city in Greece and the capital of the region of Central Macedonia. Thessaloniki is the capital of Macedonia and second largest city of Greece. It was first established in 316 B.C. by Kassandros and named after his wife, Thessaloniki, half sister of Alexander the Great. It means Victory in Thessaly. It is here that the Apostle Paul first brought the message of Christianity (50 A.D.) and that Demetrius, a Roman officer died in martyrdom (303 A.D.), thus becoming the holy patron of the city.

Thessaloniki was the second most important city of the Byzantine Empire, next to Constantinople, and is full of beautiful examples of Byzantine art and architecture. In the 15th Century Thessaloniki became a haven for Jews exiled from Spain, who became an important part of the culture, until they were sent to the concentration camps during the Nazi occupation, thus ending a period of four hundred years of Jewish influence both socially and economically. This period roughly corresponds with the occupation of Greece by the Ottoman Turks.

Although much of Greece was liberated after the 1821 War of Independence, Thessaloniki and Macedonia remained Ottoman. Both before and after the period Greeks call the 'Macedonian Struggle' (1904–08), Thessaloniki was the base for mutually antagonistic rebel groups and reform movements, including the Young Turks, which sought to introduce Western-style reforms to save the dwindling Ottoman Empire. One notable Young Turk and Thessaloniki native, Mustafa Kemal, would later become the founder of modern Turkey, and be deemed Atatürk (Father of the Turks).



## Thessaloniki's Museums

**Thessaloniki Archaeological Museum** *Andronikou st 6*

**Museum of Byzantine Culture** Award-winning museum (2005 - best Museum of Europe) *Stratou ave 2*

**Olympic Museum** *Tritis Septemvriou & Agiou Dimitriou St.*

**Museum at Aghios Demetrios** *Agiou Dimitriou St.*

**Museum at the White Tower** *Platia Lefkou Pyrgou*

**Museum of Ancient Greek, Byzantine, and Post Byzantine Musical Instruments**  
*Katouni 12, in the Ladadika neighbourhood*

**Thessaloniki Museum of Photography** *Harbor, Warehouse A*

**Museum of Cinematography in Thessaloniki** *Harbor, Warehouse A*

**Folklore and Ethnological Museum of Macedonia and Thrace** *Vassilisis Olgas St 68*

**Municipal Gallery of Art** *Vassilisis Olgas St 162*





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Hellenic Society  
for Clinical Nutrition  
and Metabolism

AFFILIATED MEMBER OF ESPEN FOR GREECE

Thessaloniki, 22-28 October 2017