



**ESPEN**

The European Society for  
Clinical Nutrition and Metabolism

# 29<sup>th</sup> ESPEN COURSE IN CLINICAL NUTRITION

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13<sup>th</sup>-19<sup>th</sup>  
of October 2024

Gdansk, Poland

## At the 29<sup>th</sup> ESPEN Course

### You Will:

- Gain clinically relevant information about clinical nutrition and metabolism
- Learn to screen, assess, diagnose, and monitor malnutrition in various clinical settings
- Elevate your practical skills in nutrition care
- Understand the value of Life Long Learning (LLL) in Clinical Nutrition
- Cultivate an environment that encourages interdisciplinary discussions
- Participate in active workshops and roundtables to enhance your skills
- Network with clinical nutrition enthusiasts

### EXPECTED PARTICIPANTS:

ESPEN allocates 3-4 slots for each block member society in a preferential position. Extra people could also attend if there are still slots available.



**POLISH SOCIETY  
FOR PARENTERAL, ENTERAL NUTRITION  
AND METABOLISM (POLSPEN)**



# 29<sup>th</sup> ESPEN COURSE IN CLINICAL NUTRITION

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Gdansk, Poland

# WELCOME

Dear Colleague,

On behalf of the Polish Society of Clinical Nutrition (POLSPEN), we cordially invite you to the 29th ESPEN Course in Clinical Nutrition, held in Gdańsk, Poland, from 13th to 19th October 2024.

Our aim is to provide a practical and broad insight into the field of clinical nutrition and encourage interdisciplinary discussion.

We look forward to welcoming you in October!

## LOCAL ORGANIZING

### COMMITTEE:

- Prof. Dorota Mańkowska-Wierzbicka, MD, PhD
- Prof. Sylwia Małgorzewicz, MD, PhD
- Prof. Marcin Folwarski, MD, PhD
- Kinga Szczepanek, MD
- Prof. Zbigniew Kamocki, MD, PhD
- Michał Jankowski, MD, PhD
- Aleksandra Kapała, MD, PhD
- Prof. Stanisław Kłęk, MD, PhD
- Małgorzata Łyszkowska, MD, PhD
- Katarzyna Matysiak-Luśnia, MD, PhD
- Prof. Maciej Słodkowski, MD, PhD
- Prof. Dorota Szostak-Węgierek, MD, PhD
- Justyna Zamarska, MPharm

# REGISTRATION:

## Fees:

ESPEN member: €200

Non-member: €600

*2024 regular membership required for ESPEN members. Fee includes access to all scientific sessions, workshops, 3 LLL course modules, certificate of attendance, double room accommodation, and catering during the course.*

*Travel and single room accommodation not covered.*

*To register, fill out the registration form, and provide your CV and a recommendation letter from a national society to [biuro@polspen.pl](mailto:biuro@polspen.pl)*

## CONTACT:

For more information, please write to:  
[biuro@polspen.pl](mailto:biuro@polspen.pl)

## PROGRAMME

## HIGHLIGHTS:

### DAY 1

## Sunday, 13<sup>th</sup> October 2024

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### Session I: Introduction to malnutrition

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**14:00:** Arrival, registration, and accommodation

**14:45:** Welcome message

**15:00:** Preliminary Quiz

**15:15:** ESPEN, the Leader in Research and Education in Clinical Nutrition

**15:45:** Malnutrition and Cachexia: Definition, Etiology, and Consequences

**16:15:** ESPEN Guidelines Snapshot

**16:45:** Coffee break

**17:15:** Diagnosing Global Leadership Initiative on Malnutrition (GLIM)

**17:45:** Malnutrition Screening and Assessment

**18:15:** nDay Worldwide: Benchmarking & Interpreting the Data

**18:45:** Ending of Day 1

**20:00:** Welcome reception dinner

## DAY 2

# Monday, 14<sup>th</sup> October 2024

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### Sessions II-IV: Substrates, Nutrition Care in Special Clinical Situations I, LLL-Enteral Nutrition, Practical Workshop

#### Session II: Substrates: Energy, Macro- & Micronutrients

**08:30:** Calculating energy requirements – focus on practical aspects of nutrition therapy in acute and chronic care

**09:00:** Substrates for nutritional support: CHO and Lipids - focus on practical aspects of nutrition therapy in acute and chronic care

**09:30:** Calculating protein needs for nutritional support: focus on practical aspects in acute and chronic care

**10:00:** Substrates for nutritional support: micronutrients - focused on practical aspects for nutrition therapy in acute and chronic care

**10:30:** Coffee break

#### Session III: Nutrition Care in Specific Clinical Situations I

**11:00:** Refeeding syndrome

**11:30:** Sarcopenia. Definition, etiology and consequences

**12:00:** Body composition assessment techniques

**12:30:** Nutrition Care in Neurological Patient

**13:00:** Lunch

**14:00:** Workshops I-III Hands-on EN, PN, nutritional assessment

#### Session IV LLL-Nutrition Module 8: Approach to oral and enteral nutrition in adults

**15:30:** 8.1 Indications and contraindications, Complications and Monitoring of Enteral Nutrition

**16:00:** 8.2 Hospital Food and ONS

**16:30:** 8.3 Techniques of Enteral Nutrition

**17:00:** Coffee break

**17:30:** 8.4 Formulas for Enteral Nutrition

**18:00:** Patient Case

**18:30:** TEST for LLL–Nutrition Diploma Module 8

**19:00:** Patient Case Preparation in groups (From chronic to acute)

**19:30:** Ending of Day 2

**19:45:** Dinner

**DAY 3**

**Tuesday, 15<sup>th</sup> October 2024**

**Sessions V-VI: LLL-Parenteral Nutrition,  
Nutrition Care in Special Clinical Situations II,  
Practical Workshop**

**08:00-09:00:** Debriefing of the previous day- overview of group work with comments from the panelists

**Session V: LLL-Nutrition Module 9 Parenteral Nutrition**

**09:00:** Module 9.1 Indications and Contraindications for Parenteral Nutrition

**09:30:** Module 9.2 Techniques of Parenteral Nutrition

**10:00:** Module 9.3 Compounding and Ready-to-use Preparation of PN: Pharmaceutical Aspects. Compatibility and Stability Considerations; Drug Admixing

**10:30:** Coffee break

**11:00:** Module 9.4 Monitoring and Complications of Parenteral Nutrition

**11:30:** Patient Case

**12:00:** TEST for LLL nutrition Diploma Module 9



**Session VI: Nutrition Care in Specific Clinical Situations  
II Cancer + GI tract I**

**12:30:** Nutrition Care in Specific Clinical Situations: Cancer Care

**13:00:** Lunch

**14:00:** Nutritional Care in Special Clinical Situations: IBD

**14:30:** Nutrition Care in Short Bowel Syndrome

**15:00:** Coffee break

**15:30:** Workshops I-III Hands-on EN, PN, nutritional assessment

**17:00:** Nutritional Care in Acute & Chronic Pancreatitis

**17:45:** Patient Case Discussions in Groups (From acute to chronic)

**18:45:** Ending of Day 3

**19:30:** Dinner



**DAY 4**

**Wednesday, 16<sup>th</sup> October 2024**

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**Session VII: Nutrition Care in Special Clinical Situations III, Practical Work-Shop III, City Tour**

**08:00-09:00:** Debriefing of the previous day- overview of group work with comments from the panelists

**Session VII: Nutrition Care in Special Clinical Situations III: Organ failure**

**09:00:** Nutritional Care in Special Clinical Situations:  
Acute and Chronic Liver Disease

**09:30:** Nutrition Care in Swallowing Failure

**10:00:** Nutrition Care in Intestinal Failure

**10:30:** Coffee break



**11:00:** Nutrition Care in GI Motility Disorders

**11:30:** Nutritional Care in Acute Renal Disease and  
Continuous Renal Replacement Therapy

**12:00:** Nutritional Care in Chronic Renal Disease and  
Renal Replacement Therapy

**12:30:** Lunch

**13:30:** Workshops I-III EN, PN, nutritional assessment

**15:00:** Patient Case Discussions in Groups (IF: from  
acute to chronic)

**16:00:** Ending of Day 4

**16:30:** City Tour

**DAY 5**

**Thursday, 17<sup>th</sup> October 2024**

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**Sessions VIII-IX: LLL-Surgical Patient, Nutrition Care in Special Clinical Situations IV, Patient Case**

**08:00-09:00:** Debriefing of the previous day- overview of group work with comments from the panelists

**Session VIII: Nutrition Care in Specific Clinical Situations IV: Respiratory Diseases, Rehabilitation, Perioperative Care; Hospital Nutrition**

**09:00:** Nutrition Care in Acute Pulmonary Diseases

**09:30:** Nutrition Care in Chronic Pulmonary Diseases

**10:00:** Hospital Nutrition

**10:30:** Coffee break

**11:00:** Nutrition Care in Obesity. Medical management

**11:30:** Nutrition Care in Obesity. Surgical management

**12:00:** Nutrition care in metabolic syndrome and diabetes

**12:30:** Lunch



**Session IX: LLL-Nutrition Module 17 Nutritional Support in the Perioperative Period**

**13:30:** 17.1 Metabolic Responses to Surgical Stress

**14:00:** 17.2 Managing Surgical Stress

**14:30:** 17.3 Nutrition Therapy in the Perioperative Period

**15:00:** 17.4 Making the Gut Work

**15:30:** Coffee break

**16:00:** Patient Case

**16:30:** TEST for LLL Nutrition Diploma Module 17

**17:00:** LIFE WITH INTESTINAL FAILURE: PATIENT VIEW

**18:00:** Ending of Day 5

**19:30:** Dinner



**DAY 6**

**Friday, 18<sup>th</sup> October 2024**

**Sessions X-XI: Nutrition Care in Special Clinical Situations V**

**08:00-09:00:** Debriefing of the previous day- overview of group work with comments from the panelists

**Session X: Physical Activity, Quality of Life, Education**

**09:00:** How to prescribe physical activity

**09:30:** Assessing muscle function in clinical setting

**10:00:** Quality of life evaluation in clinical nutrition

**10:30:** Coffee break

**11:00:** Nutrition education in medical schools



**Session XI: Nutrition Care in Specific Clinical Situations V: Cardiology, Pediatrics, Geriatrics**

**11:30:** Nutrition care in cardiology: heart failure, cardiac cachexia

**12:00:** Nutrition care in Pediatrics

**12:30:** Lunch

**13:30:** Nutrition care in Geriatric patients

**14:00:** Mediterranean Diet

**14:30:** Microbiota in health and disease

**15:00:** Prebiotics, probiotics, symbiotics

**15:30:** Coffee break

**16:00:** Physical activity in practice

**18:00:** Ending of Day 6

**19:30:** Dinner

**DAY 7**

**Saturday, 19<sup>th</sup> October 2024**

**Session XII: Organizing Nutrition Care, Final Test**

**Session XII: Organization of Nutrition Care**

**09:00:** Ethics in Clinical Nutrition

**09:30:** Home Nutrition Support

**10:00:** Nutrition Support Teams

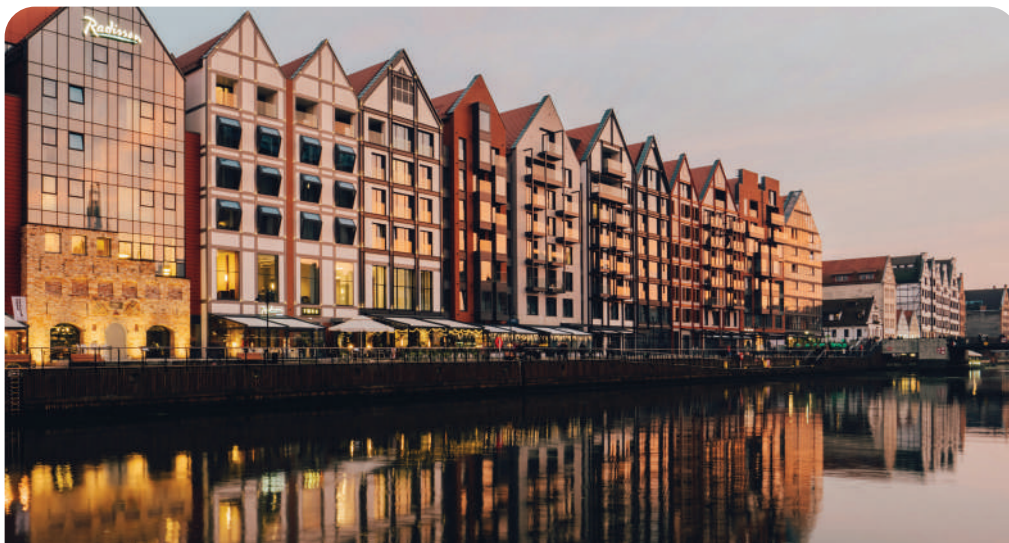
**10:30:** Coffee break

**11:00: FINAL TEST**

**12:00:** Participants feedback/Quiz: How I implement my knowledge in everyday work?

**12:15:** Ending of course

**13:00:** Dinner and Farewell



**Venue:**

HOTEL DWÓR UPHAGENA, GDAŃSK, POLAND

The hotel is situated close to the Old Town, Parliament, the train station, the bus station, and the airport. Taxi ride from the airport takes 60-80 minutes (9 km), and public transportation is available.



**Language:**

English (no translation provided).

**Additional Information:**

For cancellation requests by 10th October 2024, 70% of the paid amount will be refunded. No refunds after this date.

Registration is now open! Submit your application using this [FORM](#).

**Deadline for application: 1<sup>st</sup> October 2024**

For more information, contact: [biuro@polspen.pl](mailto:biuro@polspen.pl)



# Hotel Dwór Uphagena Gdańsk, Poland



Supported  
by ESPEN and POLSPEN