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Malnutrition: In & Out of the hospital setting



Hellenic Society
for Clinical Nutrition
and Metabolism

AFFILIATED MEMBER OF ESPEN FOR GREECE

12–14 April 2013
Grand Hotel Palace
Thessaloniki, Greece

1st Clinical Nutrition Congress

***International Conference on
the Fight Against Malnutrition***

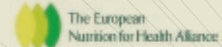
9th Clinical Nutrition Course of the ACCN

In collaboration with the:

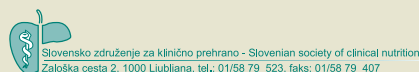
Adriatic Club of Clinical Nutrition (ACCN)
European Society for Clinical Nutrition and Metabolism (ESPEN)
Geriatrics and Gerontology Society of Northern Greece
Hellenic Dietetic Association (HDA)
Hellenic Society of Hospital Dietitians (PASINOD)
Hellenic Society for Basic and Clinical Pharmacology
Society of Anaesthesiology and Intensive Medicine of Northern Greece

Under the auspices of the:

European Nutrition for Health Alliance
Aristotle University of Thessaloniki
Greek Ministry of Health
Hellenic Medical Association
School of Medicine, Aristotle University of Thessaloniki



Bulgarian Society for Enteral and Parenteral Nutrition
Croatian Society for Clinical Nutrition
FYROM Society for Enteral and Parenteral Nutrition
Hellenic Society for Clinical Nutrition and Metabolism
Serbian Society for Enteral and Parenteral Nutrition
Slovenian Society for Enteral and Parenteral Nutrition
Turkish Society for Enteral and Parenteral Nutrition
Baltic Group of Clinical Nutrition
Society of Cancer Patients of Macedonia and Thrace



WELCOME MESSAGE

1st CONGRESS ON CLINICAL NUTRITION
9th ADRIATIC CLUB OF CLINICAL NUTRITION

Dear Colleagues and Friends,

It is with great honour and pleasure that we are inviting you to the 1st Congress for Clinical Nutrition and Metabolism in Greece, which will be held in Thessaloniki, from April 12th to April 14th, 2013. It is the first time that a meeting entirely devoted to the latest developments in Clinical Nutrition and Metabolism will take place in our country. We are sincerely looking forward to welcoming you to Thessaloniki.

At the Congress, clinical nutrition experts from all over Europe will present their latest findings in their field of expertise. We will also welcome young colleagues from the disciplines of medicine and dietetics/nutrition from more than ten countries.

While shaping the program, we made an explicit effort to include evidence-based clinical practice and educational topics and to find ways to integrate them. Aiming to improve the quality of nutritional care, we gave special emphasis to those topics that have a substantial impact and are easy to incorporate into everyday clinical practice.

The program also includes the International Conference on the Fight Against Malnutrition, (April 12th), in an effort to highlight the importance and the impact of malnutrition on both hospitalized patients and the general population.

In addition, the educational part includes the 9th Clinical Nutrition Course of the Adriatic Club of Clinical Nutrition (April, 13th-14th). It is the first time that this meeting takes place in Greece and we are delighted to host not only the new members of the ACCN, but also representatives of the Baltic Club. Moreover, two live courses of the ESPEN-Leonardo da Vinci-Life Long Learning (LLL) Programme will be held, allowing participants of the Congress to further expand their knowledge in the field of Clinical Nutrition and Metabolism.

On behalf of all the members of the Scientific, Educational and Organizing Committees and all GrESPEN members, we wish to thank ESPEN's Executive Committee, as well as ESPEN's Education and Clinical Practice Committee and the ACCN Board, for their constant guidance and support.

We are looking forward to meeting you in Thessaloniki!

Sincerely yours,



Dr. M. Chourdakis
*President of
the Congress*



Prof. D. Kouvelas
*Chairman of the
Scientific Committee*



Dr. M. Pefoulidou
*Chairwoman of the
Educational Committee*



Dr. M. Passakiotou
*Chairwoman of the
Organizing Committee*

President of the Congress Dr. Michael Chourdakis

Scientific Committee

- Prof. Dimitrios Kouvelas (Chairperson)
- Em. Prof. Nikolaos Dombros (Hon.)
- Prof. Evangelos Ioannidis
- Prof. Charalambos Spiridis
- Asst. Prof. Apostolos Tsapas
- Prof. Dimitrios Vassilakos
- Prof. Antonios Zampelas

Education Committee

- Dr. Maria Giannakou-Peftoulidou (Chairperson)
- Dr. Ioannis Gioulbassanis
- Assoc. Prof. Apostolos Kamaroudis
- Asst. Prof. Dinos Karakoulas
- Stavros Lappas
- Dr Kalliopi Anna Poulia
- Athanasios Simeonidis

Organizing Committee

- Dr. Marily Passakiotou (Chairperson)
- Anastasia Anastasiadou
- Aristea Baschali
- Aliki Dedopoulou
- Ioannis Dimkas
- Thomas Kalogirou
- Dr. Sofia Kellidou
- Konstantinos Koulousios
- Anthi-Ismini Naoumi
- Nikolaos Papaspanos
- Christos Papavaggelis
- Despoina Vassilakou

WHAT IS THE LLL?

The Life Long Learning (LLL) programme in Clinical Nutrition and Metabolism is an educational programme for medical doctors and health specialists. It offers on-line and live courses, using a variety of innovative training methodologies and resources. The LLL programme comprises 120 training modules (100 are already available on-line), created and peer-reviewed by esteemed European experts. The Modules are freely accessible on-line after registration.

The Module is the main educational unit of the LLL-Programme. Each Module includes a review of a certain problem, based on the most recent relevant findings, a clinical case, a self-assessment test and a grading quiz. Modules related to common subject areas are grouped into Topics, making it easier for the user to select Modules about a particular field of interest.

Credits are awarded at live courses and for on-line training. Participation in a live course on one Topic provides 3 CME credits. Each Topic taken on-line provides CME credits as well. Credit accumulation gives you the opportunity to be awarded the ESPEN Diploma in Clinical Nutrition. The student has the possibility to study following a set of Modules, courses and lectures of his or her own choice.

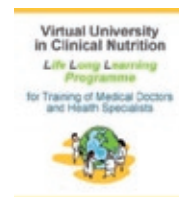
The LLL Programme, which has the support of the EU, is ESPEN's effort to provide post-graduate qualification in Clinical Nutrition and thus to improve daily practice. It was developed as the project BG-03-B-F-PP-166039 of the Leonardo da Vinci Programme, by ESPEN and a number of European universities, with the support of the European Union. The LLL Programme in Nutrition and Metabolism has been accredited by the Union Européenne des Médecins Spécialistes.

Saturday, 13th April 2013 (08:00–11:00)

Module 08: Approach to Oral and Enteral Nutrition

(M. Chourdakis, A. Forbes, Ž. Krznarić, R. Meier)

- 8.1 Indications, Contraindications, Complications and Monitoring of EN
- 8.2 Oral and Sip Feeding
- 8.3 Techniques of Enteral Nutrition
- 8.4 Formulae for Enteral Nutrition



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NUTRITION AND
METABOLISM

Sunday, 14th April 2013 (08:30–12:00)

Module 17: Nutritional support in the perioperative period

(G. Kékéštas, S. Klek, R. Meier, M.Passakiotou)

- 17.1 Metabolic Responses to Surgical Stress
- 17.2 Enhanced Recovery: Principles
- 17.3 Fluid Balance and Metabolism in Surgery
- 17.4 Nutritional Goals in the Perioperative Period. Facilitating Oral or Enteral Nutrition

For non ACCN participants, participation at the LLL M.08 and M.17 requires registration.
For M.08: at <http://bit.ly/LLL08Congress> For M.17: at <http://bit.ly/LLL17Congress>



“FIGHT AGAINST MALNUTRITION: How to manage with it IN & OUT of the Hospital Setting”

Malnutrition is a serious public health problem, which occurrence increases in Europe, costing EU governments more than 110 billion Euros yearly. Recent studies examining the effect of malnutrition on clinical outcomes and healthcare resource use, have demonstrated that one out of four patients admitted to hospital is at risk of malnutrition or is already malnourished. Additionally, up to 20% of residents in care homes are malnourished and a further 30% are at risk of malnutrition. The healthcare cost of managing malnourished patients is more than twice that of managing similar well-nourished patients, due to increased use of healthcare resources.

Malnutrition is caused by a variety of factors, including the lack of access to healthy foods, loss of appetite, metabolic conditions, or an inability to eat due to illness or surgery. Malnutrition can delay recovery and prolong hospitalization, leading to increased susceptibility to infection and reduced independence and quality of life. Given Europe’s rapidly ageing population, the social and economic costs of malnutrition are expected to rise steadily over the coming years, unless concrete measures are taken to raise awareness and to address this serious problem.

In the recent years (Czech Republic, 2009, Brussels, 2010 and Poland, 2011), EU Health Ministry representatives, alongside medical experts, health care officials, representatives of health insurance groups, ESPEN (the European Society for Clinical Nutrition and Metabolism), and ENHA (the European Nutrition for Health Alliance) took a first step towards changing perceptions and policies. All parties collectively recognized that malnutrition, including disease-related malnutrition, is an urgent public health problem. They stated that appropriate actions must be taken to tackle malnutrition, including national nutritional care plans, mandatory malnutrition risk screening, comprehensive guidelines and training for optimal nutritional care, campaigns to increase public awareness, and further research into the causes and prevalence of malnutrition.

Today, Greece is taking one more step to tackle malnutrition. Through new policy initiatives, including the new legislation concerning the Fight Against Malnutrition, our country is joining a minority of EU Member States in seeking to effectively address the problem of malnutrition. These include the establishment of Nutritional Support Teams, the implementation of routine nutritional screening as a key component of hospital admission for patients and the introduction of clinical nutrition as a part of national medical studies.



09:00–10:00

Registrations

10:00–10:30

Welcome Addresses

- Michael Chourdakis, President of the Congress
- Dimitrios Kouvelas, Chairman, Hellenic Society for Clinical Nutrition and Metabolism - GrESPEN
- Pierre Singer, Chairman, European Society for Clinical Nutrition and Metabolism - ESPEN
- Željko Krznarić, Chairman, Adriatic Club of Clinical Nutrition – ACCN
- Representatives from Aristotle Univeristy, Medical School, Medical Association, HDA, PASINOD

SESSION I

INTERNATIONAL CONFERENCE ON THE FIGHT AGAINST MALNUTRITION

10:30–12:00

PART I: Prevalence of Malnutrition in Europe and Greece *Chairmen: P. Singer, D. Kouvelas*

10:30–10:45

Malnutrition in the Europe's Population, *P. Singer (ESPEN)*

10:45–11:00

Malnutrition in Greek hospitalized population, *K.A. Poulia (HDA)*

11:00–11:15

Cost Related Malnutrition in Adriatic Region: The example of Croatia, *Ž. Krznarić (CrSPEN)*

11.15–11:30

The implementation of nutritional risk screening and nutrition intervention amongst geriatric patient group, *L. Sobotka (CzSPEN)*

11:30–11:45

How can the hospital dietitian be part of a successful support to the patients: challenges and future steps, *C. Papavaggelis (PASYNOD)*

11:45–12:00

The importance of Teaching Clinical Nutrition in Medical Schools, *M. Chourdakis (GrESPEN)*

12:00–12:30

Coffee Break

12:30–14:00

PART II: Steps towards the prevention and struggling of hospital malnutrition
Chairmen: M. Chourdakis, L. Sobotka

12:30–12:45

The role of the European Union in handling malnutrition, *M. Passakiotou (GrESPEN, Hel. Medical Association)*

12:45–13:00

What can Member State policy-makers and stakeholders contribute?, *S. Klek (POLSPEN)*

13:00–13:15

Nutrition is a basic need – let's treat it like one!, *F. De Man (ENHA)*

13:15–13:30

The EU regulatory Framework for Foods for Special Medical Purposes – its role in fighting malnutrition, *E. Bengio (MNI)*

13:30–13:45

Can we do better for patients? Integrating nutritional care into anticancer therapy
A. Laviano (ECCN, ESPEN)

13:45–14.00

Moderated panel debate and conclusion, *P. Singer, F. de Man, M. Chourdakis, P. Mitta*
+ Reports from Patients on HEN/HPN

16:00–18:30

SESSION II / Chair: Željko Krznarić, Alessandro Laviano

Malnutrition: a hot issue-Fight against malnutrition, Željko Krznarić (Croatia)

Energy Intake and Patients' Outcome, Pierre Singer (Israel)

Disease Associated Cachexia, Alessandro Laviano (Italy)

How to organize a Nutritional Support Team, Darija Vranešić (Croatia)

Energy and protein balance and measurement of body composition

Luboš Sobotka (Czech Republic)

Pre- and Probiotics in Diarrheal Diseases, Remy Meier (Switzerland)

MNI's contribution to fight against malnutrition, Ceri Green – (MNI)



••• OLYMPIA "C" HALL

08:00–11:00

LLL – Life Long Learning Programme

Module 08: Approach to Oral and Enteral Nutrition

(R. Meier, Z.Krznicaric, A.Forbes, M. Chourdakis)

8.1 Indications, Contraindications, Complications and Monitoring of EN

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8.4 Formulae for Enteral Nutrition



11:00–11:30

Coffee Break

11:30–13:30

SESSION III

Chair: Chraralambos Spiridis, Remy Meier

N-3 fatty acids in Critical Care. Where are we going? Special substrates in clinical nutrition: Immunonutrition

Pierre Singer (Israel)

Enteral and Parenteral Nutrition in Short Bowel Syndrome

Alastair Forbes (UK)

Nutrition support in acute and chronic pancreatitis

Remy Meier (Switzerland)

Nutrition in Critical Illness and Sepsis

Gintautas Kėkštaitis (Lithuania)

Monitoring of nutritional support

Marily Passakiotou (Greece)

••• OLYMPIA "A" HALL

15:00–16:30

SESSION IV

Interactive nutritionDay extended training session

Prof. Michael Hiesmayr (nDay Director)

Sigrid Kosak (nDay Project management)

(for participants and those who are interested in participating in nD):

- nD questionnaires
- data input into the online database
- interpretation of the nD report



End of Course

9th ADRIATIC CLUB OF CLINICAL NUTRITION

••• OLYMPIA "C" HALL

Welcome, brief history of ACCN

Željko Krznarić (Croatia)

15:00–17:30 **SESSION 1**

Chair: Dimitrios Vassilakos, Apostolos Kambaroudis

Basics in Enteral Nutrition

Željko Krznarić (Croatia)

Basics in Parenteral nutrition,

Kalina Grivčeva-Stardelova (FYROM)

Complications of parenteral nutrition

Mehmet Uyar (Turkey)

Substrates in clinical nutrition (macronutrients)

Darija Vranešić (Croatia)

Substrates in clinical nutrition (micronutrients)

Luboš Sobotka (Czech Republic)

Home Parenteral Nutrition-HPN

Alastair Forbes (UK)

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08:30–11:00 **SESSION 2**

Chair: Marina Panisic, Anastasia Anastasiadou

**Clinical Parenteral Nutrition –
from Preparation to Administration**

Chrysostomos Anastasilakis (Greece)

Nutrition support in IBD/Hepatic Disease

Pencho Tonchev (Bulgaria)

A Nutritional support in Gastrointestinal fistulas

Marina Panisic (Serbia)

Refeeding Syndrome

Michael Hiesmayr (Austria)

Nutritional Support in the ICU

Maria Peftoulidou (Greece)

11:00–11:30 **Coffee Break**

11:30–13:00 **SESSION 3**

Chair: Athanasios Symeonidis, Nada Rotovnik-Kosjek

Nutrition in the elderly

Michael Chourdakis (Greece)

Dietary interventions in cardiovascular diseases: from facts to controversies,

Antonis Zampelas (Greece)

Nutrition in Cancer

Ioannis Gioulbassanis (Greece)

Nutrition & physical activity–therapeutical groundwork to Cachexia

Nada Rotovnik Kozjek (Slovenia)

13:00–14:00 **Test/evaluation and final remarks**

Željko Krznarić, Michael Chourdakis

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08:30–12:00 **LLL Programme**

**Module 17: Nutritional support
in the perioperative period**



(R. Meier, S. Klek, G. Kekstas, M.Passakiotou)

17.1 Metabolic Responses to Surgical Stress

17.2 Enhanced Recovery: Principles

17.3 Fluid Balance and Metabolism in Surgery

17.4 Nutritional Goals in the Perioperative Period.

Facilitating Oral or Enteral Nutrition



FACULTY

1	Anastasia Anastasiadou	Dietitian, Papageorgiou Hospital	(Greece)
2	Chrysostomos Anastassilakis	Pharmacist, 424 Military Hospital	(Greece)
3	Estrella Bengio	Director Regulatory Affairs, Abbott	(Spain)
4	Dr. Michael Chourdakis	Secretary, GRESPEN	(Greece)
5	Professor Alastair Forbes	University College London	(United Kingdom)
6	Dr. Ioannis Gioulbassanis	Oncologist, University Hospital Larissa	(Greece)
7	Dr. Ceri Green	Global Scientific Affairs Director, Nutricia	(Netherlands)
8	Professor Michael Hiesmayr	nDay Director	(Austria)
9	Associate Professor Apostolos Kamaroudis	Surgeon, School of Medicine, AUTH	(Greece)
11	Dr. Gintautas Kėkštās	Chairman, BCCN	(Lithuania)
12	Assistant Professor Stanislaw Klek	Chairman, POLSPEN	(Poland)
13	Sigrid Kosak	nDay Project management	(Austria)
14	Professor Dimitrios Kouvelas	Chairman, GRESPEN	(Greece)
15	Professor Željko Krznarić	Chairman, ACCN	(Croatia)
16	Professor Alessandro Laviano	Chairman, ECPC – ESPEN	(Italy)
17	Frank de Man	Director, ENHA	(Netherlands)
18	Professor Remy Meier	Co-Director of LLL Program	(Switzerland)
19	Persefoni Mitta	Chairperson of the Society of Cancer Patients of Macedonia and Thrace	(Greece)
20	Dr. Marina Panišić	Chairwoman NUPEN	(Serbia)
21	Christos Papavaggelis	Chairman, Hellenic Hospital Dietitians' Association	(Greece)
22	Dr. Marily Pasakiotou	Director, ICU HIPPOKRATIO University Hospital	(Greece)
23	Dr. Maria Peftoulidou	Director, ICU AHEPA University Hospital	(Greece)
24	Dr. Kalliopi-Anna Poulia	Vice Chairwoman, Hellenic Dietetic Association	(Greece)
25	Dr. Nada Rotovnik Kozjek	Chairwoman, SlovPEN	(Slovenia)
26	Athanasios Simeonidis	1st Vice Chairman, ELEGEIA	(Greece)
27	Professor Pierre Singer	Chairman, ESPEN	(Israel)
28	Professor Lubos Sobotka	Chairman, Czech SPEN	(Czech Republic)
29	Professor Charalambos Spiridis	Director of 5th Surgical Dpt., AUTH	(Greece)
30	Dr. Kalina Grivčeva-Stardelova	Chairperson, MSPEN	(FYROM)
31	Dr. Pencho Tonchev	Surgeon	(Bulgaria)
32	Dr. Mehmet Uyar	Chairman, KEPAN	(Turkey)
33	Professor Dimitrios Vassilakos	Director, Anesthesiology and ICU, AUTH	(Greece)
34	Dr. Darija Vranesic Bender	Secretary, ACCN	(Croatia)
35	Professor Antonis Zampelas	Director, Unit of Human Nutrition, AUA	(Greece)



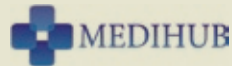
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Congress Secretariat will be open:

FRI 12 April 10:00–14:00 & 16:00–18:30
SAT 13 April 08:00–13:00 & 15:00–17:00
SUN 14 April 08:30–14:00

THE ORGANIZING COMMITTEE WOULD LIKE TO THANK THE SPONSORS:



35th
ESPEN
Congress



THE EUROPEAN
SOCIETY FOR
CLINICAL
NUTRITION AND
METABOLISM

ESPEN Congress on
Clinical Nutrition & Metabolism

LEIPZIG, GERMANY

31 August - 3 September 2013

SAVE THE DATE

Tearing down barriers –
nutrition brings people together



For more information, please contact
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