



**ESPEN**



# 22<sup>th</sup> ESPEN Course of Clinical Nutrition and Metabolic Care

November 1 - 6, 2015 • Bucharest, Romania  
Rin Grand Hotel Conference Center



**ROSPEN**  
Romanian Society for Enteral  
and Parenteral Nutrition



CEC BSIUK

CEC BSIUK

CEC Bank,  
banca de casă  
a românilor.

O călătorie  
de peste 140  
de ani.  
Un nou  
inceput.

# Bucharest

Bucharest is the capital municipality, cultural, industrial, and financial centre of Romania. It is the largest city in Romania and located in the southeast of the country.

Bucharest was first mentioned in documents in 1459. It became the capital of Romania in 1862 and is the centre of Romanian media, culture and art. Its architecture is a mix of historical (neo-classical), interbellum (Bauhaus and art deco), communist-era and modern. In the period between the two World Wars, the city's elegant architecture and the sophistication of its elite earned Bucharest the nickname of "Little Paris". Although buildings and districts in the historic city centre were heavily damaged or destroyed by war, earthquakes. In recent years, the city has been experiencing an economic and cultural boom.

According to Eurostat, Bucharest has a large urban zone of 2,151,880 residents. Bucharest is the 6th largest city in the European Union by population within city limits, after London, Berlin, Madrid, Rome, and Paris.

Economically, Bucharest is the most prosperous city in Romania and is one of the main industrial centres and transportation

hubs of Eastern Europe. The city has big convention facilities, educational institutes, cultural venues, traditional "shopping arcades" and recreational areas.

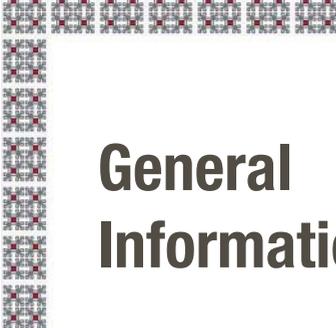
## Etymology

The name of București has an uncertain origin: tradition connects the founding of Bucharest with the name of Bucur who was either a prince, an outlaw, a fisherman, a shepherd, or a hunter, according to different legends. In Romanian the word stem bucurie means 'joy', ("happiness") and it is believed to be of Dacian origin.

There are other etymologies given by early scholars, including the one of an Ottoman traveler, Evliya Çelebi, who said that Bucharest was named after a certain "Abu-Kariş", from the tribe of "Bani-Kureiş". In 1781, Franz Sulzer claimed that it was related to bucurie (joy), bucurosi (joyful) or a se bucura (to become joyful), while an early 19th-century book published in Vienna assumed its name has been derived from "Bukovie", a beech forest.

source: <http://en.wikipedia.org/wiki/Bucharest>





# 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

15th of September 2015

## Documents Necessary for the Registration:

1. Registration form
2. Resume / Curriculum vitae
3. Recommendation letter from national society and from Head of participant's department.

# Registration Fee

ESPEN or national societies  
recommended person: € 100

Other participants: € 500

Registration fee includes:

- accommodation for 5 nights,
- meals,
- ESPEN “Blue book”,
- two (2) LLL courses and exams  
(free of any additional charge)



# Faculty

Oana Ruxandra Avram

Tommy Cederholm

Michael Chourdakis

Catalin Copaescu

Sanda Copotoiu

Alastair Forbes

Andre Van Gossum

Ioana Grigoras

Ioana Marina Grintescu

Gintautas Kekstas

Stanislav Klek

Regina Komsa

Zeljko Krznaric

Alessandro Laviano

Remy Meier

Liliana Mirea

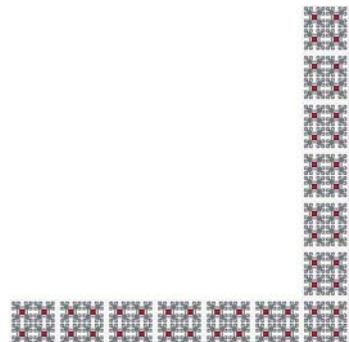
Daniela Ologoiu

Marina Panisic

Lubos Sobotka

Peter Soeters

Raluca Ileana Ungureanu





# Programme

**Day 1 – 1 November 2015**

**16:00 Arrival and accommodation**

## Afternoon

*Paris conference room*

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- 17:00 - 17:15 Welcome message
- **ESPEN chairman**
  - **ROSPEN President**

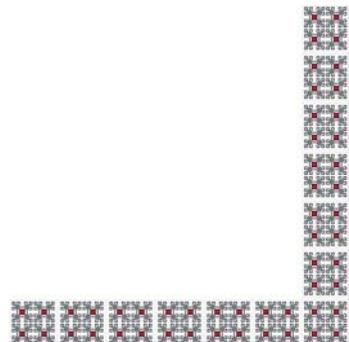
## Opening session

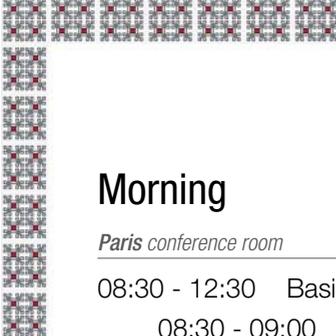
*Paris conference room*

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- 17:15 - 17:45 Objectives and actions of ESPEN
- **Andre Van Gossum**
- 17:45 - 18:15 Malnutrition – definition, etiology, consequences
- **Zeljko Krznaric**
- 18:15 - 18:45 Definition and treatment of malnutrition in elderly
- **Tommy Cederholm**
- 18:45 - 19:15 You are when you eat: the emerging role of timing in nutrition therapy
- **Alessandro Laviano**

**19:30 Dinner**





## Day 2 – 2 November 2015

### Morning

*Paris conference room*

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08:30 - 12:30 Basic in Clinical Nutrition

08:30 - 09:00 The role of energy substrates in artificial nutrition (intensive care and rehabilitation) • [Lubos Sobotka](#)

09:00 - 09:30 Carbohydrates and lipids metabolism • [Regina Komsa](#)

09:30 - 10:00 Amino acids and protein metabolism • [Regina Komsa](#)

10:00 - 10:30 Coffee break

10:30 - 11:00 Water and electrolytes • [Lubos Sobotka](#)

11:00 - 11:30 Micronutrients • [Regina Komsa](#)

11:30 - 12:00 Metabolic reaction to inflammation • [Lubos Sobotka](#)

12:00 - 12:30 Metabolic changes in stress and critical illness  
• [Peter Soeters](#)

12:30 - 14:00 Lunch

### Afternoon

*Paris conference room*

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14:00 - 14:30 Nutrition assessment and goals of nutrition support  
• [Lubos Sobotka](#)

14:30 - 15:00 Enteral nutrition • [Zeljko Krznaric](#)

15:00 - 15:30 Parenteral nutrition • [Raluca Ileana Ungureanu](#)

15:30 - 16:00 Special substrates in nutrition: GLN, ARG, n-3  
• [Ioana Grintescu](#)

16:00 - 16:30 Refeeding syndrome • [Liliana Mirea](#)

16:30 - 17:00 Coffee break

17:00 - 17:30 Definition and treatment of sarcopenia • [Tommy Cederholm](#)

17:30 - 18:00 Nutrition support in oncology • [Alessandro Laviano](#)

18:00 - 18:30 Perioperative nutrition • [Stanislaw Klek](#)

19:30 Dinner

# Day 3 – 3 November 2015

## Morning

*Paris conference room*

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- 08:30 - 09:00 Ethical aspects of nutritional support • [Stanislaw Klek](#)
- 09:00 - 09:30 Nutrition in acute and chronic kidney disease • [Sanda Copotoiu](#)
- 09:30 - 10:00 Nutrition in acute and chronic pulmonary disease • [Sanda Copotoiu](#)
- 10:00 - 10:30 Coffee break
- 10:30 - 11:00 Nutrition in acute and chronic liver disease • [Peter Soeters](#)
- 11:00 - 11:30 Probiotics in GI-diseases • [Remy Meier](#)
- 11:30 - 12:00 Nutrition in inflammatory bowel disease • [Remy Meier](#)
- 12:45 - 14:00 Lunch

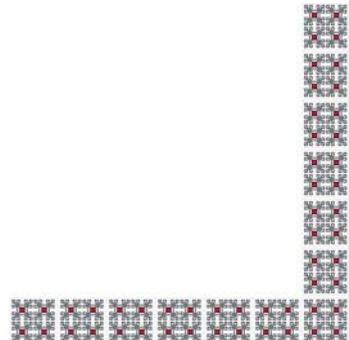
## Afternoon

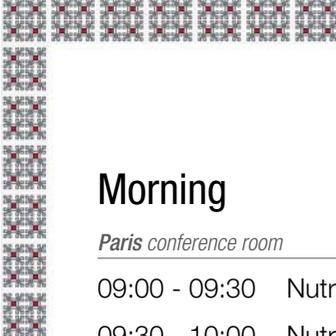
*Paris conference room*

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- 14:00 - 16:00 LLL course  
Approach to Parenteral Nutrition  
• [Remy Meier](#), [Gintautas Kekstas](#)
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
- 16:00 - 16:30 Coffee break
- 16:30 - 17:30 LLL case report
- 17:30 - 18:00 LLL exam
- 18:00 - 18:30 Nutrition in critical illness and sepsis • [Gintautas Kekstas](#)
- 18:30 - 19:00 Nutrition in trauma and burns • [Marina Panisic](#)

## 19:30 Dinner





## Day 4 – 4 November 2015

### Morning

*Paris conference room*

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09:00 - 09:30 Nutrition in acute pancreatitis • Remy Meier

09:30 - 10:00 Nutrition in GI fistulas • Marina Panisic

10:00 - 11:00 1<sup>st</sup> Workshop – 3 groups

*Paris conference room*

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1<sup>st</sup> group: Enteral nutrition • Marina Panisic

*Luxembourg conference room*

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2<sup>nd</sup> group: Parenteral nutrition • Liliana Mirea, Raluca Ileana Ungureanu

*Moscow conference room*

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3<sup>rd</sup> group: Nutritional assessment • Daniela Ologoiu, Oana Ruxandra Avram

11:00 - 11:30 Coffee break

11:30 - 12:30 2<sup>nd</sup> Workshop – 3 groups

*Paris conference room*

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3<sup>rd</sup> group: Enteral nutrition • Marina Panisic

*Luxembourg conference room*

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1<sup>st</sup> group: Parenteral nutrition • Liliana Mirea, Raluca Ileana Ungureanu

*Moscow conference room*

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2<sup>nd</sup> group: Nutritional assessment • Daniela Ologoiu, Oana Ruxandra Avram

12:30 - 13:30 Lunch

### Afternoon

*Paris conference room*

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13:30 - 14:15 Case presentation and discussion • Remy Meier

14:15 - 15:00 Case preparation

### Free afternoon

Organized city break and festive dinner in the old town.

# Day 5 – 5 November 2015

## Morning

*Paris conference room*

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- 08:30 - 09:15 Case report from working group • Alastair Forbes, Remy Meier
- 09:15 - 11:15 LLL course  
Approach to Oral and Enteral Nutrition in Adults
- Remy Meier, Michael Chourdakis
1. Indications, Contraindications, Complications and Monitoring of Enteral Nutrition
  2. Oral and Sip Feeding
  3. Techniques of Enteral Nutrition
  4. Formulae for Enteral Nutrition
- 11:15 - 11:45 Coffee break
- 11:45 - 12:45 LLL case report
- 12:45 - 13:15 LLL exam
- 13:15 - 14:30 Lunch

## Afternoon

- 14:30 - 15:30 3<sup>rd</sup> Workshop – 3 groups
- Paris conference room*
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- 2<sup>nd</sup> group: enteral nutrition • Marina Panisic
- Luxembourg conference room*
- 
- 3<sup>rd</sup> group: parenteral nutrition • Liliana Mirea, Raluca Ileana Ungureanu
- Moscow conference room*
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- 1<sup>st</sup> group: nutritional assessment • Daniela Ologoiu, Oana Ruxandra Avram

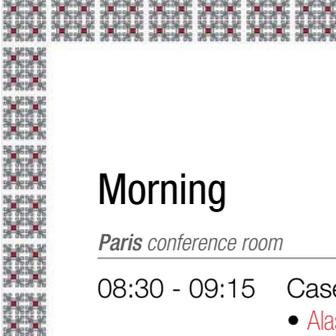
*Paris conference room*

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- 15:30 - 16:15 Obesity – pathophysiology and clinical consequences.  
Nutrition in obesity • Michael Chourdakis
- 16:15 - 16:45 Nutrition and bariatric surgery • Catalin Copaesuc
- 16:45 - 17:15 Coffee break
- 17:15 - 18:00 Case presentation and discussion • Alastair Forbes, Remy Meier
- 18:00 - 19:00 Case preparation

## 19:30 Dinner





## Day 6 – 6 November 2015

### Morning

*Paris conference room*

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- 08:30 - 09:15 Case report from working groups
- Alastair Forbes, Remy Meier
- 09:15 - 09:45 Nutrition and physical activity during critical illness
- Ioana Grigoras
- 09:45 - 10:15 Home parenteral nutrition
- Alastair Forbes
- 10:15 - 10:45 Coffee break
- 10:45 - 11:45 Final general discussion
- 11:45 - 12:15 Closing Ceremony, diploma
- 12:30 - 14:00 Lunch

### Afternoon

Departure

# Accommodation

## RIN Grand Hotel Bucharest

7D Vitan - Barzesti Street, Bucharest, Romania

Phone: +40 731 111 000; Website: [www.ringrandhotel.ro](http://www.ringrandhotel.ro)



RIN Grand Hotel Bucharest is a modern hotel, built in 2007, having a wide range of services perfectly adapted for business or leisure travelers.

Hotel is situated at 25 km from “Henri Coanda” International Airport and only 10 minutes drive from the Bucharest historical and commercial centre. The area is easily accessible and offers a generous parking lot, so that you should not lose time within traffic or looking for a parking place. Those passionate about natural landscape will be most delighted by the proximity of The Vacaresti Natural Park, also known as „The Bucharest Delta” – situated at 50 m distance from our hotel.

Rooms are very spacious and comfortable, offering all the amenities you could expect from a four star hotel.

Their special ambience is created by connecting the mild and warm design with the high tech devices. Each room is equipped with large opening windows, safety box, mini bar and for your moments of relaxation you have at your disposal a flat screen LCD and room service. All rooms are provided with free WiFi connection.

Extra benefits available are: a modern Spa Center Body Art Wellness Club – indoor swimming pool, wet or dry sauna, jacuzzi, fitness room, massage room, gambling room. You are welcome to visit us anytime as our Spa Center Body Art Wellness Club is the only one open 24/7 in the city.



# Transportation

There is a bus no# 102, which connect the Hotel to metro station. The bus station is in front of the hotel.

Taxis are also available from the airport and from the hotel to city center.

Please contact the officers at the reception of the hotels and the special desk at RIN Grand Hotel Conference Centre for calling a taxi.

Attention should be paid to choosing a registered cab. These have the company name, telephone and pricing marked on their doors.



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## Registration Form

### 22th ESPEN Course of Clinical Nutrition and Metabolic Care

Title

First Name

Last Name

Date of Birth

Gender  Male  Female

Country

Working place

Speciality  MD  Pharmacist  Dietitian  Nurse

Email

Phone

ESPEN member  Yes  No



# Bucharest Facts

- Bucharest is the 6th largest capital in the European Union.
- The city's Palace of the Parliament is the second-largest building in the world.
- Bucharest's surface transit network, run by Regia Autonoma de Transport Bucuresti, is the 4th largest in Europe.
- Museum of the Romanian Peasant was declared the European Museum of the Year in 1996.
- The first omnibus horses were opened in Bucharest in 1840, being among the first cities in Europe that had such means of transport
- The first road in Bucharest was Wood Road, Victoria today. Victory Road was paved with tree trunks.
- Lipsyani street name comes from the city of Leipzig in Germany, which reminds of the extremely dynamic and commercial life of Wallachia.
- Over 20 churches and monasteries were destroyed, partially or completely, during communism. Among the oldest are: Crangasi Church (1564), White-drapeer Church (1568), Mihai Voda Monastery (1591) and others.
- Novotel entrance façade is a copy of the former façade of the National Theatre. During the Second World War, specifically on 26 August 1944, a German aircraft dropped a bomb with the intention to destroy the Palace of Phones, but the bomb missed the target and fell on the National Theatre.
- Bucharest Telephone Palace was built between 1929-1934. The architect was inspired by the American skyscrapers and was the tallest building in Bucharest up till 1970.
- Athénée Palace hotel, now a Hilton, may have been Europe's most notorious den of spies in the years leading up to World War II.
- In Bucharest was born Henri Marie Coanda on 7 June 1886. He was a Romanian inventor, aerodynamics pioneer and builder of an experimental aircraft, the Coanda-1910 described as the world's first jet. He also invented a great number of devices, designed a "flying saucer" and discovered the Coanda effect of fluid dynamics.



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## Official course secretariat

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