



24th ESPEN Course

in Clinical Nutrition and Metabolism



Thessaloniki, 22-28 October 2017

- **Preliminary Programme**
- **Registration info**
- **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

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 - URL: 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
Laurentieva Athina
Naoumi Anthoula Ismini
Papaspanos Nikos
Passakiotou Marily
Poulia Kalliopi-Anna
Tsiaousi Georgia
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)
Van Gossum Andre (BE)

Day 1: 22nd October 2017 (Sunday)

- 16:00** *Arrival and accommodation*
- 17:00-17:15 Welcome message
 ESPEN Exe-Com & GrESPEN Chairman
- 17:15-17:45 The history of ESPEN and nutritional support. Aims and
 perspectives for the future
 Andre Van Gossum
- 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: 23rd 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 **1st Workshop**
1st group: Enteral Nutrition **Anni Laas**
2nd group: Parenteral Nutrition **Stanislaw Klek**
3rd group: Nutritional Assessment **Nikolaos Pappaspanos**
- 15:15-16:00 **Case presentation & discussion**
1st group **Kalliopi Anna Poulia**
2nd group **Dimitrios Karagiannis**
3rd group **Stoppe Christian**
- 16:00-16:30 *Case preparation by the group*
- 16:30-17:00 *Coffee break*
- 17:00-17:30 Implementation of Enteral Nutrition. Video examples.
Marianna Arvanitaki
- 17:30-18:00 Placement and use of a nutrition catheter for PN
Stanislaw Klek
- 18:00-18:30 Weight loss- a real case presenting a female patient with COPD and chronic mesenteric ischemia
Marianna Arvanitaki
- 19:00-21:00 *Dinner*

Day 3: 24th October 2017 (Tuesday)

- 09:00-13:00 **1st LLL course: Module 8/9:** 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**
- 13:00-14:00 Lunch*
- 14:00-14:30 Monitoring of nutritional support
Anastasia Anastasiadou
- 14:30-15:00 Pharmaceutical aspects of nutritional support
Chrysostomos Anastasilakis
- 15:00-15:30 Perioperative Nutrition
Stanislaw Klek
- 15:30-16:00 Coffee break*
- 16:00-16:30 Intravenous lipid emulsions in parenteral nutrition
Stanislaw Klek
- 16:30-17:00 Glycaemic and metabolic goals in the ICU
Marili Passakiotou
- 17:30-18:00 Parenteral nutrition: complications
Athina Lavrentieva
- 18:00-18:30 Refeeding Syndrome
Georgia Tsaousi
- 18:30-19:00 Q&A
- 19:00-21:00 Dinner - Party*



Day 4: 25th October 2017 (Wednesday)

- 08:30-09:30 Case Report from Working Group / Discussion
Marina Panisic
- 09:30-10:00 Nutrition in trauma and burns
Marina Panisic
- 10:00-10:30 Nutrition in acute and chronic pulmonary diseases
Kakavas Sotirios
- 10:30-11:00 Coffee break*
- 11:00-11:30 Organisation and import of nutrition support
Anni Laas
- 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 Probiotics in GI diseases
Dimitris Karagiannis
- 14:30-15:00 Nutrition in acute and chronic liver disease
Alastair Forbes
- 15:00-15:30 Nutrition in acute and chronic pancreatitis
Stéphane Schneider
- 16:00 City break*
- 19:00-22:00 Dinner in Thessaloniki*

Day 5: 26th October 2017 (Thursday)

- 09:00-13:00 **1st LLL course: Module 18: Nutritional Support in Intensive Care Unit (ICU)**
1 How to Maintain Homeostasis by Nutrition Care in the ICU
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 Kostoglanis
- 16:30-17:00 Coffee break*
- 17:00-18:45 **2nd 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 Kostoglanis
2nd group Aristeia Baschali
3rd group Elina Ioannou
- 19:15-19:30 Case preparation by the group
- 19:30-21:00 Dinner*

Day 6: 27th 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 **3rd 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 Dimitris Karagiannis
3rd group Anastasia Anastasiadou
- 16:00-16:30 *Case preparation by the group*
- 16:30-17:00 *Coffee break*
- 17:00-17:30 Nutrition in Pediatrics
Michael Chourdakis
- 17:30-18:00 Essential Statistics & concepts for clinical trials, including power and sample size
Konstantinos Bougioukas
- 18:00-18:30 Nutrition and physical activity during critical illness
Nikos Papaspanos
- 18:30-19:00 Ethical aspects of nutritional support
Aristea Baschali
- 19:00-22:00 **Dinner - Party**

Day 7: 28th 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).



REGISTRATION

Price includes: accommodation for 6 nights (shared double room), meals, ESPEN “Blue book”, two LLL courses, exams and diplomas

Do not include: Flights, transfer to/from airport/venue

1. Blockmember Society recommended person (up to 3 per country): 150€

If there are more applicants supported by a society, they will be put in a waiting list and once admitted the rate will be **150€** each.

Applicants should send a letter of recommendation (from the president of the national society), to: info@grespen.org

Registration form needs to be completed at: www.bit.ly/2017Course

2. Other participants (applying with no letter of recommendation from the blockmember society or who do not want to be on the waiting list or who are not members of any ESPEN-affiliated PEN society): 600€

Registration form needs to be completed at: www.bit.ly/2017Course

For payment please use ONLY bank transfer:

PIREUS BANK, TSIMISKI BRANCH THESSALONIKI

IBAN GR66 0172 2380 0052 3801 6383 583

BIC/SWIFT CODE: PIRBGRAA

ACCOUNT HOLDER: ANOIXA & GKATZIOU O.E

A confirmation letter will be sent to each applicant and the payment (per bank transfer only) is expected within 5 working days, otherwise the place will be given to another participant.

For further information about the registration please contact:

info@voyagertravel.gr

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

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