

ESPEN WORKSHOP

Hands-on: Advanced Nutrition Care in the ICU

11-12th March 2019

AKH, Medical University of Vienna

Organisation: Prof. M. Hiesmayr & Prof. P. Singer



THE EUROPEAN
SOCIETY FOR
CLINICAL
NUTRITION AND
METABOLISM

Introduction

Under the auspices of ESPEN and in an attempt to improve good clinical practice in the field of clinical nutrition, international experts and the Intensive Care Unit 13B from the Division of Cardiac, Thoracic and Vascular Anesthesia and Intensive Care are happy to share more than 30 years of experience in practice in the field of nutrition of the critically ill. Our centers have acquired the expertise and the reputation of practice of indirect calorimetry and have organized expert courses for physicians and dieticians from Belgium, Russia, China, U.S.A., Finland, Kenya, India, Brazil, Australia, etc. The center of expertise team has published several articles, reviews and chapters in most of the well known critical care journals and text books on this topic.

Objectives

The course will cover the following topics using short presentations with open discussions, hands-on practice and clinical rounds.

At the end of the course the participant will be able to:

1. Screen and assess critically ill patients to determine their need for nutritional support
2. Define when to start nutritional support and how much to administer
3. Know how to prescribe nutritional support in patients with ECMO or CRRT
4. Know the indications for measurement of energy expenditure in the ICU
5. Assess muscle mass, muscle function and nutritional status at the ICU
6. Monitor nutritional care

Schedule

The workshop will be held during 2 days at **the Division of Cardiac Thoracic Vascular Anesthesia and Intensive Care**. Publications of the team on nutrition in the ICU will be provided to each participant on a disk or key. The course will be concluded by a test to assess the level of knowledge acquired as well as an evaluation sent directly by mail to ECPC from ESPEN.

Participants

A workshop for health practitioners (MD, RD, RN) is organized for ESPEN members to learn the practical approach of this technique in intensive care patients. The course will **accept** no more than **30-35 participants** to allow hands-on demonstrations and the time will be shared between theoretical and practical aspects. The course is open to **physicians, nurses** and **dieticians** that will learn the technique and use it back in their unit. A particular importance will be given to the analysis and interpretation of the results, which is not accessible from the literature.

Registration, registration fee payment

Registration at: www.kongressmanagement.at

Registration fee: 100 Euros

Contact

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Venue

AKH Medical University of Vienna

Währingergürtel 18-20

1090 Vienna

red bed tower, 9th floor, 9i anesthesia department, seminar room 1

Directions

subway U6 to 'Michelbeuern AKH' to enter the hospital through the main entrance

or tramway 5 or 33 to 'Lazarettgasse' to enter the hospital through the back entrance



PROGRAM

Monday, 11th March 2019

08:00-08:30	Welcome and Introduction: Is nutrition important in the ICU?	Pr. Michael Hiesmayr Pr. Pierre Singer
08:30-08:45	Concept of metabolic response to acute illness	Pr. Michael Hiesmayr
08:45-09:00	The muscle as a downregulated machine in the ICU	Pr. Steffen Weber-Carstens
09:00-09:30	Discussion	All the group
09:30-09:45	Muscle mass and strength	Dr. Arabella Fischer
09:45-10:00	Coffee break	
10:00-10:30	Energy requirements: Equations and indirect calorimetry, REE derived from VCO ₂ value	Pr. Elisabeth de Waele
10:30-11:30	Hands-on: Ultrasound & Functional assessment (group 1) Indirect calorimetry (group 2)	All the team
11:30-12:30	Hands-on: Ultrasound & Functional assessment (group 2) Indirect calorimetry (group 1)	All the team
12:30-13:30	Lunch	
13:30-15:00	Case discussions	Pr. Elisabeth de Waele Pr. Steffen Weber-Carstens
15:00-15:30	Electrical stimulation	Pr. Steffen Weber-Carstens
15:30-16:00	Coffee Break	
16:00-17:00	Rounds and discussion on daily practice	Pr. Pierre Singer Pr. Michael Hiesmayr
	Dinner together	

Tuesday, 12th March 2019

09:00-09:45	Hands-on: CT scan planimetry exercise	Dr. Arabella Fischer & team
09:45-10:15	The chronically critically ill patient: a case presentation	Pr. Michael Hiesmayr & team
10:15-10:30	Is BIA useful in the ICU?	Dr. Martin Bernardi
10:30-11:00	Hands-on: BIA (2 groups)	All the team
11:00-12:00	Case studies: towards discharge	All
12:00-12:30	Special conditions: ECMO, CRRT	Pr. Elisabeth de Waele
12:30-13:30	Lunch	
13:30-15:00	Case solving from the participants	All
15:00-15:30	Patients visit while exercising during indirect calorimetry	Pr. Steffen Weber-Carstens
15:30-16:00	Coffee break	
16:00-16:30	Protein dosage: which tools and measurements	Pr. Michael Hiesmayr
16:30-17:00	Integrating tools and ESPEN guidelines to plan nutritional therapy	Pr. Pierre Singer
17:00-17:30	Exam and Conclusions	

