6th ESPEN Symposium
PERIOPERATIVE NUTRITION

14-15 October 2018

East Midlands Conference Centre
Nottingham, UK
This is a multidisciplinary programme that would be highly suitable for clinicians, scientists, nurses, dieticians and other healthcare professionals who have an interest in perioperative care and nutrition. The symposium aims to cover the scientific bases of clinical practice in this area. The symposium will be preceded by a Lifelong Learning Course in perioperative care. The faculty comprises of international experts in the field. The programme has been endorsed by the Association of Surgeons of Great Britain and Ireland, and the British Association of Parenteral and Enteral Nutrition. This symposium has been awarded 7.5 CME points from ASGBI.

Registration Deadline: 30th September 2018
Organising Committee

Professor Dileep Lobo
Chair ESPEN Scientific Committee

Professor Arved Weimann
Chair ESPEN Workshop

Faculty

Prof Arved Weimann (DE)
Dr Ketan Dhatariya (UK)
Prof Marina Panisic (SR)
Prof Nicolaas Deutz (USA)
Prof Paul Greenhaff (UK)
Dr Richard Skipworth (UK)
Prof Zeljko Krznaric (HR)

Prof Donald McMillan (UK)
Prof Luca Gianotti (IT)
Prof Michael Hiesmayr (AT)
Prof Olle Ljungqvist (SE)
Ralph & Audrey Stockley (UK)
Prof Stanislaw Klek (PL)
Prof Zeno Stanga (CH)

Programme at a glance

Sunday 14th Oct
AM - LLL Course on Perioperative Nutrition
PM – Main Symposium (Part 1) begins with lunch
Eve – Symposium Dinner

Monday 15th Oct
AM – Symposium (Part 2) continues
Lunch and departure

Registration Fees detailed on penultimate page of this booklet

For further information and to register your place, please email
bethany.robinson@nottingham.ac.uk and
emma.bradley@nottingham.ac.uk
Sunday 14 October 2018

0830-1230  LLL Course on Perioperative Nutrition
           *Arved Weimann, Olle Ljungqvist and Dileep Lobo*

1230-1315  Lunch

1320-1430  **Session I** (Chairs: New ESPEN Chairman and Dileep Lobo)

  1320-1330  Introduction and Welcome
             *Dileep Lobo (UK)*

  1330-1350  The History of Surgical Nutrition
             *Marina Panisic (SR)*

  1350-1410  The Metabolic Response to Immobilisation and Surgical Trauma
             *Nicolaas Deutz (US)*

  1410-1430  Nutrition and Surgical Outcome: Lessons from Nutrition Day
             *Michael Hiesmayr (AT)*

1430-1600  **Session II** (Chairs: Nicolaas Deutz and Zeljko Krznaric)

  1430-1500  Nutritional Assessment and Identification of the Patient at Risk
             *Zeno Stanga (CH)*

  1500-1530  Preoperative preparation of the patient – Nutrition and Prehabilitation
             *Arved Weimann (DE)*

  1530-1600  Peri-operative Glycaemic Management– Is it necessary, and if so, how?
             *Ketan Dhatariya (UK)*

  1600-1630  Coffee Break

1630-1800  **Session III** (Chairs: Luca Gianotti and Arved Weimann)

  1630-1700  Fluid Balance and Surgical Outcome
             *Dileep Lobo (UK)*

  1700-1730  Postoperative nutrition
             *Stanislaw Klek (PL)*

  1730-1800  Enhanced Recovery after Surgery – Is it for all?
             *Olle Ljungqvist (SE)*

  1930-late  Symposium Dinner
             *The Senate Chamber, Trent Building, University of Nottingham*
Monday 15 October 2018

0900-1100 Session IV (Chairs: Olle Ljungqvist and Zeno Stanga)

0900-0930 Inflammation and Surgical Outcome
Donald McMillan (UK)

0930-1000 The Role of Novel Nutrients and Substrates
Luca Gianotti (IT)

1000-1030 Pre-, Pro- and Synbiotics and the surgical patient
Zeljko Krznaric (HR)

1030-1100 The utility of exercise in promoting muscle metabolic recovery in acute and chronic wasting condition
Paul Greenhaff (UK)

1100-1130 Coffee Break

1130-1315 Session V (Chairs: Paul Greenhaff and Dileep Lobo)

1130-1200 Sarcopenia, Myosteatosis and Cachexia
Richard Skipworth (UK)

1200-1220 Patient Partnership
Ralph & Audrey Stockley (UK)

1220-1240 Recovery in the community
Dorthe Hjort Jakobsen (DK)

1240-1300 Future Directions and Research
New ESPEN Chairman

1300-1315 Closing Remarks
Arved Weimann (DE)

1315-1400 Lunch and departure
Symposium Fees

Prices include course materials, refreshments and lunch

**Full package: £275***
Delegate registration fees, Symposium Dinner and 1 overnight stay at DeVere Orchard Hotel (Sunday 14th October)

**Registration only: £165***

**Symposium Dinner only: £60**
Senate Chamber, Trent Building, University Park. Sunday 14th October

**LLL Workshop only: £40**
Sunday 14th October morning session. Maximum 40 delegates capacity.

*ESPEN members will receive a 20% discount

Accommodation has been reserved for delegates at the De Vere Orchard Hotel as part of the full £275 package for Sunday 14 October. This is on a first come first served basis. Additional accommodation is available at delegate’s expense.
Further details

**Symposium address:**
De Vere East Midlands Conference Centre
Beeston Lane
Nottingham
NG7 2RJ

De Vere Orchard Hotel is at the same address, the building next to the De Vere East Midlands Conference Centre

**Getting here:**

**By rail:** The closest stations are Beeston Station and Nottingham.
**By road:** For travel by car, use postcode NG7 2RJ to find the conference centre. Guests are entitled to complimentary car parking.
**By air:** East Midlands Airport is 14 miles from De Vere East Midlands Conference Centre via the M1 North. There is a regular Skylink Nottingham bus from the airport directed to Broad Marsh Bus Station—minutes from the hotel.

For more information please visit: [https://www.phcompany.com/de-vere/east-midlands-conference-centre/](https://www.phcompany.com/de-vere/east-midlands-conference-centre/)

**Symposium Dinner Sunday 14th October**
A 3-course meal will be held in the Senate Chamber, Trent Building on the University of Nottingham Campus. This is a short walk from the De Vere Orchard Hotel.