



MAY 9 - 10, 2023 · UZ BRUSSELS, BELGIUM
ESPEN WORKSHOP - NUTRITION IN THE ICU: PRACTICAL ASPECTS AND
"HANDS ON" COURSE

Tuesday, 9.05.2023

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| 8:45 - 9:00 | Welcome and introduction | Prof. Dr. Jan Schots, Chief Medical Director UZ Brussels Prof. Dr. Elisabeth De Waele, Clinical Nutrition & ICU, UZ Brussels |
| 9:00 - 9:30 | How to assess nutritional status and which patients should be fed | Prof. Dr. Michael Hiesmayr |
| 9:30 - 9:45 | Discussion | All |
| 9:45 - 10:15 | Energy requirements: Equations and indirect calorimetry | Prof. Dr. Elisabeth De Waele |
| 10:15 - 10:30 | BREAK | |
| 10:30 - 10:45 | CT vs Ultrasound vs BIA: Which method and cut-offs to use | Dr. Arabella Fischer |
| 10:45-11:05 | Ultrasound in ICU | Dr. Karolien Dams |
| 11:05-11:25 | Hands-on practicing: Evaluation of muscle strength and mass including technology & scoring systems | Dr. Arabella Fischer + all |

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| 11:25-11:45 | Hands-on practicing Ultrasound in ICU | Dr. Karolien Dams + Dr. Arabella Fischer + all |
| 11:45-12:30 | Hands on with indirect calorimetry ICU | All |
| 12:30 - 13:30 | LUNCH | |
| 13:30 - 14:15 | Case discussions ICU | Ms. Lisinda De Hart Ms. Chloë Verhelst |
| 14:15 - 15:00 | Nitrogen excretion and protein requirements | Prof. Dr. Pierre Singer |
| 15:00 - 16:00 | Discussion on daily practice | Prof. Dr. Elisabeth De Waele Prof. Dr. Pierre Singer Prof Dr. Michael Hiesmayr Prof Dr. Claude Pichard |
| 19:00 | Dinner | |

Wednesday, 10.05.2023

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| 09:00 - 09:30 | Special conditions: ECMO,CRRT | Prof. Dr. Joop Jonckheer |
| 09:30 - 10:00 | Case Discussions: CRRT | Prof. Dr. Joop Jonckheer Mr. Wouter Pieteraerens |
| 10:00 - 10:45 | How to choose the route? Does it matter? | Prof Dr. Claude Pichard |
| 10:45 - 11:00 | Group Discussion | All |
| 11:00 - 11:15 | BREAK | |
| 11:15 - 11:30 | Monitoring of feeding: how to keep it safe? | Prof Dr. Claude Pichard |
| 11:30 - 12:00 | Nutrition Day: what can we learn? | Prof. Dr. Michael Hiesmayr |
| 12:00 - 13:00 | LUNCH | |
| 13:00- 13:30 | Dark side of the moon: adequacy of feeding | Prof. Dr. Elisabeth De Waele |
| 13:30 - 14:00 | Case Solving from the participants | All |

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| 14:00 - 14:30 | Participants comments and questions on ESPEN guideline ICU | Prof. Dr. Pierre Singer |
| 14:30 - 14:45 | BREAK | |
| 14:45 -15:45 | How to make it happen: nutrition in ICU: expert experience | Prof. Dr. Elisabeth De Waele Prof. Dr. Pierre Singer Prof. Dr. Michael Hiesmayr Prof. Dr. Claude Pichard |
| 15:30 - 16:00 | Open discussions + conclusions | All |

Max. 30 participants allowed.