



ESPEN WORKSHOP

# NUTRITIONAL SCREENING & ASSESSMENT IN ADULTS

APRIL 18 - 19, 2024  
AMSTERDAM UMC, LOCATION AMC  
THE NETHERLANDS

# ORGANISING COMMITTEE

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- Prof. Dr. Marian de van der Schueren RD (chair)
- Dr. Jacqueline Langius RD
- Dr. Maarten Soeters MD
- Dr. Barbara van der Meij RD
- Ir. Jeanne in 't Hulst RD
- Nutritional Assessment Platform - Netherlands

## APPLICATION

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We can have (only) 20 applicants for this course. Registration will take place on a first come first served basis; priority will be given to ESPEN members. In your application, please indicate whether you are a member or not. Please also provide a short overview of your background and motivation to follow this workshop.

The course will be held in Amsterdam, the Netherlands. ESPEN will cover most of the costs; the additional individual course fee is 200 euros. Once you have been accepted for the course we will send you further payment instructions. Please note that travel and hotels are not covered by ESPEN, and are for your own costs.

You can apply by using [this link](#) or using the QR-code

We look forward to receiving your application.



# THURSDAY, 18 APRIL

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<b>TIME</b>	<b>TOPIC</b>
10:00 - 10:15	Welcome
10:15 - 11:00	Start: introduction and establishing learning goals Getting to know each other: (professional) background, personal learning goals
11:00 - 11:30	What is nutritional screening and assessment? Overview of screening(tools) and the four domains of nutritional assessment: body composition, biochemical analyses & dietary intake in relation to requirements, and the functional and clinical assessment
11:30 - 11:45	Coffee/ tea break
11:45 - 13:15	Workshop screeningtools and anthropometry (theory and practice): demi span, knee-height, upper-arm (muscle) circumference, skinfold thickness measurements
13:15 - 14:15	Lunch
14:15 - 15:45	Workshop Bioelectrical Impedance Analysis (theory and practice): single and multi-frequency
15:45 - 16:00	Coffee/ tea break
16:00 - 17:30	Putting theory into (clinical) practice Anthropometry measurements of Amsterdam UMC patients
17:30 - 17:45	Recap/ preview day 2
18:00	Diner buffet



# FRIDAY, 19 APRIL

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<b>TIME</b>	<b>TOPIC</b>
<b>9:00 - 10:30</b>	<b>Workshop functional assessment (theory and practice): hand grip strength, walking test, 1-RM, short physical performance battery</b>
<b>10:30 - 10:45</b>	<b>Coffee/ tea break</b>
<b>10:45 - 12:45</b>	<b>Workshop advanced methods (theory and demonstration):</b> <ul style="list-style-type: none"><li>• <b>Indirect calorimetry (standard and portable devices)</b></li><li>• <b>Dual X-ray Absorptiometry</b></li><li>• <b>Air Displacement Plethysmography (BODPOD)</b></li><li>• <b>CT scan/ echography</b></li><li>• <b>Universal eating monitor</b></li></ul>
<b>12:45 - 13:45</b>	<b>Lunch</b>
<b>13:45 - 16:15</b>	<b>Putting theory into (clinical) practice</b> <b>Functional assessment measurements of Amsterdam UMC patients, and applying the data from advanced methods; present and discuss results</b>
<b>16:15 - 16:30</b>	<b>Evaluation, wrap-up</b>
<b>16:30</b>	<b>End of program</b>

