



ESPEN LLL PROGRAMME IN CLINICAL NUTRITION AND METABOLISM

List of Topics and Modules November, 2018

Code	Title	Credits for Live course	Credits for on-line course	Credits for Grading Quiz	Authors
Topic 0 Introduction in Nutrition			1		
EDU T0 M0.1	Introduction to Clinical Nutrition		1		Pichard Claude Meier Rémy Regina Komsa
Topic 1 Metabolism of Macronutrients, Pro – Pre biotics and Fibre		4	5		
EDU T1 M1.1	Metabolism of Carbohydrates			1	H.P. Sauerwein
EDU T1 M1.2	Metabolism of Amino Acids and Proteins			1	Luc Cynober
EDU T1 M1.3	Metabolism of Lipids: New Insight			1	Regina Komsa- Penkova, Lubos Sobotka
EDU T1 M1.4	Pre-Probiotics in Nutrition			1	
EDU T1 M1.5	Fibre in Nutrition			1	
Topic 2 Water, Electrolytes and Micronutrients		4	5		
EDU T2 M2.1	Water and Electrolytes in Health and Disease			1	
EDU T2 M2.2	Metabolism of Vitamins			1	Alan Shenkin
EDU T2 M2.3	Metabolism of Minerals and Trace Elements			1	Alan Shenkin
EDU T2 M2.4	Antioxidants			1	Paola M Hunter Johane P Allard
EDU T2 M2.5	Phytochemicals			1	Hans Biesalski
EDU T2 M2.6	Fluid balance and metabolism in surgery				Damian Bragg Simon P Allison Dileep N Lobo
Topic 3 Nutritional Assessment and Techniques		4	3		
EDU T3 M3.1	Nutritional Screening and Assessment			1	Yitshal Berner Rémy Meier

					Lubos Sobotka
EDU T3 M3.2	Body Composition			1	Kristina Norman Yitshal Berner Rémy Meier Lubos Sobotka Nachum Vaisman
EDU T3 M3.3	Energy Balance			1	Lubos Sobotka
Topic 4 Nutritional Support in Paediatric Patients (1)		4	4		
EDU T4 M4.1	Role of Diet in Prevention and Treatment of Hyperlipidaemia in Children			1	Corina Hartman
EDU T4 M4.2	Food allergy: prevention and treatment - Cow's milk allergy				Hania Szajewska Aline B. Sprikkelman
EDU T4 M4.3	Nutrition treatment in children with intestinal failure with a special emphasis on short bowel syndrome			1	Sanja Kolaček
EDU T4 M4.4	Principles of feeding the preterm infant			1	Koen Joosten
EDU T4 M4.5	Nutritional Evaluation of Hospitalized Children			1	Olivier Goulet
Topic 5 Nutritional Requirements during Lifespan			2		
EDU T5 M5.1	Dynamic of Nutritional Requirements during Lifespan			1	
EDU T5 M5.2	Nutritional Requirements in Pregnancy and Lactation			1	
Topic 6 Malnutrition			4		
EDU T6 M6.1	Undernutrition – Simple and Stress Starvation			1	Yitshal Berner Remy Meier Lubos Sobotka Nachum Vaisman
EDU T6 M6.2	Severe undernutrition: prevalence, mechanisms, consequences			1	Malgorzata Misiak Irena Kruczyk Kinga Szczepanek Stanislaw Klek
EDU T6 M6.3	Refeeding Syndrome and Methods for Safe Nutritional Intervention			1	Stanislaw Klek Kinga Szczepanek Malgorzata Misiak
EDU T6 M6.4	Epidemiology of Overnutrition			1	
Topic 7 Enteral/Parenteral Nutrition - Substrates			3		
EDU T7 M7.1	Substrates used for enteral nutrition: tube feeding			1	Aleksandra Kapala Ryszard Choruz

					Stanislaw Klek
EDU T7 M7.2	Substrates for Parenteral Nutrition			1	Stanislaw Klek
EDU T7 M7.3	Immunonutrition Substrates for Enteral and Parenteral Nutrition			1	Stanislaw Klek Tomasz Kowalczyk
Topic 8 Approach to Oral and Enteral Nutrition in Adults		4	4		
EDU T8 M8.1	Indications, Contraindications, Complications and Monitoring of EN			1	Michela Zanetti
EDU T8 M8.2	Hospital Diet and Oral Nutritional Supplements (Sip Feeds)			1	Kalliopi-Anna Poulia Marian de van der Schueren
EDU T8 M8.3	Techniques of Enteral Nutrition			1	Matthias Pirlich
EDU T8 M8.4	Formulae for Enteral Nutrition			1	Alastair Forbes Luzia Valentini

Topic 9 Approach to Parenteral Nutrition		4	4		
EDU T9 M9.1	Indications and Contraindications for Parenteral Nutrition			1	Zeljko Krznicaric
EDU T9 M9.2	Techniques of PN			1	André Van Gossum Asuncion Ballarin Viviane Lievin
EDU T9 M9.3	Compounding and ready-to-use preparation of PN: pharmaceutical aspects. Compatibility and stability consideration; drug admixing			1	Peter Austin Dina Ljubas Kelečić
EDU T9 M9.4	Monitoring and Complications of PN			1	Alessandro Laviano
Topic 10 Nutritional Support in Pediatric Patients (2)		4	4		
EDU T10 M10.1	Nutrition in infancy and childhood and prevention of diseases			1	Hania Szajewska
EDU T10 M10.2	Enteral Nutrition in Pediatric Patients			1	Raanan Shamir
EDU T10 M10.3	Parenteral Nutrition in Pediatric Patients			1	Sanja Kolaček
EDU T10 M10.4	Principles of feeding in pediatric ICU			1	Koen Joosten
Topic 11 Organization of Nutritional Care. Ethic and Legal Aspects			3		

EDU T11 M11.1	Organisation of a Nutritional Support Team			1	S.M. ten Dam A. Droop W. Arjaans S.D.W. de Groot Marian van Bokhorst - de van der Schuere
EDU T11 M11.2	Ethical and Legal Aspects			1	Diana Cardena
EDU T11 M11.3	Ethical issues and dilemmas in artificial nutrition and hydration.			1	Diana Cardena
Topic 12 Nutritional Support in Gastrointestinal Diseases		4	4		
EDU T12 M12.1	Compromised Gut			1	Stanislaw Klek Peter B. Soeters
EDU T12 M12.2	Challenges in treating short bowel syndrome			1	Alastair Forbes Jon Shaffer
EDU T12 M12.3	Nutrition and Gastrointestinal Fistulas			1	Jon Shaffe Stanislaw Klek
EDU T12 M12.4	Nutrition in inflammatory bowel disease			1	Rémy Meier
Topic 13 Nutritional Support in Liver Disease		2*	2		
EDU T13 M13.1	Nutritional support in acute liver failure			1	William Bernal
EDU T13 M13.2	Nutritional support in chronic liver disease			1	Mathias Plauth
Topic 14 Nutritional Support in Pancreatic Disease		2*	2		
EDU T14 M14.1	Nutrition in Acute Pancreatitis			1	Rémy Meier Stephen A. McClave
EDU T14 M14.2	Chronic Pancreatitis			1	Johann Ockenga
Topic 15 Nutritional Support in Renal Diseases		4	4		
EDU T15 M15.1	Acute Kidney Injury			1	Enrico Fiaccadori
EDU T15 M15.2	Nutritional Support in Chronic Kidney Disease			1	Denis Fouque

EDU T15 M15.3	Nutrition support in end-stage renal disease patients on haemodialysis (ESRD-HD)			1	Alice Sabatino
EDU T15 M 15.4	Nutrition support in peritoneal dialysis patients			1	Daniel Teta
Topic 16 Nutritional Support in Specific Diseases			2		
EDU T16 M16.1	Nutritional Support in Burns			1	Metter M. Berger Rene L. Chiolero
EDU T16 M16.2	Nutrition in Gravity and Bed Rest			1	
Topic 17 Nutritional Support in the Perioperative Period		4	4		
EDU T17 M17.1	Metabolic Responses to Surgical Stress			1	Olle Ljungqvist
EDU T17 M17.2	Nutritional Goals in the Perioperative Period			1	A. Weimann
EDU T17 M17.3	Managing Surgical Stress: Principles of Enhanced Recovery and Effect on Outcomes			1	M. Soop
EDU T17 M17.4	Making the Gut work			1	Dileep N. Lobo
Topic 18 Nutritional Support in Intensive Care Unit (ICU) Patients		4	4		
EDU T18 M18.1	How to Maintain Homeostasis by Nutrition Care in the ICU			1	Michael. J. Hiesmayr
EDU T18 M18.2	More than Choosing the Route: Enteral and Parenteral Nutrition			1	Pierre Singer
EDU T18 M18.3	Repletion, Supplementation and Pharmaco-nutrition			1	Mette M. Berger Pierre Singer
EDU T18 M18.4	Clinical Priorities for Solving Complex ICU Patient Problems			1	Thomas W. Felbinger
Topic 19 Nutritional Support outside the Hospital: Home Parenteral Nutrition (HPN) in Adult Patients		4	4		
EDU T19 M19.1	Indications and Outcome			1	André Van Gossom
EDU T19 M19.2	Training and Monitoring Patients on HPN			1	Lore Billiauws Francisca Joly

EDU T19 M19.3	Venous Access and Line Complications			1	Michael Staun
EDU T19 M19.4	Metabolic Complications of Home Parenteral Nutrition and Indications for Intestinal Transplantation in Chronic Intestinal Failure			1	Loris Pironi
Topic 20 Nutrition and Prevention of Diseases		4	5		
EDU T20 M20.1	Nutrients in the Prevention of Cardiovascular Diseases			1	Rosa Burgos
EDU T20 M20.2	Nutrition in Prevention of Osteoporosis			1	Maurizio Muscaritoli
EDU T20 M20.3	Nutrition in the Prevention of Cancer			1	Maurizio Muscaritoli
EDU T20 M20.4	Nutrition in the Prevention of Neurological Diseases			1	Rosa Burgos Peláez
EDU T20 M20.5	Nutrition in the prevention and management of irritable bowel syndrome, constipation and diverticulosis			1	Eduard Cabré
EDU T20 M20.6	Moderate Alcohol and Cardiometabolic Risk in Type 2 Diabetes (T2D)				Iris Shai
Topic 21 Consequences of Diabetes Mellitus on the Nutritional Status		2*	2		
EDU T21 M21.1	Medical Nutrition in Diabetes Mellitus			1	Michela Zanetti
EDU T21 M21.2	Nutritional Support in Diabetes Type I and Type II			1	Lubos Sobotka
Topic 22 Nutrition in Lipidemias		2*	2		
EDU T22 M22.1	Dyslipidemia: Targeting the Management of Cardiovascular Risk Factors			1	Miguel Leon Sanz María D. Ballesteros-Pomar
EDU T22 M22.2	Prescription of Artificial Nutrition in Patients with Dislipidemia			1	María D. Ballesteros-Pomar Miguel León Sanz
Topic 23 Nutrition in Obesity		3	4+1		
EDU T23 M23.1	Nutrition in the Prevention of Obesity			1	Rocco Barazzoni
EDU T23 M23.2	Non-surgical Interventions in Severely Obese Patients			1	Michael Chourdakis
EDU T23 M23.3	Pre-operative Medical Assessment, Post-operative Follow-up and Clinical Outcome in Bariatric Surgical Patients			1	St. Bischoff

EDU T23 M23.4	The Obesity Paradox - BMI and Beyond			1	Irit Chermesh
Topic 24 Nutritional Support in Metabolic Syndrome		4	4		
EDU T24 M24.1	Diagnostic Criteria for Metabolic Syndrome			1	María Cristina
EDU T24 M24.2	Insulin Resistance: from Pathophysiology to Clinical Assessment			1	Rocco Barazzoni
EDU T24 M24.3	Lifestyle Interventions in Metabolic Syndrome			1	Miguel León-Sanz
EDU T24 M24.4	Drug Therapy beyond Lifestyle. Is it Cost Effective for Metabolic syndrome?			1	Joelle Singer
Topic 25 Nutritional Support in Neurological Diseases		4	4		
EDU T25 M25.1	Nutritional and Metabolic Consequences of Neurological Diseases			1	Irene Bretón
EDU T25 M25.2	Nutritional Support In Acute Neurological Diseases (traumatic brain & spinal cord injuries)			1	Carole Ichai
EDU T25 M25.3	Nutritional Support in Strok			1	Stéphane M. Schneide
EDU T25 M25.4	Nutritional Support in Chronic Neurological Diseases			1	Rosa Burgos
Topic 26 Nutritional Support in Cancer		4	4		
EDU T26 M26.1	Mechanisms and Clinical Features of Cancer Cachexia			1	Paula Ravasco
EDU T26 M26.2	Nutritional Effects of Cancer Therapy and Potential Modulation of Tumour Growth			1	Alessandro Laviano
EDU T26 M26.3	Multimodal Therapy for Cancer Cachexia			1	Kenneth Fearon
EDU T26 M26.4	Pharmacologic Therapy			1	Jann Arends
Topic 27 Nutritional Support in AIDS			1		
EDU T27 M27.1	Principles of Nutritional Therapy in HIV/AIDS			1	J. Faintuch
Topic 28 Nutrition in Allergic Diseases			1		

EDU T28 M28.1	Nutrition and Food Allergy			1	
Topic 29 Nutrition in Hereditary Diseases			4		
EDU T29 M29.1	Nutrition in Phenylketonuria			1	
EDU T29 M29.2	Nutrition in Lactose Intolerance			1	
EDU T29 M29.3	Nutrition in Celiac Disease			1	
EDU T29 M29.4	Nutrition in the Cystic Fibrosis patients - impact and intervention			1	Gizel Diab Lea Bentur Drora Berkowitz Geila S. Rozen
Topic 30 Nutrition in Rheumatological Diseases		1*	1		
EDU T30 M30.1	Rheumatological Diseases			1	Patrick Ammann
Topic 31 Nutrition in Behavioral Disorders		3	3		
EDU T31 M31.1	Nutrition in Anorexia Nervosa			1	Alberto Miján-de-la-Torre Beatriz Mateo-de-Silleras Elvira Martin-de-la-Torre M Paz Redondo-del-Río, Ana Pérez-García
EDU T31 M31.2	Nutrition in Bulemia			1	Núria Español-Armengol Alberto Miján-de-la-Torre
EDU T31 M31.3	Nutrition in Alcohol Abuse			1	Robertas Badaras Regina Komsa Gabija Dragelyte
EDU T31 M31.4	Nutrition in Drug Abuse			1	
Topic 32 Food Safety			1		
EDU T32 M32.1	Food Safety. Exposure to Toxic Environment			1	Maya Stavreva Ed van Klink Iliana Buteva Nedka Trifonova
Topic 33 Nutrition and Public Health			1		
EDU T33 M33.1	Nutrition and Public Health			1	

Topic 34 Nutrigenomics			2		
EDU T34 M34.1	Nutrigenomics – New Research Approaches			1	Varban Ganev
EDU T34 M34.2	From Nutrients To Genes: Response to Nutrients			1	Varban Ganev
Topic 35 Economics of Nutrition			1		
EDU T35 M35.1	Cost Benefit in Clinical Nutrition			1	Dan Waitzberg Yara Carnevalli
Topic 36 Nutrition in Older Adults		4	4		
EDU T36 M36.1	Epidemiology, Aetiology and Consequences of Malnutrition in Older Adults			1	Tommy Cederholm
EDU T36 M36.2	Nutritional Screening, Assessment and Diagnosis Dietary Advice and Oral Nutritional Supplements in Older Adults			1	Marian A.E. de van der Schueren
EDU T36 M36.3	Artificial Nutrition in Older Adults			1	Stéphane M. Schneider
EDU T36 M36.4	Age-Related sarcopenia			1	Juergen Bauer
Topic 37 Nutrition and Sports		4	4		
EDU T37 M37.1	Energy Balance Regulation: Effects of Exercise on ad libitum Food Intake			1	Katarina Melzer
EDU T37 M37.2	Nutrition for Endurance Sports			1	Anja Carlsohn
EDU T37 M37.3	Nutrition for Strength and Power Sports			1	Nada Rotovnik Kozjek Peter Soeters
EDU T37 M37.4	Physical Activity in Chronic Diseases			1	Laurence Genton
Topic 38 Nutritional Support in Pulmonary Diseases		4	4		
EDU T38 M38.1	Mechanisms of Wasting in Chronic Respiratory Diseases and the Impact of Disease Exacerbations			1	Annemie Schols
EDU T38 M38.2	Issues Related to Obesity in COPD			1	Erica Rutten
EDU T38 M38.3	Nutritional modulation of metabolism in COPD; similarities with top sports?			1	Luc van Loon

EDU T38 M 38.4	Evidence Based Management of Pulmonary Cachexia Current Evidence for Nutritional support, Multimodal Approaches and Future Directions				Peter Collins
Topic 39 Let's talk about Nutrition: Communication Skills for Health Care Professionals		4	3		
EDU T39 M 39.1	Evidence-based facts in nutrition: how to produce and extract the evidence				Željko Krznarić Tajana Pavić
EDU T39 M 39.2	Nutrition Facts: Cost-effectiveness of Nutrition Support			1	Maurizio Muscaritoli Maria Ida Amabile
EDU T39 M 39.3	From Theory to Practice: Communication Skills for Health Care Professionals (HCPs)			1	Joelle Singer
EDU T39 M 39.4	Discover Your Personality to Improve Your Communication Skills			1	Alain Golay