

# ESPE LLL PROGRAMME IN CLINICAL NUTRITION AND METABOLISM

## How to prepare a Module

**The module for online version has to be prepared according to the following general recommendations:**

1. Select the theme and topic of the module from the module catalogue, allocated on the Virtual Portal for Training of Trainers in Nutrition
  - a. Check precisely the exact title, in case you have a new suggestion for the topic discuss it with the educational director of the tLLL programme
2. Develop an educational content in 10-15 pages, using at least 30 references. To make the material more attractive prepare the figures, the diagrams, and the tables
  - a. Develop Learning objectives (4-7)
  - b. Develop Key Messages (5-6), that can be used for the preparation of the Live course
  - c. Develop a short content (The titles of the sections in the module)
  - d. Develop a short summary of the module
3. Develop a Clinical case for the module with at least 8 questions and answers each
4. Develop 20 MCQ questions (A,B,C,D) with one correct answer
  - Please find the example below:

Module: 15.1

Acute Kidney Injury

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Learning Objectives:

- To learn about nutritional status in Acute Kidney Injury (AKI);
- To learn about the effects of AKI on nutrient and substrate metabolism;
- To learn about the impact of protein-energy wasting on clinical outcome in AKI;
- To learn about the nutritional requirements in AKI;
- To learn the goals of nutritional support in AKI;
- To learn the best approach to nutritional support in AKI.

Contents:

1. Introduction
2. Nutritional status in AKI
3. Nutrient and substrate metabolism in AKI
  - 3.1. Glucose
  - 3.2. Lipids
  - 3.3. Proteins
4. Nutrient requirements in AKI
  - 4.1. Macronutrients
  - 4.2. Micronutrients
5. Goals of nutritional support in AKI
6. Protein-energy wasting, nutritional support and outcome in AKI
7. Indications for nutritional support and route of feeding in AKI
8. Disease-specific formulas in patients with AKI
9. Specific problems of nutritional support in AKI on RRT
10. Summary and decision tree for nutritional support in AKI
11. References

Key Messages:

- AKI in the critically ill patient seldom occurs as isolated organ failure, and is more often a component of the multiple organ failure syndrome, occurring during severe and often prolonged catabolic phases of the critical illness, and intensified by the specific metabolic derangements associated with acute loss of kidney function;
- Patients with AKI often develop protein-energy wasting (PEW) (preexisting and/or hospital-acquired), which is itself a major negative prognostic factor; nutritional support is frequently required, in the form of parenteral and/or enteral nutrition, even though there is no evidence from randomized controlled studies concerning its favourable effect on major outcomes;

For delivering a Live course the additional material has to be prepared according to the following general recommendations:

1. Develop a PPT presentation (30-40 slides) according to the official LLL template. (use learning objectives, pictures and diagrams)
2. For the case discussion develop a clinical case and a short presentation of it with questions and answers
3. Develop a test (first level test) (20 TRUE/FAULSE questions)
4. PLEASE SEE BELOW AND USE THE NEW TEMPLATE!!!!



THE EUROPEAN  
SOCIETY  
FOR CLINICAL  
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METABOLISM

## Nutritional Screening, Nutritional Assessment and Techniques

### Module 3.1.

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### Learning objectives



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METABOLISM

- To be able to identify patients at risk for malnutrition
- To use the appropriate test for nutritional screening
- To measure nutritional state in a simple way
- To know the strengths and limits of these tests and measurements

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5. All the prepared material has to be sent to for peer reviewing to Remy Meier <meier.remy@outlook.com>. After the peer reviewing of scientific content and educational contribution it will be sent back to the teacher/expert for acceptance of the corrections.
6. The revised module will be allocated on the WEB-Portal along with the self-assessment test, one clinical case, including questions and answers. The MCQs will be allocated as the grading quizzes for the evaluation of the knowledge of LLL users on-line.

7. You are kindly invited to develop additional 10 MCQs for the DATA BASE of Final Exam
8. The deadline for preparation of module draft is the end of March!

LLL Directorate:

Prof. Alessandro Laviano,

Prof. Remy Meier, Prof. Regina Komsa-Penkova

January, 2018