

## WELCOME TO THE LLL PROGRAMME IN CLINICAL NUTRITION AND METABOLISM

The Life Long Learning (LLL) programme in Clinical Nutrition and Metabolism is an innovative and effective educational programme for medical doctors and health specialists offering training on-line and at live courses, by a variety of modern training methodologies and resources.

LLL programme in Clinical Nutrition and Metabolism is based on an Educational Curriculum offering more than 120 training modules created and peer reviewed by recognized experts in the field.

LLL Programme in Clinical Nutrition and Metabolism is a global effort of ESPEN to provide post-graduate qualification in Clinical Nutrition and to improve daily practice. It was developed as the project BG-03-B-F-PP-166039 of Leonardo da Vinci Programme by ESPEN and a number of European Universities with the support of European Union. LLL Programme in Clinical Nutrition and Metabolism was accredited by Union Européenne des Médecins Spécialistes. The Programme is continuously maintained by ESPEN.

### Structure of the LLL

The main educational unit of LLL-Programme is the module. Each module consists of an updated review on a certain problem, clinical case, self-assessment test and grading quiz. Modules on related subject areas are grouped into topics making it easier for the user to select modules in a particular field of interest. The educational curriculum consists of 40 topics and 120 modules.

The enrolment for each topic provides free access to the educational content and the opportunity to get credits and certificates. The LLL programme automatically adds each enrolled topic, selected by the participant to the individual portfolio generated by the system after registration.

The participants are free to select the topics and modules according to their personal interests and goals.

### Training Approaches and Certification

The LLL programme offers training on-line and at live courses. On-line training and training at live courses awards Credits.

Each topic taken on-line offers up to 4-6 CME credits after successful pass of corresponding grading quizzes for the topic. Participation in a live course in one topic offers 4 CME credits. Credit accumulation gives the opportunity to apply for final examination for the ESPEN Diploma in Clinical Nutrition. There are no fees for registration and participation in on-line activities.

The address for registration is <http://lllnutrition.com>

### **How to learn on-line**

The On-line Course offers self-training activities. It provides access to module content, clinical cases, self-training tests, and grading quizzes. To earn credits on-line all these activities should be completed.

The certificate for completed activity could be provided on request. The cost of the certificate is 25 Euro. The payment could be done by PAY PAL from the link on the WEB-Portal.

### **How to learn at a live course?**

Live courses are a compulsory component of training in the LLL programme. Each topic includes 3-4 modules and has a 4 hours format. Each live course consists of 3 components: Lectures, cases and test. Live courses are organized at ESPEN annual congresses and by national PEN societies. The live courses are regularly announced on the LLL (<http://lllnutrition.com/mod/resource/>) and ESPEN website. Before attending a live course, the participants should be registered on the LLL website, and should study the on-line modules included in the live course.

### **ESPEN Diploma in Clinical Nutrition and Metabolism**

Collection of 120 CME credits is necessary to qualify for the final exam.

A minimum of 56 credits from 14 live courses and 64 credits from online courses are requested. The earned credits are verified by checking the certificates received after successfully completion of live courses and by assessing the applicant's individual online profile.

The successful final exam awards the additional 30 credits.

The LLL board wishes you very successful and fruitful educational experience. Don't hesitate to invite your colleagues and peers to the LLL programme!

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#### **ESPEN LLL board**

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