

ESPEN LLL PROGRAMME IN CLINICAL NUTRITION AND METABOLISM

How to prepare a Module

When invited to prepare or update a LLL module, you should prepare the educational material for the online training. This material should be prepared according to the following recommendations:

1. On the LLL teacher website (www.lllnutrition.com/tlll2), please check the topic and the title of the module as reported in the module catalogue. In case you have a new suggestion for the topic or you want to change the title and the focus of the module, please discuss it with the coordinator of the topic and with the LLL Board.
2. Prepare an educational manuscript of **10-15 pages**, with at least 30 references. Please, be sure that the messages you are conveying in your educational manuscripts are consistent with ESPEN guidelines. If you are also the coordinator of the topic, then it is your responsibility to check the consistency of all modules in the topic with ESPEN guidelines. To make the material more attractive, it is highly recommended to include in the text as many figures and tables as possible.

Please, be sure to include in the educational manuscript 4-7 clear **Learning Objectives**, a **Table of Contents** (i.e., the titles of the sections of the educational manuscript), a short summary, and 5-6 **Key Messages** which could be used to also prepare the relevant live course. An example is given below:

Title of the Module,
Authors details including address and email
Learning objectives:
Contents:
Key messages:

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; ¶

3. Prepare a comprehensive clinical case addressing the issues you highlighted in the educational manuscript. The clinical case should include at least 8 questions stressing the key turning points of the clinical journey.
4. Prepare 20 multiple choice questions (MCQs), with 4 options, but only one right. Please, avoid answering options like “None of the previous” or “All of the previous” or “A+B”, etc.
5. All the prepared material should be sent to for peer reviewing of scientific content and educational contribution to prof. Remy Meier (meier.remy@outlook.com). After peer reviewing, the material will be sent back to the teacher/expert for acceptance of the corrections.

6. After incorporation of the corrections, the material prepared will be uploaded on the LLL website together with the self-assessment test and the clinical case, including questions and answers. Also, the MCQs will be uploaded and made available to online users as grading quizzes for the assessment of the knowledge acquired by completing the module.
7. You are kindly invited to prepare 10 additional MCQs for the database of the Final Exam (ESPEN Diploma).
8. The deadline for sending the prepared material to Prof. R. Meier is four months after receiving the proposal.

LLL Board:

Prof. Alessandro Laviano,

Prof. Remy Meier

Prof. Regina Komsa-Penkova

January 2019