



The Intensive Connection



**COURSE ON NUTRITION IN CRITICAL ILLNESS PROGRAMME
APRIL 26-27, 2023**

DAY 1, April 26, 2023

Morning session

09:00 **Welcome, Rationale and Methodology**

D. Bear & M. Casaer

09:30 **Nutritional assessments**

M. Casaer, J. Gunst & D. Bear

Moderators: *E. Terblanche & O. Rooyackers*

Highlights of the session:

- Importance of Feeding
- Understanding Nutrition Research and “how muscle biopsies are harvested percutaneously”
- Nutritional Assessment

11:00 BREAK

11:15 **Enteral & Parenteral Nutrition**

K. Boeykens & A. Reintam Blaser

Moderators: *S. Schaller & D. McWilliams*

Highlights of the session:

- Essentials of enteral and parenteral nutrition prescription
- Indications for enteral and parenteral nutrition
- Advantages and disadvantages of enteral and parenteral nutrition
- Evidence for early enteral feeding

12:45 Q&A

13:00 END MORNING SESSION DAY 1

LUNCH



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DAY 1, April 26, 2023

Afternoon session

14:00 **Welcome back** *D. Bear & M. Casaer*

14:05 **Clinical Case Workshop Enteral Nutrition
in a Young patient with open abdomen and cardiac failure** *D. Bear & M. Casaer*

14:50 **Video analysis and debate** *M. Casaer & K. Boeykens*
Moderators: *A. Reintam Blaser & E. Terblanche*

Highlights of the session:

- Endoscopic placement of a percutaneous gastrostomy tube (K Boeykens)
- Jejunal laparoscopic placement of a jejunostomy tube (Hans Van Veer) including Indications and contra-indications for the percutaneous route

15:30 BREAK

15:45 **The time and dose dimension in Nutrition therapy** *J. Gunst & O. Rooyackers*
Moderators: *A. Van Zanten & D. McWilliams*

Highlights of the session:

- Buildup of energy and protein doses during acute disease and recovery
- Intermittent feeding, a “novel” feeding strategy
- Ketones, citrate and other atypical nutrients

17:00 Q&A

17:15 **Food for thought** *E. Terblanche & D. McWilliams*

17:30 END DAY 1



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**COURSE ON NUTRITION IN CRITICAL ILLNESS PROGRAMME
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DAY 2, April 27, 2023

Morning session

- 09:00 **Welcome & recap DAY 1** *D. Bear & M. Casaer*
- 09:10 **Food for thought** *M. Casaer, D. McWilliams & S. Schaller*
- 09:45 **Nutritional Targets** *K. Boeykens & A. Van Zanten*
Moderators: *D. Bear & O. Rooyackers*

Highlights of the session:

- How to measure REE via indirect calorimetry
- Advantages and disadvantages of indirect calorimetry and predictive equations for estimating energy targets
- Target requirements of energy and proteins, of micronutrients and electrolytes

11:15 BREAK

11:30 **Clinical Case Workshop on Parenteral Nutrition** *J. Gunst & A. Reintam Blaser*

12:15 Q&A/ END MORNING SESSION DAY 2

LUNCH

Afternoon session

- 13:30 **Welcome back** *D. Bear & M. Casaer*
- 13:35 **Monitoring and Complications** *J. Gunst, S. Parry & A. Van Zanten*
Moderators: *O. Rooyackers*

Highlights of the session:

- Controversies in glucose management in critically ill patients *J. Gunst*
- Refeeding syndrome including risk factors and prevention *A. Van Zanten*
- How to measure MRC SUM
- Evaluation of physical function in clinical practice and research *S. Parry*

15:05 BREAK

15:20 **Clinical case Workshop Monitoring and Complications** *D. Bear & K. Boeykens*

16:05 **Nutrition fellowships short tutorial** *M. Casaer & O. Rooyackers*

16:20 **The Quiz of the Day** *D. McWilliams & O. Rooyackers*

16:45 Wrap up & END DAY 2