



*The Intensive Connection*



**COURSE ON NUTRITION IN CRITICAL ILLNESS PROGRAMME  
APRIL 24-25, 2024**

**DAY 1, April 24, 2024**

**Morning session**

09:00 **Welcome, Rationale and Methodology** *D. Bear & M. Casaer*

09:30 **Nutritional assessment**

*Moderator:*

*A. Bald & M. Sundström-Rehal*

*Speakers:*

*D. Bear & A. Reintam Blaser & J. Gunst*

*Highlights of the session:*

- Importance of Feeding
- Nutritional Assessment
- Assessment of GI function and dysfunction

*J. Gunst*

*D. Bear*

*A. Reintam Blaser*

11:00 BREAK

11:15 **Enteral & Parenteral Nutrition**

*Moderator:*

*S. Schaller & J. Tarcukovic*

*Speakers:*

*M. Casaer, J. Gunst & M. Sundström-Rehal*

*Highlights of the session:*

- Indications and complications of enteral & parenteral nutrition *M. Casaer*
- Monitoring EN and PN at the bedside *J. Gunst*
- Developing a protocol *M. Sundström-Rehal*

12:45 **Q&A**

*D. Bear & I. Kouw*

13:00 END MORNING SESSION DAY 1

13:00 LUNCH



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**DAY 1, April 24, 2024**

**Afternoon session**

- 14:00 **Welcome back** *D. Bear & Arthur Van Zanten*
- 14:05 **Testimonials fellows**  
*Moderators: M. Casaer, J. Gunst & M. Sundström-Rehal*  
*Fellows: A. Bald, J. Tarcukovic & S. Touzani*
- 14:50 **Clinical Case Workshop** *A. van Zanten & M. Casaer*  
**Enteral Nutrition in a Young patient with open abdomen and cardiac failure**
- 15:40 BREAK
- 15:50 **Physical rehab and transition of care to the ward**  
*Moderators: K. Boeykens & A. Reintam Blaser*  
*Speakers: D. McWilliams, I. Kouw, M. Sundström-Rehal*
- Highlights of the session:*  
How to measure physical function and strength *D. McWilliams*  
Transition of care to the ward (nutrition and rehab) *I. Kouw/ M. Sundström-Rehal*
- 16:50 **Q&A** *J. Gunst & D. Bear*
- 17:05 **Food for thought (discussion of videos)** *K. Boeykens & I. Kouw*
- 17:20 END DAY 1



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**COURSE ON NUTRITION IN CRITICAL ILLNESS PROGRAMME  
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**DAY 2, April 25, 2024**

**Morning session**

09:00 **Welcome & recap DAY 1** *M. Casaer & M. Sundström-Rehal*

09:10 **Food for thought** *K. Boeykens, I. Kouw & S. Schaller*

09:40 **The time and dose dimension of energy and protein sources**

*Moderators:*

*M. Casaer & A. Van Zanten*

*Speakers:*

*D. Bear & K. Boeykens & M. Sundström-Rehal*

*Highlights of the session:*

- Target requirements of energy and protein
- How to measure REE via indirect calorimetry
- Physiology of indirect calorimetry

*D. Bear*

*K. Boeykens*

*M. Sundström-Rehal*

11:10 **BREAK**

11:20 **Clinical Case Workshop on Parenteral Nutrition** *M. Casaer & A. Reintam Blaser*

12:20 **Q&A** *M. Casaer*

12:30 **END MORNING SESSION DAY 2**

12:30 **LUNCH**



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## COURSE ON NUTRITION IN CRITICAL ILLNESS PROGRAMME APRIL 24-25, 2024

### DAY 2, April 25, 2024

#### Afternoon session

- 13:30 **Welcome back** *D. Bear & A. Reintam Blaser*
- 13:35 **Monitoring and Complications**  
*Moderators: D. Bear & S. Touzani*  
*Speakers: J. Gunst & A. Van Zanten*
- Highlights of the session:*
- Controversies in glucose management in critically ill patients *J. Gunst*
  - Refeeding syndrome, micronutrients and electrolytes *A. Van Zanten*
- 14:35 **Advanced nutrition and physical therapy**  
*Moderators: D. Bear & A. Van Zanten*  
*Speakers: S. Schaller & J. Gunst & M. Sundström-Rehal*
- Highlights of the session:*
- Intermittent feeding, a “novel” feeding strategy *J. Gunst*
  - Ketones, citrate and other atypical nutrients *M. Sundström-Rehal*
  - Early mobilisation: when is too early *S. Schaller*
- 15:35 **Q&A**
- 15:50 **BREAK**
- 16:00 **Clinical case Workshop Monitoring and Complications** *K. Boeykens & A. Reintam Blaser*
- 17:00 **Nutrition fellowships tutorial** *M. Casaer & J. Gunst*
- 17:10 **The Quiz of the Day & What do I take to the bedside** *D. Bear & A. Reintam Blaser*
- 17:30 **Wrap up & END DAY 2** *D. Bear*