

NUTRITION – COURSE & FELLOWSHIPS**APRIL 23-24, 2026****DAY 1, April 23, 2026****Morning session**

09:00	Welcome, Rationale and Methodology	<i>D. Bear & M. Casaer</i>
09:20	Nutritional assessment I <i>Moderators:</i> <i>Speakers:</i>	<i>A. Bald & I. Kouw</i> <i>D. Bear, J. Gunst & M. Sundström-Rehal</i>
	<i>Highlight of the session:</i> <ul style="list-style-type: none">• Importance of Feeding	<i>J. Gunst</i>
09:50	The 3W's Break (Walk, Window, Water)	
09:55	Nutritional assessment II <i>Highlights of the session:</i> <ul style="list-style-type: none">• Nutritional Assessment• Developing a protocol	<i>D. Bear</i> <i>M. Sundström-Rehal</i>
11:00	BREAK	
11:15	Enteral & Parenteral Nutrition I <i>Moderators:</i> <i>Speakers:</i>	<i>J. Gunst & J. Tarcukovic</i> <i>M. Casaer & A. Reintam-Blaser</i>
	<i>Highlight of the session:</i> <ul style="list-style-type: none">• Indications and complications of enteral & parenteral nutrition	<i>M. Casaer</i>
11:45	The 3W's Break (Walk, Window, Water)	
11:50	Enteral & Parenteral Nutrition II <i>Highlights of the session:</i> <ul style="list-style-type: none">• How to navigate between over and underfeeding• Assessment of GI function and dysfunction	<i>A. Reintam-Blaser</i> <i>A. Reintam Blaser</i>
12:45	Q&A	<i>A. Bald & I. Kouw</i>
13:00	END MORNING SESSION DAY 1	
13:00	LUNCH	

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DAY 1, April 23, 2026

Afternoon session

13:45	Welcome back	<i>D. Bear</i>
13:50	Clinical Case Workshop Enteral Nutrition in a Young patient with open abdomen and cardiac failure	<i>M. Casaer & M. Sundström-Rehal</i>
14:40	The 3W's Break (Walk, Window, Water)	
14:45	Management of post-ICU nutrition Transition of care to the ward (nutrition) <i>Moderators:</i> <i>Speaker:</i>	<i>J. Gunst & S. Touzani</i> <i>I. Kouw</i>
15:15	BREAK	
15:25	Physical therapy and transition of care to the ward <i>Moderators:</i> <i>Speakers:</i>	<i>A. Reintam Blaser & S. Touzani</i> <i>D. McWilliams & S. Schaller</i>
	<i>Highlights of the session:</i> <ul style="list-style-type: none">• Early mobilisation: when is too early• How to measure physical function and strength	<i>S. Schaller</i> <i>D. McWilliams</i>
16:25	The 3W's Break (Walk, Window, Water)	
16:30	Testimonials fellows <i>Moderators:</i> <i>Fellows:</i>	<i>M. Casaer & J. Gunst & M. Sundström-Rehal</i> <i>A. Bald & J. Tarcukovic & S. Touzani</i>
17:15	Q&A	<i>M. Casaer & J. Gunst</i>
17:30	Food for thought	<i>I. Kouw & S. Touzani</i>
17:40	END DAY 1	

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DAY 2, April 24, 2026

Morning session

09:00	Welcome & remaining questions from day 1	<i>M. Casaer & M. Sundström-Rehal</i>
09:10	Food for thought <i>Moderator: S. Schaller</i>	<i>I. Kouw & S. Touzani</i>
09:25	The time and dose dimension of energy and protein sources I <i>Moderators:</i> <i>Speakers:</i>	<i>C. Stoppe & A. Van Zanten</i> <i>D. Bear & M. Sundström-Rehal</i>
	<i>Highlight of the session:</i> <ul style="list-style-type: none">• Target requirements of energy and protein	<i>D. Bear</i>
09:55	The 3W's Break (Walk, Window, Water)	
10:00	The time and dose dimension of energy and protein requirements II <i>Highlights of the session:</i> <ul style="list-style-type: none">• Physiology of indirect calorimetry• How to measure REE via indirect calorimetry	<i>M. Sundström-Rehal</i> <i>M. Sundström-Rehal</i>
11:00	BREAK	
11:15	Clinical Case Workshop on Parenteral Nutrition	<i>M. Casaer & A. Reintam Blaser</i>
12:15	Q&A	<i>C. Stoppe & J. Tarcukovic</i>
12:30	END MORNING SESSION DAY 2	
12:30	LUNCH	

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DAY 2, April 24, 2026

Afternoon session

13:15	Welcome back	<i>D. Bear & A. Reintam Blaser</i>
13:20	Monitoring and Complications	
	<i>Moderators:</i>	<i>C. Stoppe & S. Touzani</i>
	<i>Speakers:</i>	<i>J. Gunst & A. XXX</i>
	<i>Highlights of the session:</i>	
	<ul style="list-style-type: none">Controversies in glucose management in critically ill patientsRefeeding syndrome, micronutrients and electrolytes	<i>J. Gunst XXX</i>
14:30	The 3W's Break (Walk, Window, Water)	
14:35	Advanced nutrition therapy	
	<i>Moderators:</i>	<i>D. Bear & M. Sundström-Rehal</i>
	<i>Speakers:</i>	<i>J. Gunst</i>
	<i>Highlight of the session:</i>	
	<ul style="list-style-type: none">Advanced Nutritional strategies	<i>J. Gunst</i>
15:05	Q&A	<i>M. Casaer & S. Touzani</i>
15:20	BREAK	
15:30	Clinical case Workshop Monitoring and Complications	
	<i>Moderator:</i>	<i>A. Reintam Blaser</i>
	<i>Speakers:</i>	<i>A. Bald & J. Tarcukovic</i>
16:35	<i>Final Q&A</i>	
16:50	Nutrition fellowships tutorial	<i>M. Casaer & M. Sundström</i>
17:05	The Quiz of the Day & What do I take to the bedside	<i>C. Stoppe & S. Touzani</i>
17:25	Wrap up & END DAY 2	<i>J. Gunst & A. Reintam Blaser</i>