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ifa international fluid academy

INTERNATIONAL FLUID ACADEMY DAYS 2026

Scientific Programme

#IFAD2026

www.fluidacademy.org

EDUCATIONAL PHILOSOPHY

IFAD 2026 offers a three-day structured journey through intravenous fluid therapy, moving stepwise from fundamental concepts to complex clinical decision-making and future perspectives. Morning plenary lectures provide the theoretical and evidence-based backbone, while afternoon small-group rotations on Days 1 and 2 allow participants to test and apply what they have learned in realistic clinical scenarios. Day 3 is intentionally organised as a half-day of advanced plenaries only—without afternoon workshops—to consolidate learning and explore emerging themes before participants return to their own practice.

The program is designed for clinicians working in intensive care, peri-operative medicine, internal medicine, emergency care and related disciplines who wish to revisit fluid basics, refine their bedside decisions and engage with the future of IV fluid therapy in a systematic way. Throughout, the curriculum emphasises progression "from foundations to advanced topics" and "from theory to bedside application," linking physiology, monitoring, POCUS, case discussions and stewardship into a coherent educational arc.

LEARNING OBJECTIVES

By the end of IFAD 2026, participants will be able to:

- Describe the core physiology of osmolality, body fluid compartments and the properties of commonly used IV fluids, including crystalloids and albumin, as the foundation for safe prescribing.
- Explain how IV fluids can contribute to hyperchloremia, metabolic acidosis and edema formation, and recognise their clinical relevance in everyday practice.
- Distinguish clearly between maintenance, replacement and resuscitation fluid strategies and select appropriate solutions and volumes for each indication.
- Interpret fluid balance and cumulative fluid input/output, and recognise common pitfalls leading to under-resuscitation or fluid overload.
- Optimise peri-operative fluid therapy from pre-operative optimisation through intra-operative management to post-operative care.
- Adapt fluid strategies in complex clinical situations, including neurological and pulmonary disease, liver disease, pancreatitis, hyperglycaemic syndromes and dysnatremias.
- Evaluate when diuretics are helpful in decompensated patients and identify clinical scenarios in which diuretic use should be limited or avoided.

LEARNING OBJECTIVES

- Use static and dynamic haemodynamic indices to assess fluid (un)responsiveness in critically ill and peri-operative patients.
- Perform and integrate point-of-care ultrasound examinations focused on fluid responsiveness and fluid tolerance into bedside decision-making.
- Identify patients at risk of harmful fluid accumulation and organ dysfunction, and implement de-escalation strategies such as fluid restriction and diuretic therapy tailored to individual needs.
- Reflect on national and institutional IV fluid prescribing patterns and contribute to local stewardship initiatives, including programmes such as “Fluids in Belgium” and “Turning the Tide”.
- Critically appraise areas of uncertainty in IV fluid therapy, current guideline recommendations and unmet research needs.
- Describe the role of the endothelial glycocalyx in IV fluid therapy and discuss how this concept informs clinical practice.
- Discuss how emerging technologies, including AI-based decision support and the evolving use of POCUS, may shape future pathways in IV fluid management.

THURSDAY 3 DECEMBER 2026

BUILDING FOUNDATIONS

Day 1 will open with two plenary sessions:
Foundations of Intravenous Fluid Therapy: From Osmolality to Albumin and **Optimising Intravenous Fluid Prescription and Resuscitation in Acute Care.** Each plenary will be followed by a 15-minute panel discussion, with a 30-minute coffee break scheduled after the first session. The afternoon will be dedicated to rotation-based, **interactive workshops** that build on the morning content and promote practical, case-driven learning.

IFAD 2026

SCIENTIFIC PROGRAMME Day by Day

Thursday 3 DEC 2026

PLENARY SESSIONS

NVR

Auditorium

Congress Welcome and Introduction

Niels Van Regenmortel
(MD, PhD, Belgium)

08:30 - 08:45

FOUNDATIONS OF INTRAVENOUS FLUID THERAPY: FROM OSMOLALITY TO ALBUMIN

Auditorium

08:45 - 10:00

This session will provide participants with a focused overview of key topics in intravenous fluid therapy, including basic physiology of osmolality and body fluid compartments, fluid-induced acid–base disturbances, mechanisms of edema, and the current roles of crystalloids and albumin in clinical practice.

MP

Basics and beyond: body fluid compartments

Marijke Peetermans
(MD, PhD, Belgium)

08:45 - 09:00

FD

Basics and beyond: strong ion difference and hyperchloremia

Frantisek Duska
(MD, PhD, Czech Republic)

09:00 - 09:15

FZ

Basics and beyond: edema

Francesco Zadek
(MD, Italy)

09:15 - 09:30

CP

Basics and beyond: crystalloid and colloid solutions

Carmen Pfortmueller
(MD, Switzerland)

09:30 - 09:45

PC

Basics and beyond: albumin solutions

Pietro Caironi
(MD, PhD, Italy)

09:45 - 10:00

PANEL DISCUSSION (15 MIN)

PLENARY SESSIONS

OPTIMISING INTRAVENOUS FLUID PRESCRIPTION AND RESUSCITATION IN ACUTE CARE

Auditorium

10:45 - 12:30

This session will provide participants with practical guidance on prescribing maintenance and replacement fluids, interpreting fluid balance charts and avoiding common pitfalls, and applying safe, evidence-based resuscitation strategies on the hospital ward, in the emergency department, operating room and intensive care unit.

NVR

Niels Van Regenmortel
(MD, PhD, Belgium)

How and when to prescribe maintenance fluids

10:45 - 11:00

JKB

Justin Kirk-Bayley
(MD, United Kingdom)

How and when to prescribe replacement fluids

11:00 - 11:15

NS

Nicole Siparski
(MD, USA)

How to read fluid balance charts

11:15 - 11:30

MC

Michelle Chew
(MD, PhD, Sweden)

Basic fluid resuscitation on the ward

11:30 - 11:45

XM

Xavier Monnet
(MD, PhD, France)

Advanced fluid resuscitation in the critical departments

11:45 - 12:00

PANEL DISCUSSION (15-30 MIN)

AFTERNOON WORKSHOPS

Over the two days, delegates will participate in an afternoon rotation system covering a total of 11 focused topics in small-group format.

On Day 1, six topics will be addressed, followed by five additional topics on Day 2, ensuring a broad and balanced exploration of key aspects of fluid therapy and acute care. Each rotation session will last approximately 20–25 minutes, allowing participants to move between stations and engage in close, interactive discussions with the expert faculty.

This format is designed to encourage questions, case-based dialogue and practical exchange, giving delegates the opportunity to explore specific issues in depth while benefiting from direct contact with multiple experts.

13:30 - 17:30

SimPat Station: Hemodynamic shock pattern recognition

BC
- Level 6

MM Manu Malbrain
(MD, PhD, Belgium)

MVI Mark Van Iperen
(MD, The Netherlands)

Hemodynamic Monitoring: Dynamic Indices of Fluid (un)Responsiveness

Auditorium
- Level 16

XM Xavier Monnet
(MD, PhD, France)

CL Christopher Lai
(MD, PhD, France)

POCUS Station 1: Ultrasound Assessment of Fluid Responsiveness

ICU 1
- Level 6

AW Adrian Wong
(MD, United Kingdom)

KC Kim Cheah
(MD, United Kingdom)

POCUS Station 2: Assessing Fluid Tolerance and Overload

ICU 2
- Level 6

SO Segun Olunsanya
(MD, United Kingdom)

FS Federico Stefanini
(MD, United Kingdom)

Surgical Edema Cases: Balancing Fluids and Outcomes

Antwerpen
- Level 16

NS Nicole Siparski
(MD, USA)

MT Maria Theodorakopoulou
(MD, PhD, Greece)

IFAD 2026

SCIENTIFIC PROGRAMME

Day by Day

Thursday 3 DEC 2026

13:30 - 17:30

AFTERNOON WORKSHOPS

Sepsis, AKI, and Overload: Complex Fluid Decisions

Antwerpen
- Level 16

CP Carmen Pfortmueller
(MD, Switzerland)

SW Sine Wichmann
(MD, Denmark)

Sodium Case Files: Navigating Dysnatremias

Genua/ Le Havre/ Immingham
- Level 16

NVR Frantisek Duska
(MD, PhD, Czech Republic)

NVR Niels Van Regenmortel
(MD, PhD, Belgium)

Everyday Fluids: Maintenance and Replacement in Real Patients

Genua/Le Havre/ Immingham
- Level 16

CP David Kaufman
(MD, PhD, USA)

MP Marijke Peetermans
(MD, PhD, Belgium)

Balancing Colloids and Acid–Base: Albumin and Acidosis at the Bedside

Lagos
- Level 15

TL Thomas Langer
(MD, PhD, Italy)

PC Pietro Caironi
(MD, PhD, Italy)

From Concept to Practice: Fluid Stewardship at AZ Vesalius, Belgium

Zeebrugge
- Level 16

JL Jolien Lambrechts
(Hospital Pharmacist, Belgium)

IVC Ilse Van Cotthem
(MD, Belgium)

Turning the Tide (UK): Embedding Fluid Stewardship in Daily Practice

Rotterdam
- Level 16

PP Prashant Parulekar
(MD, United Kingdom)

JKB Justin Kirk-Bayley
(MD, United Kingdom)

FRIDAY 4 DECEMBER 2026

ENTERING THE CLINICAL ARENA

Day 2 will feature two plenary sessions focusing on **organ-specific and metabolic aspects of fluid therapy**, spanning perioperative, neurological, pulmonary, endocrine, hepatic, pancreatic and cardiac conditions. Each plenary will conclude with a dedicated discussion and questions segment, and the afternoon will again be reserved for rotation-based, interactive workshops that allow small-group, case-driven learning with the expert faculty.

IFAD 2026

SCIENTIFIC PROGRAMME

Day by Day

Friday 4 DEC 2026

PLENARY SESSIONS

MM

Auditorium

Opening Remarks

Manu Malbrain
(MD, PhD, Belgium)

08:30 - 08:45

FLUIDS BEFORE AND DURING SURGERY, IN NEUROLOGICAL AND PULMONARY DISEASE, AND IN DYSNATREMIAS

Auditorium

08:45 - 10:00

This session will provide participants with practical guidance on perioperative fluid management, fluid therapy in neurological and pulmonary disease, appropriate use of glucose-containing solutions, and the treatment of dysnatremias, offering clear, bedside-oriented recommendations for a range of high-risk clinical scenarios.

RH

Fluid management before and during surgery

Robert Hahn
(MD, PhD, Sweden)

08:45 - 09:00

ND

Fluid management in the neurological patient

Neha Dangayash
(MD, USA)

09:00 - 09:15

KS

Fluid management in pulmonary disease

Konstanty Szuldrzinski
(MD, PhD, Poland)

09:15 - 09:30

JW

Fluid management in cirrhosis

Julia Wendon
(MD)

09:30 - 09:45

TL

Fluid management in pancreatic disorders

Thomas Langer
(MD, PhD, Italy)

09:45 - 10:00

PANEL DISCUSSION (15 MIN)

PLENARY SESSIONS

FLUIDS IN HYPERGLYCEMIC, HEPATIC, PANCREATIC AND CARDIAC SYNDROMES: WHEN TO USE DIURETICS

Auditorium

10:45 - 12:30

This session will offer concise, evidence-based updates on fluid therapy in hyperglycemic emergencies, liver disease and pancreatitis, and on the role of diuretics in cardiac decompensation, including situations where diuretics should be avoided, and will conclude with a structured discussion on best practice across these complex conditions.

FD

Fluid management in dysnatremia

Niels Van Regenmortel
(MD, PhD, Belgium)

10:45 - 11:00

MT

Fluid management in hyperglycemic emergencies

Frantisek Duska
(MD, PhD, Czech Republic)

11:00 - 11:15

TL

Can glucose-containing fluids cause problems?

Maria Theodorakopoulou
(MD, PhD, Greece)

11:15 - 11:30

PN

Fluid and diuretic management in heart failure

Prashant Nasa
(MD, PhD, United Kingdom)

11:30 - 11:45

CP

Diuretics are not for every patient!

Carmen Pfortmueller
(MD, Switzerland)

11:45 - 12:00

PANEL DISCUSSION (15-30 MIN)

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IFAD 2026

SCIENTIFIC PROGRAMME

Day by Day

Friday 4 DEC 2026

13:30 - 17:30

AFTERNOON WORKSHOPS

Antwerpen
- Level 16

Sepsis, AKI, and Overload: Complex Fluid Decisions

CP **Carmen Pfortmueller**
(MD, Switzerland)

SW **Sine Wichmann**
(MD, Denmark)

Genua/Le Havre
- Level 16

Sodium Case Files: Navigating Dysnatremias

NVR **Frantisek Duska**
(MD, PhD, Czech Republic)

NVR **Niels Van Regenmortel**
(MD, PhD, Belgium)

Mersin
- Level 16

Everyday Fluids: Maintenance and Replacement in Real Patients

CP **David Kaufman**
(MD, PhD, USA)

MP **Marijke Peetermans**
(MD, PhD, Belgium)

Valencia
- Level 16

Balancing Colloids and Acid–Base: Albumin and Acidosis at the Bedside

TL **Thomas Langer**
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PC **Pietro Caironi**
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Zeebrugge
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- Level 16

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PP **Prashant Parulekar**
(MD, United Kingdom)

JKB **Justin Kirk-Bayley**
(MD, United Kingdom)

SATURDAY 5 DECEMBER 2026

ADVANCED TOPICS

Day 3 will be a focused, half-day plenary programme devoted to **areas of uncertainty, new guidelines and future directions in fluid stewardship**, offering an integrated overview of evolving evidence, international perspectives and emerging concepts, and concluding with an interactive **quiz, diploma ceremony** and parting words to consolidate key messages and learner engagement.

IFAD 2026

SCIENTIFIC PROGRAMME

Day by Day

Saturday 5 DEC 2026

PLENARY SESSIONS

AW

Auditorium

Opening Remarks

Adrian Wong
(MD, United Kingdom)

09:00 - 09:15

CONTROVERSIES, GUIDELINES AND GLOBAL PERSPECTIVES IN FLUID THERAPY

Auditorium

09:15 - 10:30

This session will provide participants with an overview of current areas of uncertainty in fluid therapy, how new guidelines address these questions, what further studies are needed, and how practice varies internationally, including a translational look at the endothelial glycocalyx from bench to bedside.

XM

The big volume status dilemma's and how to address them

Xavier Monnet
(MD, PhD, France)

09:15 - 09:30

PC

The big fluid dilemma's and how to address them

Pietro Caironi
(MD, PhD, Italy)

09:30 - 09:45

DK

How we do things in the US

David Kaufman
(MD, PhD, USA)

09:45 - 10:00

FZ

Glycocalyx: translating science into clinical practice

Francesco Zadek
(MD, Italy)

10:00 - 10:15

PANEL DISCUSSION (15 MIN)

IFAD 2026

SCIENTIFIC PROGRAMME Day by Day

Saturday 5 DEC 2026

PLENARY SESSIONS

THE FUTURE OF IV FLUID THERAPY, STEWARDSHIP AND BEDSIDE INNOVATION

Auditorium

10:45 - 12:30

This session will explore forward-looking themes in fluid management, including emerging concepts in IV fluid therapy and fluid accumulation at the bedside, the role of patient blood management, the impact of AI on fluid decision-making and the evolving use of POCUS, followed by an interactive quiz, diploma and closing remarks to consolidate learning.

JLV

Jean-Louis Vincent
(MD, PhD, Belgium)

What everybody does and I don't

10:45 - 11:00

SW

Sine Wichmann
(MD, Denmark)

Modern management of fluid accumulation

11:00 - 11:15

TBD
(MD, PhD)

Anything new on blood transfusion?

11:15 - 11:30

PE

Paul Elbers
(MD, PhD, The Netherlands)

How AI Will Reshape Fluid Therapy

11:30 - 11:45

AW

Adrian Wong
(MD, United Kingdom)

POCUS: quo vadis?

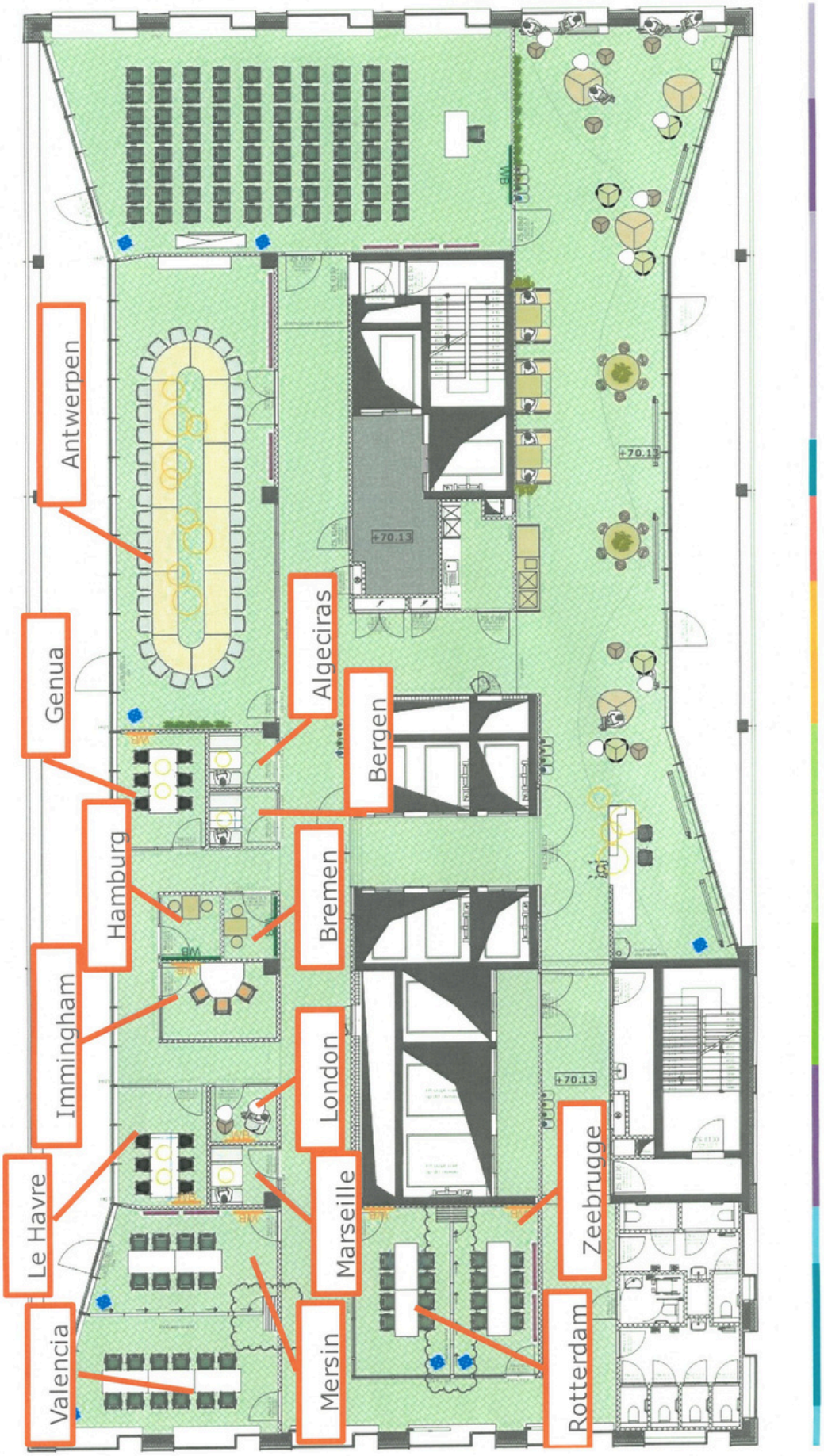
11:45 - 12:00

PANEL DISCUSSION (15 MIN)

INTERACTIVE QUIZ & DIPLOMA (15 MIN)

PARTING WORDS

FLOOR PLAN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