

**Venue:**

Pavilhão do Conhecimento - Centro Ciência Viva | Biblioteca  
Largo José Mariano Gago, Parque das Nações 1990-223 Lisboa

**Organization:**

APNEP | Anibal Marinho | Lino Mendes | Rosa Mendes

**Registration deadline:**

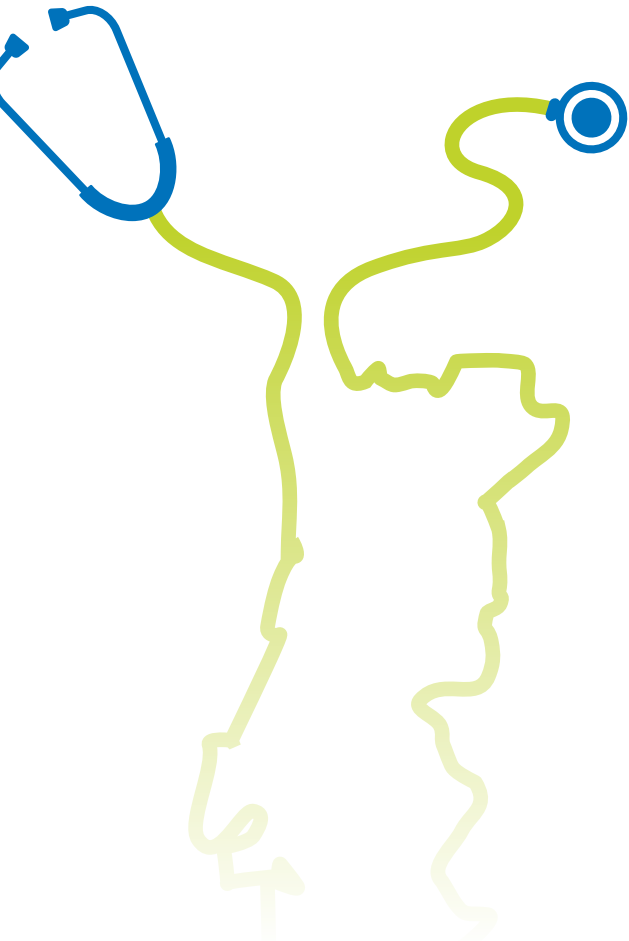
28/09/2018

**Info/Register:**

APNEP | [secretariado@apnep.pt](mailto:secretariado@apnep.pt) | 935 215 965

**Endorsed by:**

ESPEN - The European Society for Clinical Nutrition and Metabolism



The course will cover a **ESPEN LLL Course - Topic 18: Nutrition support in intensive care unit (ICU) patients**. The **LLL Programme in Clinical Nutrition and Metabolism** is a global effort of **ESPEN** to provide post-graduate qualification in Clinical Nutrition and to improve daily practice. The course will be concluded by a test to assess the level of knowledge acquired as well as an evaluation sent directly by mail to ECPC from ESPEN.

# Eating when sick. How to create the perfect meal in the ICU?

50%

of the patients  
in Portuguese  
ICUs are at high  
nutritional risk\*

\*J Crit Care 2017 Feb;37:45-49.

## Pre-Congress Course Intensive Care and Nutritional Support

XX Congresso Anual da APNEP

October, 14th 2018 (Sunday)

09h30 - 18h00

Lisbon

Sponsorship  
 **FRESENIUS  
KABI**  
caring for life

 **APNEP**  
Associação Portuguesa de Nutrição

 **ESPEN**  
The European Society for  
Clinical Nutrition and Metabolism

 **LLL**  
Global University in Clinical Nutrition  
Life Long Learning Programme

## Morning Session

09h30 - 13h45

Moderator: Paulo Martins

### Let's talk about...

09h30 - 10h00

Hypermetabolic conditions in critical illness and their implications for patients outcome and recovery.

[Rosa Mendes]

10h00 - 10h30

ICU-acquired weakness - What is about?

[Pedro Póvoa]

10h30 - 11h00

Protein and energy requirements in ICU. What is new in the guidelines?

[Paulo Martins]

11h00 - 11h45

Coffee Break

11h45 - 12h15

Parenteral or enteral nutrition: do you have the choice?

[Claude Pichard]

12h15 - 12h45

Discussion.

[All]

12h45 - 13h45

Lunch

### Faculty:

**Claude Pichard, MD, PhD**

Geneva University Hospital | Switzerland

**Paulo Martins, MD, PhD**

Centro Hospitalar e Universitário de Coimbra | Portugal

**Pedro Póvoa, MD, PhD**

Centro Hospitalar Lisboa Ocidental | Portugal

**Rosa Mendes, MD**

Centro Hospitalar Lisboa Central | Portugal

## Afternoon Session

13h45 - 18h00

Moderators: Claude Pichard | Rosa Mendes

### ESPEN LLL Course

#### Topic 18: Nutrition support in intensive care unit (ICU) patients

Director: Rosa Mendes

13h45 - 14h30

Energy and protein target: how to prevent underfeeding, overfeeding and refeeding syndrome.

[Claude Pichard]

14h30 - 15h15

More than choosing a route: enteral and parenteral nutrition.

[Rosa Mendes]

15h15 - 16h00

Repletion, supplementation and pharmaconutrition.

[Claude Pichard]

16h00 - 17h00

Clinical priorities for solving complex ICU patient problems.

[Both]

17h00 - 18h00

Test.

Test correction.

Course evaluation.

18h00

End of LLL Course

### Faculty:

**Claude Pichard, MD, PhD**

Geneva University Hospital | Switzerland

**Rosa Mendes, MD**

Centro Hospitalar Lisboa Central | Portugal

