**Kursuse nimetus „Nutrition for Internal Medicine“**

**28 akadeemilist tundi**

**Sihtgrupp:** Kõigi mittekirurgiliste erialade residendid, eelkõige sisehaiguste erialad, pulmonoloogia, kardioloogia, hematoloogia ja onkoloogia erialade residendid.

**Osavõtjate arv:** kuni 30 arst-residenti

**Kursuse kuraator:** külalisprofessor Alastair Forbes

**Toimumisaeg ja -koht:** 16.-18.01.2024 kell 9-16: Sisekliinik, L. Puusepa 8, auditoorium L6002

**Kursus toimub inglise keeles.**

# Ajakava

**16.01.2024 kell 9-16**

Introduction

Nutrition screening and the prevalence of malnutrition

Documentation

Principles of nutritional support

Assessment and calculation of requirements

The problem of obesity

Practical session

 Compilation of nutrition risk scores

 Calculation of anthropometric features

 Calculation of requirements and shortcuts

Enteral nutrition

 Indications

 Food vs formulae

 Tubes and devices

 Complications

 When to stop

Fluid balance as part of nutrition support. Food allergy, intolerance and refusal.

Ethics of clinical nutrition

**17.01.2024 kell 9-16**

Parenteral nutrition

Indications

 Contraindications

 Formulae

 Complications

 When to stop

Practical session

Designing an appropriate PN regimen

 3 different case scenarios

 Importance of micronutrients

Nutrition in the peri-operative patient. Nutrition in the intensive care unit

Nutrition in cancer. Refeeding syndrome

**18.01.2024 kell 9-16**

Nutrition in specific diseases and conditions

Chronic liver disease

Acute pancreatitis

The elderly patient found on the floor / stroke

Practical session

 The very old woman? EN ? supportive care

 Acute pancreatitis? EN ? PN

 Cirrhosis? EN ? PN ? supportive care

Nutrition in specific diseases and conditions

Anorexia nervosa

Inflammatory bowel disease

Short bowel syndrome

Malnutrition in the obese and problems after bariatric surgery

Chronic renal failure

Home enteral nutrition and home parenteral nutrition.

**Registreerumiseks kasutage linki:** <https://forms.gle/bQtLgDdHHce6tf5eA>

Registreeruda saab kuni 08.01.24 või kohtade täitumiseni.

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