

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: 14.-16.01.2025 kell 9-16: Sisekliinik, L. Puusepa 8, auditorium L6002

Kursus toimub inglise keeles.

Ajakava

14.01.2025 kell 9.00 – 16.30

09.00 – 11.00 Introduction

Principles of nutritional support

Nutrition screening and the prevalence of malnutrition

Assessment and calculation of energy requirements (nb obesity)

Body composition

11.00 – 11.15 Coffee

11.15 – 12.30 Practical session

Compilation of nutrition risk scores

Calculation of anthropometric features

Calculation of requirements and shortcuts

12.30 – 13.30 Lunch

13.30 – 15.00 Enteral nutrition

Food and supplements

Indications and contraindications

Why the gut is best

Tubes and devices

Formulae

15.00 – 15.15

15.15 – 16.30 Fluid balance as part of nutrition support

Food allergy, intolerance and refusal

Ethics of clinical nutrition

Day's quiz

15.01.2025 kell 9.00 – 16.30

09.00 – 11.00 Parenteral nutrition

Indications

Contraindications

Techniques

Formulae

Complications

When to stop artificial nutrition

11.00 – 11.15 Coffee

11.15 – 12.00 Practical session

Designing an appropriate PN regimen

12.00 – 13.00 Lunch

13.00 – 14.30 Nutrition in the peri-operative patient
Nutrition in the intensive care unit

14.30 – 15.00 Coffee

15.00 – 16.30 Nutrition in cancer
Refeeding syndrome
Day's quiz Nutrition in cancer. Refeeding syndrome

16.01.2025 kell 9.00 - 14.30

09.00 – 11.00 Nutrition in some specific diseases and conditions
Chronic liver disease
Acute pancreatitis
Inflammatory bowel disease
Chronic renal failure
Anorexia nervosa

11.00 – 11.15 Coffee

11.15 – 12.00 Practical session Three cases to consider

12.00 – 13.00 Lunch

13.30 – 14.30 Malnutrition in the obese and problems after bariatric surgery
Nutrition teams and home artificial nutrition
Final quiz

Registreerumiseks kasutage linki: [Nutrition](#)

Registreeruda saab kuni 09.01.25 või kohtade täitumiseni.

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