

FACULTY:

Alison L. Steiber, PhD, RD, LD

Associate Professor.
Director, Coordinated Dietetic Internship
/Master's Degree Program
Case Western Reserve University
Department of Nutrition, School of Medicine
Cleveland, Ohio, United States

Alp Ikizler MD, PhD

Professor of Renal Medicine,
Vanderbilt University,
Nashville, Tennessee, United States

Bengt Lindholm, MD, PhD

Adjunct Professor of Renal Medicine,
Department of Clinical Science, Intervention and Technology
Karolinska Institutet, Stockholm, Sweden

Guillermina Barril, MD, PhD

President of the Nutrition Working group of the
Spanish Society of Nephrology
Department of Nephrology,
La Princesa Hospital, Madrid, Spain

Juan Jesus Carrero, PhD Pharm, PhD Med

Assistant Professor,
Division of Renal Medicine, CLINTEC,
Karolinska Institutet, Stockholm, Sweden

Kamyar Kalantar-Zadeh, MD, MPH, PhD

Professor-in-Residence of Medicine, Pediatrics &
Epidemiology, UCLA David Geffen School of Medicine
and UCLA School of Public Health
Los Angeles, California, United States

Martin Kuhlmann, MD, PhD

Director, Department of Internal Medicine-Nephrology
Associate Professor of Medicine and Nephrology
Klinik für Innere Medizin-Nephrologie
Klinikum im Friedrichshain
Berlin, Germany

Peter Stenvinkel, MD, PhD

Professor of Renal Medicine,
Division of Renal Medicine, CLINTEC,
Karolinska Institutet, Stockholm, Sweden



4th Advanced Renal Nutrition Course

at Karolinska Institutet

FEBRUARY 15-17th, 2012

Place: Karolinska Institutet, Campus Solna, Stockholm
Organizer: Division of Renal Medicine, Karolinska Institutet

Endorsed by The European Renal Association-European Dialysis and Transplant Association (ERA-EDTA), the International Society of Renal Nutrition and Metabolism (ISRNM), and the Spanish Society of Nephrology (SEN).

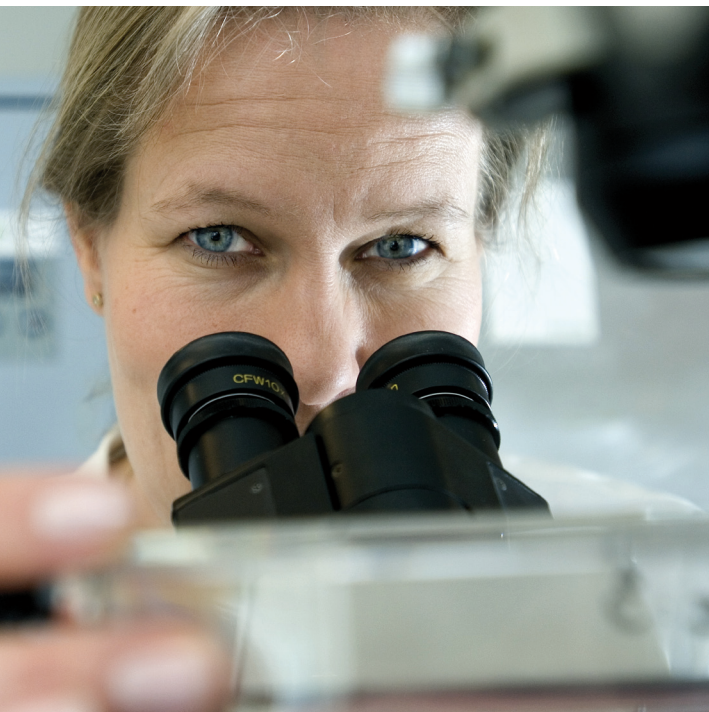


Sponsor:



LEARNING OBJECTIVES:

- To understand the causes and metabolic changes contributing to protein-energy wasting in kidney disease.
- To evaluate screening measures of nutritional status and to develop the practical skills to implement and critically evaluate nutritional assessment methods and research published in professional journals.
- To review current renal-specific nutritional practice, nutritional guidelines and treatment options.



PROGRAMME FEBRUARY 15-17th:

Wednesday February 15th

15.00 Arrival and registration.

16.00 General introduction to the course
Welcome and presentation of the faculty
– *Peter Stenvinkel/Juan J Carrero*

Pathogenesis of PEW

16.15 Concept and prevalence of protein-energy wasting in CKD – *Juan J Carrero*

16.45 Outcomes associated with PEW and the “reverse epidemiology” phenomena – *Kam Kalantar-Zadeh*

17.15 Coffee/Tea

17.30 Pathophysiology of PEW: Undernutrition and anorexia – *Juan J Carrero*

18.00 Pathophysiology of PEW: Inflammation
– *Peter Stenvinkel*

18.30 Pathophysiology of PEW: Other CKD-related causes – *Bengt Lindholm*

19.00 End of the day

Thursday February 16th

Nutritional assessment/screening tools

09.00 Nutrition screening and assessment methods
– *Alison Steiber*

09.30 Setting up simple screening/monitoring tools at the clinic: Use of biochemical markers of PEW
– *Juan J Carrero*

10.00 BIA for clinical monitoring of nutritional status
– *Martin Kuhlmann*

10.30 Coffee/Tea

Nutritional requirements and clinical evidence

10.45 Nutritional requirements for non-dialysis dependent CKD patients – *Kam Kalantar-Zadeh*

11.35 Nutritional requirements for dialysis patients
– *Martin Kuhlmann*

12.25 Lunch

Peculiarities, reflections upon PEW

14.30 Diets and enteral supplements for improving outcomes in CKD – *Kam Kalantar-Zadeh*

15.00 Challenges with compliance, adherence and tolerance/acceptance of artificial nutrition
– *Alison Steiber*

15.30 Coffee/Tea

15.45 Integrating dialysis and nutritional care
– *Guillermina Barril*

16.15 Obesity and adipokines in end-stage renal disease
– *Peter Stenvinkel*

16.45 Discussion – *Everyone*

17.00 End of the day

Friday February 17th

Building/losing muscle

08.30 Uremic balance of anabolism/catabolism
– *Alp Ikizler*

09.00 Insulin resistance and diabetes – *Alp Ikizler*

09.30 Promoting exercise and healthy lifestyle – *Alp Ikizler*

10.00 Coffee/Tea

Bioactive nutrients and risk profile

10.15 Can malnutrition/starvation promote cardiovascular disease? – *Juan J Carrero*

10.45 Micro/macronutrient deficiencies and implications on outcomes – *Alison Steiber*

11.15 Vascular calcification, nutrients and inflammation
– *Peter Stenvinkel*

11.45 Discussion and closing remarks – *Everyone*

12.00 End of the day, closing