



# ADVANCED COURSE IN CLINICAL NUTRITION AND METABOLISM 2026

## PROVISIONAL PROGRAMME

### Substrate metabolism

Protein metabolism

Lipids

Indirect calorimetry

### Nutritional Assessment

Nutritional screening

GLIM +and terminology

Body composition + functional assessment

### Undernutrition and sarcopenia

Consequences

Treatment strategies of malnutrition

Treatment strategies of sarcopenia

### Cancer

Epidemiology and mechanisms of cancer cachexia

Myths in cancer

Nutritional effects of immunotherapy

### Eating disorders

Psychiatric approach

Microbiota in Anorexia nervosa

Avoidant Restrictive Food Intake Disorder

### Intestinal failure / Hospital

Intestinal adaptation

Multidisciplinary approach

GLP-2 analogs

## Obesity

Pathophysiology

MAFLD

Sarcopenic obesity

## Nutrition in selected conditions

Acute pancreatitis

ICU patients

Prehabilitation in surgery

## Ethical questions

Dementia

Palliative care

Nutrition as a human right

## INFORMATIONS

- Who is it intended for?

22 ESPEN members below the age of 35 already enrolled in a nutrition programme

- Where is it taking place?

Saint-Paul hotel in Nice, France (<https://lesaintpaul-hotel.fr/en>)

- When is it happening?

From Sunday 12 April 16:30 CEST to Saturday 18 April 14:30 CEST

- How much does it cost?

Registration fee is €300, covering lodging and meals

- What else is included in the course?

A visit to the hospital and a city tour

- How to apply?

Send a CV, a letter of motivation and a letter of recommendation by a tutor (head of department, head of laboratory...) to [ExeCom@espen.org](mailto:ExeCom@espen.org) before 22 February

- When will the selected persons be informed?

On the week of 23 February