

Course: Nutrition care for patients with chronic kidney disease: an immersive workshop

Course leaders: Alice Sabatino and Carla Maria Avesani

Preliminary Program day-by-day

Oct 13th	Campus: Solna - room 221
13:00 - 17:00	Lectures
13:00 - 13:30	Course introduction
13:30 -15:00	Physiopathology Kidney disease, CKD stages, medication, treatment (dialysis), kidney transplantation
15:00 - 15:15	Coffee break
15:15 - 15:45	Gut Microbiota in CKD
15:45 - 16:15	Nutritional disturbances and etiology
16:15-17:00	Food as medicin in CKD: The power is in your plate

Oct 14th	Campus: Solna - room Rolf Berg
9:00 - 9:15	Recap 1st day
9:15 - 9:45	Nutrition Screening
9:45 - 10:30	Food intake (PNA) and laboratorial exams (acidose, inflammation, albumin)
10:30h - 10:45	Coffee Break
10:45 - 11:30	SGA/MIS/GLIM
11:30-12:00	Bioimpedance analysis (BIA)
12:00 - 13:00	Lunch
13:00 - 13:45	Muscle function and physical exercise
13:45 - 15:15	Ultraprocessed food and the NOVA classification
15:15 - 15:30	Coffee Break
15:30 - 16:00	Workhop on ultraprocessed food and CKD
18.00	Social Dinner

October 15th	Campus: Flemingsberg – room N4
9:00 - 9:15	Recap day 2
9:15 - 9:45	Body composition (CT / MRI / US)
9:45 - 10:30	Workshop on CT and US (2 groups of 10)

10:30 - 10:45	Coffe break
10:45h - 11:30	Workshop on CT and US (2 groups of 10)
11:30 - 12:00	Workshop with software image J for CT and US
12:00 - 13:00	Lunch
13:00 - 14:00	Practice with software image J for CT and US
14:00 - 14:45	Peer to peer discussion on BC for research
14:45 - 15:00	Coffe break
15:00 - 16:00	Nutritional management of CKD 3-5 not on dialysis: the synergism between diet and drugs

Oct 16th	Campus: Solna - room Rolf Berg
9:00 - 9:15	Recap day 3
9:15 - 9:45	How to interpret international guidelines on diverging protein recommendations
9:45 - 10:30	Implementing LPD and sVLPD
10:30h - 10:45	Coffee break
10:45 - 11:15	Special situations in CKD 3-5: elderly with malnutrition/sarcopenia
11:15-12:00	Special situations in CKD 3-5: pregnancy
12:00 - 13:00	Lunch
13:00 - 13:30	Nutritional management of CKD 5 (incremental dialysis)
13:30 - 14:00	Nutritional managment on CKD 5 D (Nutritional support, salt, fluids, P)

Oct 17th	Campus: Solna - room 221
9:00 - 9:15	Recap day 4
9:15 - 9:45	Nutrition managment in Kidney transplant
9:45 - 10:30	Using AI for dietary planning: Workshop dietary planning
10:30h - 10:45	Coffee break
10:45 - 11:15	Using AI for dietary palnning: Workshop dietary planning
11:15 - 11:30	Closing remarks
11:30 - 12:00	Course feedback