

Course content and timetable “Nutrition Care for Patients with Chronic Kidney Disease: An Immersive Workshop”

October 13th, Room 311, Solna ([Blombäcks \(Retzius\) väg 23, floor 3](#))

Time	Content	Lecturer
13:00 – 13:40	Course introduction	Carla Avesani, Alice Sabatino, Erik Pettersson
13:40 – 15:00	Physiopathology of kidney disease, CKD stages, medication, treatment, kidney transplantation	Dario Troise
15:00 – 15:15	Coffee break	
15:15 – 15:45	Gut microbiota in CKD	Alice Sabatino
15:45 – 16:15	PEW and sarcopenia in CKD – Etiology and outcomes	Juan Jesus Carrero
16:15 – 17:00	Food as medicine in CKD: The power is in your plate Updates on The EAT Lancet Commission 2025	Peter Stenvinkel Valeria Cecchini

October 14th, Room Rolf Bergin, Solna ([Tomtebodavägen 18, floor 4](#))

Time	Content	Lecturer
09:00 – 09:15	Recap of the 1 st day	Carla Avesani and Alice Sabatino
09:15 – 09:45	Nutrition screening and assessment	Carla Avesani
09:45 – 10:30	Assessment of food intake and use of laboratory exams to evaluate nutritional status	Carla Avesani
10:30 – 10:45	Coffee break	
10:45 – 11:30	Operational methods for assessing malnutrition and sarcopenia	Carla Avesani
11:30 – 12:00	BIA	Sintra Eyre
12:00 – 13:00	Lunch	
13:00 – 13:45	Muscle function and physical exercise	Heitor Ribeiro (Online)
13:45 – 15:15	NOVA classification / Ultra-processed food in CKD	Valeria Cecchini
15:15 – 15:30	Coffee break	

15:30 – 16:00	Workshop: Ultra-processed food	Valeria Cecchini and Carla Avesani
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October 15th, Room 4N, Flemingsberg ([Alfred Nobels Allé 8, Huddinge, ground floor](#))

Time	Content	Lecturer
09:00 – 09:15	Recap of the 2 nd day	Alice Sabatino and Carla Avesani
09:15 – 09:45	Body composition assessment (CT / MRI / US)	Alice Sabatino
09:45 – 10:30	Workshop: CT and US	Alice Sabatino and Kristoffer Sola
10:30 – 10:45	Coffee break	
10:45 – 11:30	Workshop: CT and US	Alice Sabatino and Kristoffer Sola
11:30 – 12:00	Workshop: ImageJ software for CT and US images	Alice Sabatino and Kristoffer Sola
12:00 – 13:00	Lunch	
13:00 – 13:45	Workshop: ImageJ software for CT and US images	Alice Sabatino and Kristoffer Sola
13:45 – 14:45	Peer discussion on BC for research	Carla Avesani and Alice Sabatino
14:45 – 15:00	Coffee break	
15:30 – 16:00	How to interpret international guidelines on diverging protein recommendations	Carla Avesani

October 16th, Room Rolf Bergin, Solna ([Tomtebodavägen 18, floor 4](#))

Restaurant Svarta Räfven ([Nobels väg 6, Solna](#))

Time	Content	Lecturer
09:00 – 09:15	Recap of the 3 rd day	Alice Sabatino and Carla Avesani
09:15 – 09:45	Nutritional management in patients with CKD stages 3–5 not on dialysis: The synergism between diet and drugs	Giorgina Piccoli
09:45 – 10:30	Implementing LPD and VLPD: a dietitian's perspective	Alice Sabatino
10:30 – 10:45	Coffee break	
10:45 – 11:15	Special situations in CKD stages 3-5: Elderly with malnutrition/sarcopenia	Alice Sabatino
11:15 – 12:00	Special situations in CKD stages 3-5: Pregnancy	Giorgina Piccoli

12:00 – 13:00	Lunch	
13:00 – 13:30	Nutritional management of CKD stage 5: Incremental dialysis	Giorgina Piccoli
13:30 – 14:00	Nutritional management of CKD stage 5: Dialysis	Alice Sabatino
14:00 – 14:30	Special situations in CKD: Plant-based diets and the management of dietary potassium	Carla Avesani
14:30 – 15:00	Special situations in CKD: Obesity management	Carla Avesani
15:00 – 15:15	Coffee break	
15:15 – 16:00	It is not only about calories and nutrients – The experience of a chef on “kidney diets”	Richard Hermerssom
18:00	Social dinner - restaurant Svarta Räfven	

October 17th, Room 221, Solna ([Blombäcks \(Retzius\) väg 23, floor 3](#))

Time	Content	Lecturer
09:00 – 09:15	Recap of 4 th day	Alice Sabatino and Alice Sabatino
09:15 – 09:45	Clinical case discussion: Kidney transplant	Alice Sabatino
09:45 – 10:30	Using AI for dietary planning	Peter Kotanko
10:30 – 10:45	Coffee break	
10:45 – 11:15	Workshop: Using AI for dietary planning	Peter Kotanko
11:15 – 11:30	Closing remarks	Bengt Lindholm
11:30 – 12:00	Course feedback	Carla Avesani and Alice Sabatino

Lecturers

Alice Sabatino, RD, PhD	Nephrology Division, CLINTEC, Karolinska Institutet, Stockholm, Sweden
Carla Avesani, RD, PhD	Nephrology Division, CLINTEC, Karolinska Institutet, Stockholm, Sweden
Peter Stenvinkel, MD, PhD	Nephrology Division, CLINTEC, Karolinska Institutet, Stockholm, Sweden
Bengt Lindholm, MD, PhD	Nephrology Division, CLINTEC, Karolinska Institutet, Stockholm, Sweden
Valeria Cecchini, MSc	Nephrology Division, CLINTEC, Karolinska Institutet, Stockholm, Sweden
Juan Jesus Carrero, PharmD, PhD	Department of Medical Epidemiology and Biostatistics, Karolinska Institutet, Stockholm, Sweden.

Kristoffer Sola, MD	Division of Radiology, CLINTEC, Karolinska Institutet, Stockholm, Sweden
Sintra Eyre, RD	Department of Clinical Nutrition, Sahlgrenska University Hospital, Gothenburg, Sweden
Dario Troise, MD	Department of Medical and Surgical Sciences, Nephrology, Dialysis and Transplantation Unit, Advanced Research center on Kidney Aging (A.R.cK.A), University of Foggia, Italy
Giorgina Piccoli, MD, PhD	Nephrology and dialysis, Le Mans Hospital Center, Le Mans, France
Peter Kotanko, MD, PhD	Renal Research Institute (RRI), New York City, USA.
Heitor Ribeiro	Sao Paulo University, Brasilia University and Sergipe Federal University; Brazil
Richard Hermerssom, Cook chef	Di Luca, Stockholm, Sweden