


IrSPEN CONFERENCE 2023



Tuesday 21st March | Aviva Stadium, Dublin | #IrSPEN2023

6th Biennial National Conference: Fit to function - a new focus on muscle in aging and disease

07:30 - 8:45	Breakfast Satellite Meeting - Abbott Nutrition
Session 1: Nutrition in Medicine - Where next?	
Chair	Niamh Rice
9:00	Opening address Professor John Reynolds
9:15	Stepping up - how the ESPEN community is working to shape the future of medical nutrition Professor Rocco Barazzoni, President ESPEN
9:40	Muscle as the target for interventions in enhancing outcomes in disease and aging Professor Luc Van Loon
10:10	Panel Discussion
10:40 - 11.15	 Coffee
Session 2A: Focus on the acute patient and critical illness:using nutrition to improve outcomes	
Chair	Carmel O'Hanlon
11:15	How to preserve muscle mass in the ICU patient Carmel O Hanlon
11:30	Everything you need to know about indirect calorimetry - The Cork experience Clare Twomey
11:55	Lessons from ICU: Nutritional rehabilitation and critical illness Lisa Shanahan
12:15	Questions and answers
Session 2B : Focus on chronically ill and aging in patients: using nutrition more effectively	
Chair	TBA
11:15	Targeting muscle mass and function with nutritional interventions - how to screen and what to measure Dr. Karen Boland
11:45	A new approach to community based nutritional care in older adults - new insight from field based research Professor Clare Corish
12:15	Questions and answers

IrSPEN CONFERENCE 2023

6th Biennial National Conference: Fit to function - a new focus on muscle in aging and disease

Session 3	
12:30 - 13:00	Oral Presentations and Awards
13:00 - 14:00	 Lunch
Session 4: From prehabilitation to rehabilitation- can more assertive, targeted nutrition intervention alter the trajectory of cancer and chronic illness?	
Chair	Professor John Reynolds
14:00	Cancer and the nutritional care gap in Ireland - Can we do better? Dr. Erin Stella Sullivan
14:20	The clock ticks faster in cancer Professor Alesandro Laviano
14:50	The effects of higher protein in critically ill patients - Results and implications of the EFFORT trial Professor Daren Heyland
15:15	Panel Discussion
15:45 - 16:15	 Coffee
Session 5: Preserving muscle mass arising from substantial weight loss in obesity	
Chair	Professor Carel le Roux
16:15	Traditional Analysis of Meal Patterns, Food Selection and Relative Macronutrient Intake after Gastric Bypass Professor Alan Spector
16:35	The impact of new medications for obesity on muscle mass in obesity Professor Alex Miras
16:55	Rethinking the role of nutrition support in obesity care when patients have substantial weight loss Dr. Werd Al Najim
17:15	Expert Panel Discussion
17:45	IrSPEN awards
18:00	Closing remarks
18:15	Evening Satellite Meeting - Nutricia Ireland Ltd