



ESPEN
The European Society for
Clinical Nutrition and Metabolism

الجمعية السعودية للتغذية السريرية
Saudi Society for Clinical Nutrition



Certificate of Approach to Oral and Enteral Nutrition in Adults

GENERAL INFORMATION

Duration: 4 Weeks

Total Hours: 32 hours of blended learning (20 hours Face-to-Face / 12 hours eLearning)

Time:

- **Week 1:** Fri 1:00 PM – 9:00 PM & Sat 9:00 AM – 6:00 PM (16 hours In-Person)
- **Week 2:** Sun & Tue, 5:00 PM - 8:00 PM (6 hours Online)
- **Week 3:** Anytime (6 hours Asynchronous online)
- **Week 4:** Fri, 1:00 AM - 5:00 PM (4 hours In-Person)

Fees: 800 BHD

Level: Postgraduate

Language: English

Pre-requisite: Basics in Nutritional Science

INSTRUCTORS BIOGRAPHY



Prof. Abdulaziz Al-Othman, Professor of Clinical Nutrition, Prince Sattam bin Abdulaziz University.



Prof. Mahmoud Abulmeaty, Professor of Clinical Nutrition, King Saud University.



Prof. Mohamed Amr Mattar, Head of Clinical Nutrition Unit, Kasr El-Eini Teaching Hospitals.

Dt. Farah Alsugair, Senior Clinical Dietitian, King Faisal Specialist Hospital and Research Centre

Dt. Reem Hawary, Clinical Dietitian, King Faisal Specialist Hospital & Research Centre



Participants who successfully pass the final exam will be granted an **ESPEN Lifelong Learning certificate in Approach to Oral and Enteral Nutrition in Adults**, which is accredited by the European Accreditation Council for Continuing Medical Education, providing 4 credits for medical specialists.

COURSE OVERVIEW

This course provides learners with knowledge of enteral nutrition, including indications, contraindications, administration routes, formulas, and methods. It covers the use of new technology and updated guidelines, with detailed discussions on standard, modified, and disease-specific formulas. The course also addresses complications, their management, and monitoring parameters for patients receiving enteral nutrition.

TARGET AUDIENCE

- Current postgraduate Nutrition student.
- Postgraduate Nutrition students from Gulf Cooperation Council Countries
- Faculty/staff interested in clinical nutrition.
- Professionals interested in clinical nutrition (Dietitians, Nutritionist, nurses, Physicians).
- Business/industry partners in the field of nutrition.

LEARNING OUTCOMES

Upon completion of this course, learners should be able to:

- Describe detailed indications and contraindications of EN.
- Identify various routes and approaches of EN.
- Apply hospital protocols in EN.
- Describe the protocol of EN formulae selection.
- Interpret and assess the monitoring parameters of EN.
- Troubleshoot complications of EN.

DELIVERY MODE

A total of 32 learning hours will be distributed as follows:

- 20 hours: Face to face classes
- 6 hours: Online classes
- 6 hours: Asynchronous online teaching

ASSESSMENTS

- Clinical scenarios (40%)
- Practical Assignment (30%)
- Final exam (30%)

COURSE OUTLINE

WEEK 1

- Introduction to enteral nutrition
- Indication and contraindications of enteral nutrition
- Routs of enteral nutrition
- Clinical scenarios
- Choice and types of enteral feeding solutions.
- Regimens of enteral feeding
- Hospital protocol for tube feeding
- Clinical scenarios

WEEK 2

- Complications of enteral nutrition
- Monitoring of enteral nutrition
- Termination of enteral nutrition.
- Clinical scenarios

WEEK 3

- Independent Learning

WEEK 4

- Live ESPEN course on Topic 8: Approach to Oral and Enteral Nutrition in Adults

- • • • Participants will receive a certificate accredited by the
- • • • University of Bahrain, the Saudi Society of Clinical
- • • • Nutrition, and the National Health Regulatory Authority
- • • • (NHRA) upon workshop completion, along with 25
- • • • Continuing Medical Education (CME) credits.



Scan the code
for Registration

For further Information, please contact:

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<https://microcredentials.uob.edu.bh/>