



ESPEN
The European Society for
Clinical Nutrition and Metabolism

الجمعية السعودية للتغذية السريرية
Saudi Society for Clinical Nutrition



Certificate of Nutritional Assessment and Techniques

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:** Mon & Wed, 5:00 PM - 8:00 PM (6 hours Online)
- **Week 3:** Anytime (6 hours Asynchronous online)
- **Week 4:** Sat, 9:00 AM-1:00 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.



Dr. Nada Kozjek, Consultant of Olympic Medical Commission, Slovenia.



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

COURSE OVERVIEW

This course equips learners with methods to screen and assess the nutritional status of clients and patients across various clinical settings, including hospitals, institutions, and intensive care units. It covers dietary, anthropometric, biochemical, and clinical assessment techniques. Students will also learn to use advanced technologies such as dietary analysis software, body composition analysis (bioelectrical impedance and ultrasound imaging), and gold-standard methods for measuring energy expenditure and caloric needs.

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 nutritional screening and assessment methods.
- Identify individuals with risk or frank malnutrition in different clinical settings.
- Apply body composition technologies in different clinical settings.
- Interpret and assess nutritional assessment results and identify appropriate diagnoses.

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 the Course: Need for nutritional screening and assessment.
- Nutritional screening tools
- Subjective global assessment
- Anthropometric methods of nutritional assessment part 1
- Clinical scenarios
- Anthropometric methods of nutritional assessment part 2
- Dietary methods of nutritional assessment part 1
- Dietary methods of nutritional assessment part 2
- Body composition analysis part 1
- Body composition analysis part 2
- Clinical scenarios

WEEK 2

- Biochemical methods of nutritional assessment part 1
- Biochemical methods of nutritional assessment part 2
- Clinical methods of nutritional assessment
- Clinical scenarios

WEEK 3

- Independent Learning

WEEK 4

- Live ESPEN course on Topic 3: Nutritional assessment and techniques

- • • • 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/>