

الجمعية المصرية للتغذية الطبية
EGYPTIAN SOCIETY OF PARENTERAL & ENTERAL NUTRITION



جامعة
الملك سعود
King Saud University



ADVANCED NUTRITION IN CRITICALLY ILL PATIENTS *Hands-on Workshop*



27 - 28
April 2026



King Khalid University Hospital
KSU Medical City, Riyadh



Amr Mattar

President of EgSPEN
Head of Clinical Nutrition Unit
Cairo University



Mahmoud Abulmeaty

Professor - Physician
Consultant at King Saud University

PROGRAM



الهيئة السعودية للتخصصات الصحية
Saudi Commission for Health Specialties

15 CME HOURS FROM
The Saudi Commission for Health Specialties

ORGANIZING OFFICE



Conference
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ADVANCED NUTRITION IN CRITICALLY ILL PATIENTS

Hands-on Workshop

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DAY 1

Monday, April 27, 2026

08:45 AM - 06:00 PM

08:45 – 09:00 AM	Welcome and introduction	Prof. Dr. Mahmoud Abulmeaty
09:00 – 10:00 AM	Nutritional assessment of ICU patients	Prof. Dr. Amr Mattar
10:00 – 11:00 AM	Indirect calorimetry vs equations	Prof. Dr. Mahmoud Abulmeaty
11:00 – 12:00 AM	Ultrasound vs CT scan in body composition analysis	Prof. Dr. Mohamed Elsharkawy
12:00 – 01:00 PM	Break	
01:00 – 02:00 PM	Hands-on training on the indirect calorimetry canopy method	Prof. Dr. Mahmoud Abulmeaty
02:00 – 03:00 PM	Hands-on training on ultrasound in the assessment of muscle mass and function	Prof. Dr. Mohamed Elsharkawy
03:00 – 04:00 PM	Hands-on training on the indirect calorimetry ventilator method	Prof. Dr. Mahmoud Abulmeaty
04:00 – 05:00 PM	Best practice on prescribing adequate calories and protein (Case study)	Ms. Mona Mabkhot
05:00 – 06:00 PM	Tips while prescribing enteral nutrition	Prof. Dr. Amr Mattar
6:00 PM	Dinner	

PROGRAM

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IN CRITICALLY ILL PATIENTS
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DAY 2

Tuesday, April 28, 2026

09:00 AM - 06:00 PM

09:00 – 10:00 AM	How to select the route of feeding	Prof. Dr. Mahmoud Abulmeaty
10:00 – 11:00 AM	Monitoring and troubleshooting complications	Prof. Dr. Amr Mattar
11:00 – 12:00 PM	ESPEN guidelines	Prof. Dr. Mahmoud Abulmeaty
12:00 – 01:00 PM	Break	
01:00 – 02:00 PM	Supplemental parenteral nutrition	Prof. Dr. Amr Mattar
02:00 – 03:00 PM	Gastric vs. Jejunal Feeding	Prof. Dina Soliman
03:00 – 04:00 PM	Nutritional strategies to optimize muscle protein synthesis in ICU patients	Prof. Dr. Amr Mattar
04:00 – 05:00 PM	Troubleshooting complications in ICU patients (Case study)	Ms. Dalal Alsharef
05:00 – 06:00 PM	Open Discussions	Prof. Dina Soliman Prof. Dr. Amr Mattar Prof. Dr. Mahmoud Abulmeaty
6:00 PM	Dinner	



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32
YEARS OF EXCELLENCE
— 1994 - 2026 —

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