

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

الرسوم:

للممارسين والخبراء

(٩٠٠ ريال سعودي)

تشمل: حضور الفعاليات | شهادة حضور | الوجبات
| ساعات الـ CME.

للطلاب

(٦٠٠ ريال سعودي)

تشمل: حضور الفعاليات | شهادة
حضور | الوجبات.

رابط التسجيل:

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الهيئة السعودية للتخصصات الصحية
Saudi Commission for Health Specialties

15 CME
HOURS

EVENT ORGANIZER:

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marketing

DAY 1	Description	Speaker
08:00 – 09:00	Registration	
09:00 – 09:40	Nutritional assessment of ICU patients	Prof. Dr. Mohamed Amr Mattar
09:40 – 10:20	Indirect calorimetry vs equations	Prof. Dr. Mahmoud Abulmeaty
10:20 – 10:40	Break	
10:40 – 11:20	Ultrasound vs CT scan in body composition analysis	Prof. Dr. Mohamed Elsharkawy
11:20 – 12:00	Tips while prescribing enteral nutrition	Prof. Dr. Mohamed Amr Mattar
12:00 – 13:00	Lunch & Prayer	
13:00 – 13:40	Best practice on prescribing adequate calories and protein (Case study)	Mrs. Mona Mabkhot
13:40 – 14:20	Hands-on training on ultrasound in the assessment of muscle mass and function	Prof. Dr. Mohamed Elsharkawy
14:20 – 14:40	Break	
14:40 – 15:20	Hands-on training on the indirect calorimetry ventilator method	Prof. Dr. Mahmoud Abulmeaty
15:20 – 16:00	Hands-on training on the indirect calorimetry ventilator method	Prof. Dr. Mahmoud Abulmeaty

DAY 2	Description	Speaker
08:00 – 09:00	Registration	
09:00 – 09:40	How to select the route of feeding	Prof. Dr. Mahmoud Abulmeaty
09:40 – 10:20	Monitoring and troubleshooting complications	Prof. Dr. Mohamed Amr Mattar
10:20 – 10:40	Break	
10:40 – 11:20	ESPEN guidelines on ICU Nutrition	Prof. Dr. Mahmoud Abulmeaty
11:20 – 12:00	Sepsis & Enteral Nutrition Management in ICU (Case Study)	Mrs. Dalal Alsharef
10:20 – 10:40	Lunch & Prayer	
13:00 – 13:40	Nutritional strategies to optimize muscle protein synthesis in ICU patients	Prof. Dr. Mohamed Amr Mattar
13:40 – 14:20	Hands-on training on the portable segmental BIA	Prof. Dr. Mahmoud Abulmeaty
10:20 – 10:40	Break	
14:40 – 15:20	Supplemental parenteral nutrition	Prof. Dr. Mohamed Amr Mattar
15:20 – 16:00	Open Discussions	Prof. Dr. Mohamed Amr Mattar Prof. Dr. Mahmoud Abulmeaty

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الجمعية المصرية للتغذية الطبية
EGYPTIAN SOCIETY OF PARENTERAL & ENTERAL NUTRITION



**Prof. Mohamed Sherif
Elsharkawy**,
Consultant Radiologist and Associate
Professor
Body and abdominal imaging
King Saud University Medical City



Mrs. Dalal J. Alsharif,
MSc, MBA, RD,
Senior Clinical Dietitian
**King Khalid University Hospital, King
Saud University Medical City**



Mrs. Mona Bin Mabkhoot,
Senior ICU dietitian,
King Khalid University Hospital



PROGRAM