



## International Course on “Clinical Nutrition - Nutrition in Older Adults Care”



7-10/11/2022, Sitia, Greece  
Hellenic Mediterranean University (HMU)  
&  
University College of Leuven Limburg (Belgium)

### Academic Personnel

**Host Institution: Hellenic Mediterranean University (HMU), Department of Nutrition and Dietetics Sciences**

1. **Markaki Anastasia**, Head of the Department and Associate Professor in “Clinical Nutrition”
2. **Maraki Maria**, Assistant Professor in “Clinical Nutrition”
3. **Mouratidou Theodora**, Associate Professor in “Community Nutrition”
3. **Raikos Vassilios**, Associate Professor of “Physical-Chemistry and Biochemistry of Food”
4. **Sfendourakis Ioannis** MSc, PhD(c) Special Technical Laboratory Staff
5. **Vamvakis Anastasios**, PhD, Visiting lecturer

**Visiting Institution: University College of Leuven-Limburg**

1. **Mr. Frank Delaere** Lecturer
2. **Mrs. Lieve Pensaert** Lecturer & student coach

**Workshop Responsible**

**Sfendourakis Ioannis** MSc, PhD(c) Special Technical Laboratory Staff

## AGENDA

### **MONDAY 07.11.2022**

09.30 Presentation of the Department of Nutrition & Dietetics (Dr Vassilios Raikos)

10.00-14.00 Welcome and introductions with local students and academic personnel (discussion between students/presentations by students)

- *We are from Belgium/Greece*
- *Us, students at?*
- *Belgian/Greece food culture*
- *Nutritional recommendations in Belgium/Greece*

13.00 Opening lecture

Malnutrition assessment in older adults– proposed tools and recommendations (Dr Anastasios Vamvakis)

14.00 -15.00 Lunch

15.00-16.00 Lecture

Cretan Diet: A journey from the Minoan era to an evidence-based therapeutic nutrition. (Dr Anastasia Markaki)

16.00-18.00 Welcome reception



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### **TUESDAY 08.11.2022**

10.00-14.00 Working groups on clinical nutrition in elderly population

Assessment:

- Nutritional screening assessments in elderly population to prevent malnutrition
- Anthropometrical assessments to screen elderly in prevention of malnutrition
- Dietary assessment: pitfalls and tips

Malnutrition:

- Malnutrition in elderly population with kidney disease + case study
- Malnutrition in elderly population with Alzheimer / dementia + case study
- Malnutrition in elderly population in elderly homes versus living in their own house (with external support) + case study
- Malnutrition in elderly population with Parkinson disease + case study

14.00-16.00 Lunch

16.00-20.00 Free evening

### **WEDNESDAY 09.11.2022 (CULTURAL ACTIVITIES)**

10:00-11:00 Visiting the City Hall

11:00-14:00 Visit at Monastery of Toplou

Olive-oil tasting

Wine tasting

15:00 – 17:00 Visiting a Banana Plantation at Piskokefalo Village

19:00 – 20:00 Visit at Stegi Vitsentzos Kornaros

Presentation concerning the great poet Vitsentzos Kornaros from students of HMU  
Mr. Babis Apostolakis & Mr. Fotios Makris

### **THURSDAY 10.11.2022**

09:00 – 11:00 Presentation of Belgium and Greek students work

11:00 Bustransfer to Heraklion

15:00 – 17:00 Visiting the Archeological Museum of Heraklion