



THE EUROPEAN
SOCIETY
FOR CLINICAL
NUTRITION
AND
METABOLISM

12th ESPEN SYMPOSIUM

Nutritional care in chronic kidney disease



UPPSALA, SWEDEN

November 30th
December 1st
2025

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Carla Wunderle, Switzerland

LLL COURSE

Nutritional support in renal diseases

🕒 08.00 → 12.00

Moderated by *Alice Sabatino*

- Nutritional support in acute kidney disease
A. Sabatino
- Nutritional support in chronic renal failure
C. Avesani
- Nutritional support in chronic maintenance hemodialysis
A. Sabatino
- Nutritional support in peritoneal dialysis
C. D'Alessandro
- Coffee break
- Case discussion
- Final test

SYMPOSIUM

Nutritional care in chronic kidney disease

🕒 13.30 → 19.00

🕒 13.30 → 13.40

Opening and salutation

🕒 13.40 → 15.00

Chronic Kidney Disease: a major case of disease-related malnutrition

Moderators: *R. Barazzoni, C. Cuerda*

- CKD: a global epidemic between over- and undernutrition
K. Kalantar-Zadeh
- CKD and sustainability.
Focus on nutrition
P. Stenvinkel
- Optimizing renal nutrition in moderate CKD – the Nordic diet approach
L. Salomo

🕒 15.00 → 16.00

Special debate

MALNUTRITION or WASTING? Looking for common ground in terminology

Moderators: *S. Klek, E. Rothenberg*

- Protein Energy Wasting
K. Kalantar-Zadeh
- Malnutrition and GLIM approach
T. Cederholm

🕒 16.00 → 16.15 Coffee Break

🕒 16.15 → 17.30

Metabolism at the center: from pathophysiology to clinical optimization

Moderators: *Y. Boirie, M. Eriksson Svensson*

- Mitochondrial dysfunction:
what is special in CKD
R. Barazzoni
- Uremic toxins: what is new
and what is their role
Z. Massy
- Altered intestinal permeability:
a key (modifiable) player?
R. Farré Martí

🕒 17.30 → 19.00

Nutritional needs and delivery: new guidelines and guidance

Moderators: *S.O. Frigstad, S. Schneider*

- New Guidelines on CKD and protein intake: what is there and what is missing?
G.B. Piccoli
- Protein restriction or “just” healthy and non-processed food (or both?)
C. Avesani
- Nutritional needs during hospitalization: ESPEN guideline
C. Cuerda
- Nutritional care for CKD in polymorbid patients: evidence from the trials
C. Wunderle

SYMPOSIUM

Nutritional care in chronic kidney disease

🕒 08.30 → 13.30

🕒 8.30 → 9.30

Non-nutritional management of malnutrition and wasting: reducing the burden

Moderators: *L. Salomo, J. Tuokkola*

- Optimizing acid balance: nutritional approaches and implications
M.V. Sørensen
- Dialysis schedule: how can we minimize nutritional risk?
A. Davenport
- Physical activity in CKD patients: metabolic and nutritional impact
D. Tetà

🕒 9.30 → 10.30

Obesity in CKD: the challenge of complexity

Moderators: *H. Dahl, L. Donini*

- Adiposopathy and renal metabolic complications
Y. Boirie
- Obesity, elevated creatinine and outcome: a nutritionDay analysis in 24726 ICU patients
M. Hiesmayr
- Obesity and CKD: the perfect nutritional storm and sarcopenic obesity
M.D. Ballesteros
- Treating obesity in CKD: clinical targets and the fat-muscle balance
R. Barazzoni

🕒 10.30 → 11.00 Coffee Break

🕒 11.00 → 12.15

Special nutritional conditions

Moderators: *C. Avesani, A. Pohju*

- Sarcopenia and frailty in CKD: clinical and therapeutic implications
G. Bahat
- Nutritional care of pediatric CKD patients: special needs and approaches
J. Tuokkola
- Special needs and concerns during pregnancy in women with CKD
G.B. Piccoli
- Before and after transplantation: optimizing opportunities and outcomes
C. D'Alessandro

🕒 12.15 → 13.15

Implementation of nutritional care

Moderators: *Z. Massy, M. Nuotio*

- Revolutionizing Patient Care: A New App to Enhance Dietary Adherence in CKD Management
K. Bjørnsbo
- Ideal weight and formulae: clinical approaches and implications
L. Donini
- Why malnutrition cannot be neglected in CKD and need for multidisciplinary approaches
J.J. Carrero

🕒 13.15 → 13.30

Concluding remarks

GENERAL INFORMATION

CONFERENCE VENUE

Elite Hotel Academia

Suttnungs gränd 6

753 19 Uppsala (Sweden)

The hotel is right next to Uppsala Central Station, about 35 km from Stockholm Arlanda Airport.

The hotel offers adjacent parking: in a garage for 295 SEK/night (ceiling height 208 cm) or in the courtyard for 245 SEK/night. To book a garage space during your stay at Elite Hotel Academia in Uppsala, click [here](#).

Another recommended nearby option is [Aimo Park | P-hus Grimhild](#), located 200 m from the hotel, which is spacious and cheaper.

HOW TO GET FROM STOCKHOLM ARLANDA AIRPORT TO UPPSALA

By Train *(fastest option, more expensive)*

- Time: ~20 minutes
- Frequency: Every 20–30 minutes
- Cost: 120–210 SEK

You can travel with both regional and commuter trains from Arlanda to Uppsala. The main train station, Arlanda Central Station, is situated in Sky City between terminals 4 and 5.

You can purchase tickets for both through:

- The [Airport website](#) (search for trips from Arlanda C to Uppsala C)
- Ticket machines at the train station

By Bus *(cheaper option)*

- UL Bus 801
- Time: ~45 minutes
- Frequency: Every 15–30 minutes
- Cost: ~130 SEK

You can purchase tickets through:

- The [UL app](#) from Uppsala local public transport company
- With a card payment on board

By Taxi

- Time: ~35 minutes

Follow the signs for “Approved taxi”. Taxi companies approved and contracted by the Arlanda Airport have a maximum fare of SEK 800 to Uppsala (1–4 passengers, to one address). Always ask the driver before you start your trip about what price is in effect.

GENERAL INFORMATION

REGISTRATION

Online registration at www.espen.org

REGISTRATION FEES

Symposium

ESPEN member*: € 150,00

Non-member: € 200,00

LLL Course

ESPEN member*: € 50,00

Non-member: € 60,00

**2025 regular membership is required.*

The fees include: admittance to the Scientific Sessions, conference kit, certificate of attendance, catering services.

Cancellation policy

All cancellation requests must be submitted in writing (via email or fax) to the Organizing Secretariat no later than **October 31st, 2025**. Verbal requests will not be accepted.

For cancellations received by October 31st, 2025, 70% of the paid or committed amount will be refunded. No refunds will be issued for requests received after this date.

Name changes will be accepted until **November 21st, 2025**.

LANGUAGE

English is the official language of the event.

EACCME CREDITS

The 12th ESPEN Symposium - Nutritional care in chronic kidney disease, Uppsala, Sweden 30/11/2025 - 01/12/2025 [LEE/2025/02028], has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with **9.0 European CME credits (ECMEC®s)**.

The LLL Course - Nutritional support in renal diseases, Uppsala, Sweden 30/11/2025 - 30/11/2025 [LEE/2025/02029], has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with **3.5 European CME credits (ECMEC®s)**.

Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

Participants will only be able to receive their EACCME® accreditation certificate once they have completed the onsite feedback form.

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