

3 - 4
August 2018
INTERCONTINENTAL
SINGAPORE



TOTAL NUTRITIONAL THERAPY™

Geriatric

A Hands-On Geriatric Nutrition Course for Healthcare Professionals

Helping to improve outcomes for
geriatric patients

“Nutritional care should be integrated appropriately into the overall care plan, which takes into account all aspects of the patient, personal, social, physical and psychological.”

“While reducing morbidity and mortality is a priority in younger patients, in geriatric patients maintenance of function and quality of life is often the most important aim.”

“Decision making in the elderly is often difficult, and in many cases ethical questions arise.”

— ESPEN Guidelines on Enteral Nutrition
- Geriatrics Volkert D, et al. Clin Nutr. 2006,25:330-360

Endorsed by:



Supported through an
educational grant from:



DAY 1 (3 August)

8:00	Registration		
8:20	Welcome		
8:30	Pre-test		
9:00	Lecture 1	Nutrition, Aging and Longevity	A/Prof Tan Thai Lian
9:30	Lecture 2	Nutrition, Frailty and Disability	Dr. Melvin Chua
10:00	Lecture 3	Nutritional Requirements	Dr. Lim Yen Peng
10:30	Break		
10:45	Lecture 4	Nutrition Screening & Assessment	Dr. Lim Yen Peng
11:15	Lecture 5	Diet Enrichment and Oral Nutrition Supplements	Adj Asst Prof Samuel Chew
11:45	Lecture 6	Tube-fed Enteral and Parenteral Nutrition	Dr. Wong Chek Hooi
12:15	Lecture 7	Nutrition Issues and Interventions in Specific Diseases	A/Prof Terence Tang
12:45	Lunch		
13:45	Case Study 1	Hospitalized Person with Multi-morbidity	A/Prof Terence Tang
14:45	Workshop 1	Nutritional Screening and Assessment Tools for Older People	Dr. Lim Yen Peng
15:45	Break		
16:00	Case Study 2	Outpatients at Risk of Malnutrition	Dr. Wong Chek Hooi
16:45	Workshop 2	Prescribing Oral and Enteral Nutrition	Adj Asst Prof Samuel Chew
17:30	Wrap Up. Housekeeping Issues		
17:45	End of Day 1		

DAY 2 (4 August)

8:00	Registration		
8:30	Lecture 8	Sarcopenia	Dr. Santhosh Kumar Seetharaman
9:00	Lecture 9	Oral Health & Nutrition	Prof Patrick Finbarr Allen
9:30	Lecture 10	Obesity	Dr. Melvin Chua
10:00	Lecture 11	Drug Food Interactions	Dr. Christopher Lien
10:30	Break		
10:45	Case Study 3	Hip Fracture: Perioperative intervention and rehabilitation	Dr. Santhosh Kumar Seetharaman
11:30	Case Study 4	Pressure Ulcer	Dr. Melvin Chua
12:15	Post Test		
12:45	Lunch		
13:45	NEW! Workshop	Tips, Tools & Techniques for Assessing Loss of Muscle Mass and Function (<i>Ultrasound, Muscle Circumferences, Hand grip Measurement, Nutrition-Focused Physical Exams</i>)	
16:00	End of Day 2		

What is TNT?

TNT (Total Nutrition Therapy) is the premier global clinical nutrition course for physicians and allied healthcare professionals. With more than 25,000 graduates from over 30 countries, TNT was originally developed in 1996 in a partnership between FELANPE* and Abbott Nutrition. There are now a range of specialty TNT courses focusing on pediatrics, neonatology, critical care, nephrology, wound healing and diabetes.

Why was TNT developed?

TNT aims to help improve patient outcomes by incorporating nutrition therapy into standards of best practice patient care. The interactive, expert-endorsed learning program helps healthcare professionals understand the value of food nutrition status and the practical application of clinical nutrition best practices, including nutrition assessment, intervention and monitoring.

What is TNT Geriatric?

TNT Geriatric is the specialty TNT clinical nutrition course developed by and for geriatricians and other healthcare professionals who manage geriatric patients.

Who developed TNT Geriatric?

The TNT Geriatric course was written by global geriatric experts selected by the EUGMS (European Union Geriatric Medicine Society). The Editorial Board is chaired by Profs. Alfonso Cruz-Jentoft (Spain) and Jean-Pierre Michel (Switzerland).

What are the TNT Geriatric learning objectives?

The TNT Geriatric Course is designed to help you:

- Define age-related factors that increase risk of malnutrition in older people
- Discuss the medical and financial toll of malnutrition in older people and how appropriate nutrition therapy improves health outcomes and cuts costs of care
- Describe how to screen for malnutrition risk, assess malnutrition severity, and diagnose malnutrition and its causes
- Explain how to provide, monitor, and manage nutrition therapy for older patients as a way to close nutrition gaps, support patient recovery from illness and injury, and improve long-term outcomes
- Review similarities and differences between sarcopenia, frailty, and disability in older people and explain the roles of nutrition and physical activity in prevention and treatment of these conditions

What is the TNT Geriatric learning experience?

TNT Geriatric is an interactive one and a half-day course of stimulating lectures, workshops and case studies led by expert faculty. The hallmark of the TNT experience includes patient case studies that illustrate and apply clinical nutrition principles learned in the lectures and workshops. Organized as a small group discussion, each case study offers insight into best practices in geriatric care.

How will I benefit by attending a TNT Geriatric course?

You will be able to easily identify patients at nutrition risk and develop and implement nutrition care plans to help your patients improve nutrition status and overall prognosis. You will also have a firm grasp of the science documenting the huge scale and cost of malnutrition and the benefits of early, pro-active nutrition intervention to prevent and treat malnutrition.

How is TNT Geriatric different from other education programs?

TNT Geriatric was developed by recognized experts from the EUGMS (European Union Geriatric Medicine Society). Moreover, TNT Geriatric is the first clinical nutrition course focused on geriatric medicine with an experiential learning approach, including practical patient case studies and workshops led by expert practitioners.

*Latin American Federation of Nutritional Therapy, Clinical Nutrition and Metabolism (FELANPE)