



**World Nutrition Day 2023**  
**Departments of Hepatology and Dietetics**  
**Endorsed by IAPEN Lucknow Chapter**

**Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS)**  
**Lucknow**

**Short course on**

**“Nutritional assessment and management in patients with liver diseases”**

**Course coordinators**

Dr Amit Goel, Dr Surender Singh, Dr Ajay Kumar Mishra, Ms Reeta Anand

**Course Instructors**

Prof. L. K. Bharti, Reeta Anand, Surabhi Chandra, Archana Sinha, Dr. Nirupma Singh,  
Dr. Shilpi Pandey, Archana Dwivedi, Mamta Sharma

**Date & Venue**

27th May 2023

Auditorium, 5th Floor

Department of Hepatology

Centre for Hepatobiliary Diseases and Transplantation (CHBDT)

SGPGIMS, Lucknow

<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
9.00-9.05 AM	Welcome note by Prof. Amit Goel	
9:05-9:10 AM	Introduction to the course by Ms Reeta Anand	
9:10-9:15 AM	Address the participants by Ms Ranu Singh, Secretary, Lucknow Chapter, IAPEN	
9.15-9.20 AM	Director's address by Prof. R.K. Dhiman	
9.20-9.30 AM	Inauguration ceremony and group photograph	
<b>Session I: Basics of nutrition</b>		
9.30-9.45 AM	Types of nutrients and their importance in our diet	Surabhi Chandra
9.45-10.00 AM	Understanding the common Indian portions size, uncooked food items, and dietary preparations	Archana Dwivedi
10.00-10.05 AM	<b>Question &amp; Answer</b>	
10.05 -10.20 AM	Nutrient requirement and advice for a healthy person	Shilpi Pandey
10.20 -10.25 AM	<b>Question &amp; Answer</b>	

<b>Session II: Nutritional assessment and management in a cirrhosis patient without co-morbidities</b>		
10.25 -10.40 AM	Malnutrition in cirrhosis and its impact	Dr Ajay Kumar Mishra
10.40 –10.50 AM	<b>Tea Break</b>	
10.50 – 11.05 AM	Nutritional assessment in a patient with cirrhosis	Dr Surender Singh
11.05 – 11.20 AM	Dietary management of a non- cirrhotic person with obesity and/or fatty liver disease	Mamta Sharma
<b>Session III: Nutritional assessment and management in a cirrhosis patients with co-morbidities</b>		
11.20 – 11.35 AM	Dietary management of a patient with compensated cirrhosis with obesity/sarcopenia/diabetes	Nirupma Singh
11.35 – 11.50 AM	Dietary management of a patient with decompensated cirrhosis with obesity/sarcopenia/diabetes	Reeta Anand
11.50 – 12.05 PM	Dietary management in cirrhosis patients with renal failure	Archana Sinha
12.05 – 12.15 PM	<b>Question &amp; Answer</b>	
<b>Session IV: Nutritional assessment and management in special situations</b>		
12.15 – 12.35 PM	Special dietary issues in children with liver diseases	Dr L. K. Bharti
12.35 – 12.50 PM	Preparation and management of tube feeding for a cirrhosis patient	Surabhi Chandra
12.50 – 1.05 PM	Nutritional Management in short Bowel Syndrome and High fistula output	Reeta Anand
1.05 – 1.20 PM	<b>Question &amp; Answer</b>	
1.20 – 1.30 PM	<b>Valedictory function</b>	
1.30 onwards	<b>Lunch</b>	