



Evidence Based Medicine and Child Nutrition



3 December 2009 • FLORENCE

FINAL PROGRAMME

www.epa-unepsa.org



C&C International
Group of Companies

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WORD OF WELCOME



Dear Friends and Colleagues,

It's difficult to think of any one single topic more crucial for the protection of child health and for the prevention and treatment of diseases in childhood than child nutrition. Therefore, it is a great pleasure to present, on behalf of the Scientific Committee, this meeting on "Evidence-Based Medicine and Child Nutrition".

To address problems related to child nutrition in the preventive context and in clinical practice we must take account of a number of issues, namely scientific, cultural, economic, relational, ethical and practical issues. However, any action taken by paediatricians in the field must be based on a clear understanding of what is scientifically sound and what is not, i.e., what is and what is not based on evidence. Consequently, the European Paediatric Association/UNEPSA and the Scientific Committee of this meeting welcome the close cooperation with the Cochrane Collaboration in general and in relation to this meeting in particular.

The meeting is intended to bring advanced scientific knowledge to an audience constituted mainly by paediatricians, nutritionists and other practitioners active in the framework of primary, secondary and tertiary care for children and adolescents. After an introductory session on breast feeding, complementary feeding and nutrition for preterm infants, specific sessions will be devoted to the growth standards to be used in practice, gluten in child nutrition, prevention of food allergy, the practical approach to prolonged artificial nutrition, and nutritional problems as related to obesity.

Special thanks go to the speakers and chairmen, all internationally renowned experts in the field, who have accepted our invitation to join us in Florence thereby ensuring the quality of the meeting.

Last but not least, it is a pleasure to note that the EPA/UNEPSA - Cochrane Collaboration meeting opens a four-day conference presented by Wiley-Blackwell devoted to "Excellence in Paediatrics" in the unique setting of Florence with its extraordinary history, unparalleled cultural treasures, and traditional hospitality.

Cordially,

A handwritten signature in black ink, appearing to read "Armido Rubino". The signature is fluid and cursive, with a horizontal line underneath it.

Armido Rubino

*Chairman of the "Evidence Based Medicine and Child Nutrition" Scientific Committee
Professor of Paediatrics, University Federico II, Naples, Italy*

SCIENTIFIC COMMITTEE

Chairman

- **Armido Rubino**
Professor of Paediatrics, University Federico II, Naples, Italy

Members

- **David Branski**
Professor of Paediatrics, Hadassah University Hospitals, Jerusalem, Israel
- **Maurizio De Martino**
Professor of Paediatrics, University of Florence, Italy
- **Raanan Shamir**
Associate Professor of Paediatrics, Schneider Children's Medical Center, Israel
- **Michael Smith**
Consultant Paediatrician, Director NI Clinical Research Network for Children, Craigavon Hospital, UK
- **Hania Szajewska**
Associate Professor of Paediatrics, Medical University of Warsaw, Poland
- **Giorgio Tamburlini**
Research Director, Institute of Child Health Burlo Garofolo, Trieste, Italy
- **Dominique Turck**
Professor of Paediatrics, University of Lille, France

MEETING ORGANISERS

EUROPEAN PAEDIATRIC ASSOCIATION (EPA/UNEPSA)



The Union of National European Paediatric Societies and Associations (UNEPSA) was founded in 1976 in Rotterdam by 18 European countries. In 2007, UNEPSA was renamed European Paediatric Association (EPA/UNEPSA). The work of UNEPSA is continued by EPA/UNEPSA that maintains its character and activities. After more than 30 years, EPA/UNEPSA is still an expanding and vital instrument in improving the medical care of all children and the co-operation of their carers in Europe.

More specifically the objectives of EPA/UNEPSA are:

1. To encourage co-operation between National Paediatric Societies/Associations in Europe and between European paediatricians working in primary, secondary and tertiary paediatric care in Europe, in order to promote child health and comprehensive paediatric care. Paediatric care is defined as the medical care of human beings during and up to the completion of growth and development, from birth up to 18 years of age.
2. To stimulate collaborative research in paediatrics in Europe.
3. To improve the quality of paediatric patient care in all European countries including both members and non-members states of the European Union.
4. To promote the exchange of national experiences in the various fields of patient care and make national practices known to others. To obtain information about paediatrics from national societies and associations, and to make it available to EPA-UNEPSA members. To this purpose, EPA-UNEPSA owns a website and promotes the use of updated communication technology.
5. To co-operate with paediatric associations worldwide, the World Health Organisation (WHO), UNICEF, the World Bank, and any other national or international organisations or foundations operating in the field of child health.
6. To organize congresses for its members, and meetings of Presidents of European National Paediatric Societies/Associations.
7. To implement any policy that promotes paediatrics that may be laid down by the General Assembly, such as forming ad hoc expert committees to study and make recommendations on important issues of paediatric interest in Europe.
8. To represent European paediatricians in relation to the International Paediatric Association (IPA), in continuity with the representative role of UNEPSA.
9. To create affiliations with other related European Societies/Associations provided that its independence is assured.

For more information, please visit www.epa-unepsa.org

COCHRANE CHILD HEALTH FIELD



The Cochrane Collaboration is an international non-profit and independent organisation, dedicated to making up-to-date, accurate information about the effects of healthcare readily available worldwide. It produces and disseminates systematic reviews of healthcare interventions and promotes the search for evidence in the form of clinical trials and other studies of interventions.

The Cochrane Child Health Field is one of 13 Fields within the Cochrane Collaboration. The purpose of a Field is to support the conduct, dissemination and utilization of the child-relevant systematic reviews. The mission of the Child Health Field is to ensure that children and adolescents receive effective interventions for the best health outcomes based on up-to-date evidence.

The Child Health Field supports child-relevant Cochrane Review Groups through the following activities:

- Facilitation of clinically-relevant and methodologically rigorous Cochrane reviews on child health topics
- Development of methods for evidence synthesis and meta-analysis
- Knowledge translation of high quality healthcare evidence through formal and informal partnerships with relevant stakeholders
- Training in critical appraisal and the use of systematic reviews

The Child Health Field offers unique resources and opportunities for individuals interested in conducting and disseminating child-relevant systematic reviews:

- Training and support to do a systematic review
- Linkages to individuals from around the world with similar interests and questions
- Access to specialized databases of clinical trials, systematic reviews and unpublished literature
- A forum to identify research and review priorities in child health
- An invitation to an ongoing dialogue on methodological issues related to systematic reviews in child health
- An opportunity to act as an advocate for child health

For more information, please visit www.cochranchildhealth.org

MEETING INFORMATION

Meeting Venue

The Fortezza da Basso, a short distance from the Central Railway Station of Santa Maria Novella, is an extraordinary Congress venue and one of the city's most important monuments from the Medici era. It was designed by Antonio da Sangallo the Younger in the first half of the 1500s on commission from Alessandro de' Medici.

Firenze Fiera

Fortezza da Basso
Viale Strozzi 1
50129 Florence (Italy)
website: www.firenzefiera.it

Language

English is the official language of the meeting. Simultaneous interpretation into Italian will be provided.

Badges and Material

Name badges and the meeting material will be provided on-site to all registered delegates on Thursday, 3 December 2009. Access to the meeting is allowed only to badge holders.

Certificate of Attendance

A certificate of attendance will be issued to all registered delegates.

Continuing Medical Education (CME)



The Excellence in Paediatrics conference and the Evidence Based Medicine and Child Nutrition scientific meeting are accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide the following CME activity for medical specialists. The EACCME is an institution of the European Union of Medical Specialists (UEMS - www.uems.be).

The Excellence in Paediatrics conference and the Evidence Based Medicine and Child Nutrition scientific meeting are designated for a maximum of 24 hours of European external CME credits. EACCME credits are recognized by the American Medical Association toward the Physician's Recognition Award (PRA). To convert EACCME credit to AMA PRA category 1 credit, contact the AMA.

For Italian participants

The Excellence in Paediatrics conference and the Evidence Based Medicine and Child Nutrition scientific meeting have been submitted for CME accreditation from the Italian Ministry of Health.

Provided by:

First Aid

First aid is provided on site. In case of emergency, please notify the Meeting Secretariat, located in the Cavaniglia Pavillion.

Liability and Insurance

Delegates are advised to arrange health and accident insurance before travelling to the meeting. The Professional Congress Organiser cannot accept liability for personal injury or loss/damage to property and belongings of delegates during the meeting or their stay in Florence.

Mobile Phones

Delegates are kindly requested to switch off their mobile phones during the meeting sessions.

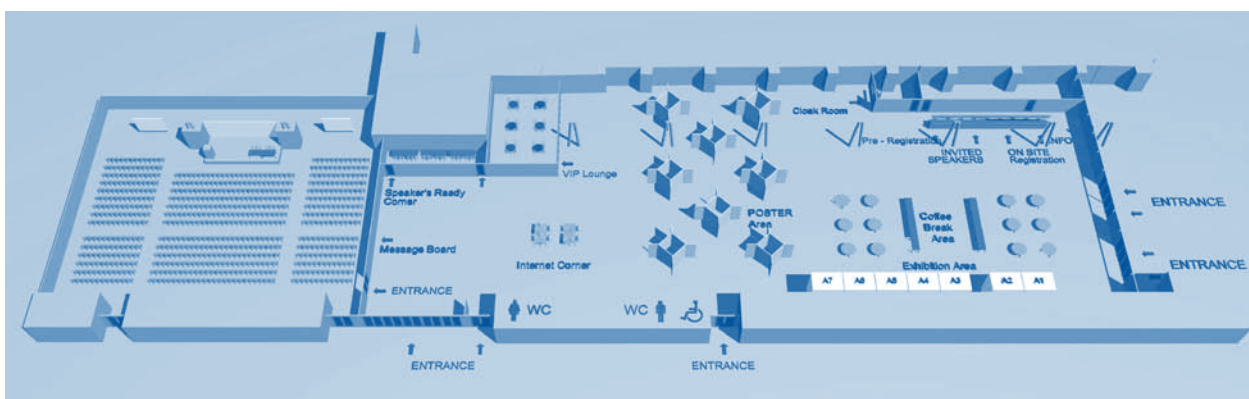
Programme Changes

Due to circumstances beyond the control of the Professional Congress Organiser, last-minute changes to the programme may be unavoidable. All information included in this programme is accurate until the day of printing (17 November 2009).

MEETING VENUE PLAN

MEETING AREAS

Cavaniglia Pavillion: Main Hall, Registration, Exhibition, Internet Corner, Coffee area



REGISTRATION

You may register on-site at the Meeting Secretariat, which will be operating at the following dates and time:

3 December 2009	08:00-20:30
4 December 2009	07:30-19:30
5 December 2009	07:30-19:30
6 December 2009	07:30-17:30

REGISTRATION FEES (VAT 19% is included)

All prices are quoted in Euros (€)

REGISTRATION TYPE	PARTICIPATION TO EVIDENCE BASED MEDICINE & CHILD NUTRITION (ONE DAY MEETING)	PARTICIPATION TO BOTH EVENTS (EVIDENCE BASED MEDICINE AND CHILD NUTRITION MEETING & EXCELLENCE IN PAEDIATRICS CONFERENCE)
	ON-SITE Registration 3 December 2009	ON-SITE Registration 3-6 December 2009
Full Delegates	280 €	700 €
Trainees / Young investigators*	200 €	490 €
Students / Nurses**	170 €	420 €
Accompanying Persons		130 €

* Please note that the reduced registration fee for trainees / young investigators is available for doctors and researchers under 35 years old. Please submit an official document such as ID card indicating your birth date.

** Additionally, please note that participants registered as students must submit a copy of student ID card. Participants registered as nurses must submit a certificate of employment / confirmation letter issued by their employer.

NOTE: You can pay your registration fee by cash or credit card (Visa, MasterCard). Personal cheques are not accepted.

Registration entitlements for **Full Delegates, Trainees / Young investigators** and **Students / Nurses**

Participation ONLY to Evidence Based Medicine & Child Nutrition:

- One day attendance - 3 December 2009 to scientific sessions of Evidence Based Medicine & Child Nutrition
- Meeting Material • Access to the exhibition on 3 December 2009 • Participation in the Welcome Reception
- Morning & afternoon Coffee Break on 3 December 2009

Participation to BOTH Evidence Based Medicine and Child Nutrition meeting & Excellence in Paediatrics conference:

- 4 days attendance – 3-6 December 2009 to scientific sessions of Evidence Based Medicine and Child Nutrition & Excellence in Paediatrics • Conference Material • Access to the exhibition (3-6 December 2009) • Participation in the Welcome Reception • Coffee Breaks daily (3-6 December 2009) • One year subscription to *Evidence Based Child Health: A Cochrane Review Journal*

Registration entitlements for **accompanying persons** (valid only for participation to both events)

- City Tour • Participation in the Welcome Reception

USEFUL INFORMATION FOR SPEAKERS

AUDIOVISUAL EQUIPMENT

A Speakers' Ready Room will be operating throughout the duration of the meeting. Speakers are kindly requested to hand in their presentation (USB-key, CD-ROM, DVD) at least one (1) hour before their scheduled presentation time. If your presentation is scheduled early in the morning, you are kindly requested to check your presentation at the Speakers' Ready Room the day before. All versions of MS PowerPoint are accepted, including Mac. If you are using embedded video clips in your presentation, please remember to submit video files separately.

The following equipment will be available:

- PC
- Data video projector (PowerPoint presentations)

SCIENTIFIC PROGRAMME

Evidence Based Medicine
and Child Nutrition

PROGRAMME AT A GLANCE

08:30 - 08:40	Introductory remarks <i>Prof. Andreas Konstantopoulos</i> <i>Prof. Armido Rubino</i>
08:40 - 10:10	Infant feeding <i>Chairpersons: Prof. Marcello Giovannini</i> <i>Prof. Maurizio De Martino</i>
08:40 - 09:10	Breast feeding <i>Prof. Dominique Turck</i>
09:10 - 09:40	Challenges in complementary feeding <i>Prof. Carlo Agostoni</i>
09:40 - 10:10	From basic research to practice in nutrition for preterm infants <i>Dr. Walter Mihatsch</i>
10:10 - 10:30	Coffee break
10:30 - 11:30	WHO growth standards <i>Chairperson: Prof. Giorgio Tamburlini</i>
10:30 - 10:50	Pros and cons <i>Prof. Kim Fleischer Michaelsen</i>
10:50 - 11:10	Implications for everyday practice <i>Dr. Mercedes de Onis</i>
11:10 - 11:30	Discussion
11:30 - 12:30	Gluten in child nutrition <i>Chairperson: Prof. Salvatore Auricchio</i>
11:30 - 11:50	Gluten: when and how <i>Prof. Riccardo Troncone</i>
11:50 - 12:10	Oats in celiac disease: yes or no <i>Prof. Raanan Shamir</i>
12:10 - 12:30	Discussion
12:30 - 14:00	Break

14:00 - 15:00	Prevention of food allergy <i>Chairperson: Prof. David Branski</i>
14:00 - 14:20	Prevention of allergy through dietary interventions: what is the evidence? <i>Prof. Hania Szajewska</i>
14:20 - 14:40	Prebiotics in allergy prevention <i>Prof. Christian Braegger</i>
14:40 - 15:00	Discussion
15:00 - 16:00	Practical approach to prolonged artificial nutrition <i>Chairperson: Prof. Alfredo Guarino</i>
15:00 - 15:20	Enteral nutrition <i>Prof. Berthold Koletzko</i>
15:20 - 15:40	Parenteral nutrition <i>Dr. John Puntis</i>
15:40 - 16:00	Discussion
16:00 - 16:20	Coffee break
16:20 - 17:20	Obesity <i>Chairperson: Dr. Michael Smith</i>
16:20 - 16:40	Early determinants <i>Dr. Adriano Cattaneo</i>
16:40 - 17:00	Prevention and treatment <i>Prof. Claudio Maffeis</i>
17:00 - 17:20	Discussion

LIST OF SPEAKERS & CHAIRPERSONS

Agostoni Carlo

Professor of Paediatrics, Head, Neonatal Unit,
Department of Paediatrics, San Paolo Hospital, Milan, Italy

Auricchio Salvatore

Professor and Chairman of Paediatrics, University Federico II,
Naples, Italy

Braegger Christian

Prof. Dr. med. Zurich Children's Hospital, Switzerland

Branski David

M.D., Chairman of Paediatrics, Dr. Israel J.
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Hadassah University Hospitals, Jerusalem, Israel

Cattaneo Adriano

Epidemiologist, Institute for Maternal and Child Health IRCCS
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De Onis Mercedes

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Department of Nutrition for Health and Development,
World Health Organization

Fleischer Michaelsen Kim

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Faculty of Life Sciences, University of Copenhagen, Denmark

Giovannini Marcello

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University of Milan, Department of Paediatrics,
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Guarino Alfredo

M.D., Professor of Paediatrics, Department of Paediatrics,
University Federico II, Naples, Italy

Koletzko Berthold

M.D., Professor, Div. Metabolic Diseases and Nutritional
Medicine, Dr. von Hauner Children's Hospital,
Ludwig-Maximilians-University of Munich, Munich, Germany

Konstantopoulos Andreas

M.D., Professor of Paediatrics, University of Athens, Greece,
President of the European Paediatric Association
EPA/UNEPSA

Maffei Claudio

Associate Professor of Paediatrics, University of Verona,
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PD Dr., MBA, Chfartz der Klinik für Kinder -
und Jugendmedizin, Germany

Puntis John

Gastroenterologist, Department of Paediatrics
and Child Health, The Royal Infirmary, Leeds, United Kingdom

Rubino Armido

Professor of Paediatrics, University Federico II, Naples, Italy,
Chairman of the Scientific Committee of "Evidence Based
Medicine and Child Nutrition"

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Szajewska Hania

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Department of Paediatrics, Warsaw, Poland

Tamburlini Giorgio

Professor of Paediatrics, Research Director,
Institute of Child Health Burlo Garofolo, Trieste, Italy

Troncone Riccardo

Professor and Head, Department of Paediatrics
and European Laboratory for the Investigation
of Food-Induced Diseases, University Federico II, Naples, Italy

Turck Dominique

Professor of Paediatrics, Department of Paediatrics,
Jeanne de Flandre Children's Hospital and Lille University
Faculty of Medicine, Lille, France

INFORMATION

About Florence

Florence is the capital city of the Italian region of Tuscany and of the province of Florence. It is the most populated city in Tuscany and has a population of 367,569 (1,500,000 metropolitan area). The city lies on the River Arno and is known for its history and its importance in the Middle Ages and in the Renaissance, especially for its art and architecture. A centre of medieval European trade and finance, the city is often considered the birthplace of the Italian Renaissance; in fact, it has been called the Athens of the Middle Ages. It was long under the de facto rule of the Medici family. From 1865 to 1870 the city was also the capital of the Kingdom of Italy. The historic centre of Florence continues to attract millions of tourists each year and was declared a World Heritage Site by UNESCO in 1982.

Taxis

In Florence taxis can be reserved by phone (+39 055 4242 and +39 055 4390, from mobile +39 055 4224242) or may be found at the official taxi stands. You cannot stop a taxi on streets.

Credit Cards

Most major credit cards are accepted in restaurants and shops.

Currency and Exchange

The national currency of Italy is the Euro. Exchange can be secured from local and exchange offices, which usually charge a commission fee. Banks are open Monday to Friday from 08.00 / 08.30 am to 01.00 / 01.30 pm. They are also open in the afternoon, usually from 02.30 / 3.00 pm to 04.00 / 04.30 pm.

ATM

ATMs are located all around the city. They can also be used for cash advances on major credit cards such as MasterCard or VISA.

Telecommunications

The international access code for Italy is +39. The outgoing code is 00 followed by the relevant country code (e.g. 001 for the USA or Canada, 0044 for the United Kingdom). Public payphones are available all over Italy and use phone cards, which can be purchased from electronics shops, tobacconists' (tabacchi), newsstands and bars. For information concerning mobile phone use in Italy (telephone transmissions are based on GSM technology), please ask your provider.

Time

Italy is GMT+1. Florence 12:00 - London 11:00 - New York 06:00 - Sydney 22:00.

Weather Conditions

Winters in Florence are cool and damp. The city receives the majority of its rainfall in the winter months and experiences occasional snowfall. November and December are generally the wettest months; December to January are the coldest months. On average throughout winter Florence will see 6 to 8 days of rain per month.

Average temperatures:

December (°C)	Avg Low: 4°	Avg High: 11°	Avg precip: 5.21 cm
December (°F)	Avg Low: 38°	Avg High: 52°	Avg precip: 2.05 in

Electric Power

All suppliers are 220 volts, 50Hz AC.

Water

Tap water is drinkable in Florence.

Shopping Hours

Most shops are generally open in winter 9:00-13:00 and 15:30-19:30. Some large department stores and supermarkets stay open during the lunch break, as do some shops in the city center. Certain types of shops, such as clothing boutiques, supermarkets and large stores, are closed all day Sunday and on Monday morning.

Healthcare

Emergency and urgent medical care is available at hospital Emergency rooms. The emergency telephone number for 24-hour access to emergency medical assistance throughout Italy is 118. If transport to a hospital is required, an ambulance is sent - if transport is not required the First Aid Service (Guardia Medica) is sent.

EMERGENCY PHONE NUMBERS:

Ambulance	Tel. 118 (24 hours)
Emergency Fire Brigade	Tel. 115 (24 hours)
Emergency Hospitals.	Tel. 118 (24 hours)
Airport of Florence A. Vespucci	Tel. +39 055 3061300
Pharmacies on duty.	Tel. 800420707
Poisoning Treatment Center	Tel. +39 055 7947819
Police	Tel. 113
Carabinieri	Tel.112
Red Cross	Tel. +39 055 27441
Telephone Directory Service.	Tel. 1240
Tourist Police	Tel. +39 055 2760382

ACKNOWLEDGMENTS

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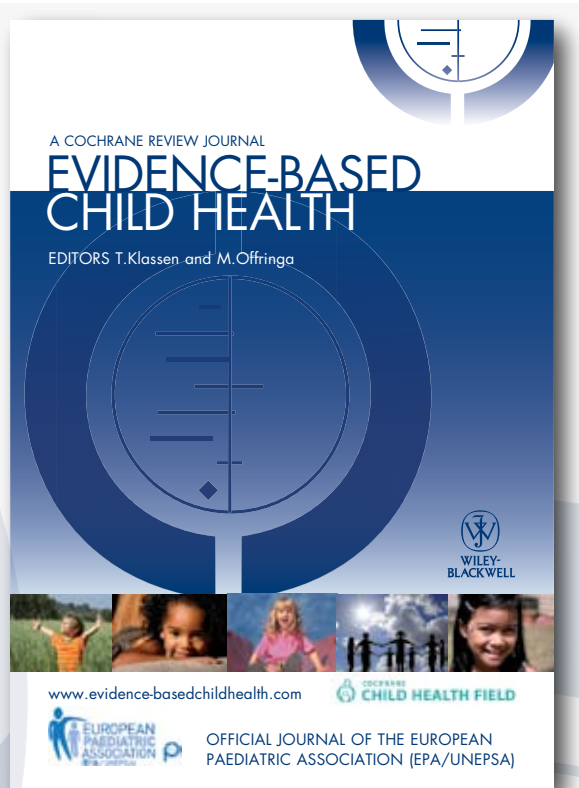
CONTRIBUTOR



A COCHRANE REVIEW JOURNAL

EVIDENCE-BASED CHILD HEALTH

The official journal of the European Paediatric Association (EPA/UNEPSA)



Evidence-based Child Health: A Cochrane Review Journal is edited by the paediatric leadership within The Cochrane Child Health Field. These clinicians have extensive experience in writing and publishing systematic reviews and have taken the next step of knowledge translation to make the valuable information found in Cochrane Reviews work in actual practice.

The journal allows readers to inform their clinical decision-making and policy development with the highest quality research available. With each issue of *Evidence-Based Child Health* referring to a recent issue of *The Cochrane Library*, presented in a way that is easy to read and digest, the journal is of interest to practitioners, parents, patients, and other child health advocates who want to stay up-to-date with the latest research.

Key features:

- Four to six child-relevant Cochrane reviews are highlighted in each issue; these reviews are selected because of their importance to current paediatric practice.
- Each Cochrane review is supplemented by a concise, easily understood and valuable summary.
- Overviews of reviews summarise the evidence from two or more Cochrane reviews on interventions for a particular condition.
- A "Tips and Tricks" column offers valuable guidance on using and interpreting the findings of systematic reviews.

For more information visit

www.evidence-basedchildhealth.com