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**SIMMESN**

Società Italiana per lo studio  
delle Malattie Metaboliche Ereditarie  
e lo Screening Neonatale

# Investing in the future

7<sup>th</sup> SEA-IEM

South European Academy - Nutrition Education of IEM

Virtual Edition

3<sup>rd</sup> - 4<sup>th</sup> March  
2026



# Foreword

The clinical management of inherited metabolic disorders (IEMs) requires ongoing updates in knowledge and competencies due to the expanding evidence base, the introduction of novel nutritional and pharmacological interventions, and the increasing complexity of long-term patient care. In continuity with previous editions of the South European Academy, the 7<sup>th</sup> SEA-IEM educational program has been designed to address current professional practice gaps and support the continuous professional development of clinicians and dietitians involved in the care of individuals with IEMs.

This program aims to deepen participants' understanding of nutrition in IEMs covering topics from maternal and infant nutrition, management of overweight and obesity, nutritional approaches in emergency situations, and emerging field of home PKU monitoring methodologies, as outlined in the scientific program.

Through state-of-the-art lectures, debates, Q&A sessions and practical sessions, the course offers an opportunity to critically appraise new evidence, strengthen nutritional management across clinical contexts and life stages, and continue to share enriching experiences from daily practice.

Particular emphasis will be placed on refining nutritional strategies, integrating dietary management with pharmacological treatments, understanding the implications of metabolic control over time, and optimizing patient outcomes through individualized management plans. The SEA-IEM Lab sessions will foster collaborative learning, allowing participants to apply theoretical concepts to real-world clinical scenarios. The inclusion of selected oral presentations further supports the exchange of clinical experience and contributes to the dissemination of emerging knowledge within the field.

Overall, this CME activity is intended to strengthen participants' competencies in evidence-based decision making, interdisciplinary collaboration, and patient-centered management of IEMs, ensuring alignment with evolving standards of care and improving the quality of services delivered to metabolic patients.

# Educational information

## SCIENTIFIC COMMITTEE

### **Alberto Burlina**

Professor of Pediatrics

Consultant Division of Inherited Metabolic Diseases

Reference Centre Expanded Newborn Screening

University Hospital Padova, Italy

### **Alvaro Hermida**

Full Professor of Medicine Department, University of Santiago de Compostela

Superior Center of Reference Unit (CSUR) Statewide to the Diagnosis and Treatment of Congenital Metabolic Diseases Unit of the University Clinical Hospital of Santiago

Ministry of Health, Social Services and Equality Santiago de Compostela, Spain

### **Anita MacDonald**

Birmingham Children's Hospital, United Kingdom

### **Júlio César Rocha**

NOVA Medical School, Faculdade de Ciências Médicas, NMS, FCM, Universidade NOVA de Lisboa

CINTESIS@RISE, NOVA Medical School, Faculdade de Ciências Médicas, NMS, FCM, Universidade NOVA de Lisboa

Reference Centre of Inherited Metabolic Diseases, Unidade Local de Saúde São José, Lisboa, Portugal

## FACULTY

**Alberto Burlina** - Padua, Italy

**Chiara Cazzorla** - Padua, Italy

**Skadi Beblo** - Leipzig, Germany

**Fatma Ilga** - Ankara, Turkey

**Alex Pinto** - Birmingham, United Kingdom

**Alvaro Hermida** - Santiago de Compostela, Spain

**Eleana Petropoulou** - Athens, Greece

**Anita MacDonald** - Birmingham, United Kingdom

**Andrea Pession** - Bologna, Italy

**Júlio César Rocha** - Lisbon, Portugal

**Amaya Bélanger Quintana** - Madrid, Spain

**Luís Miguel Luengo** - Badajoz, Spain

**Margherita Ruoppolo** - Naples, Italy

# Educational information

## **EACCME**

7<sup>th</sup> SEA-IEM applied for CME accreditation.

## **CME CREDITS – ITALIAN ONLY**

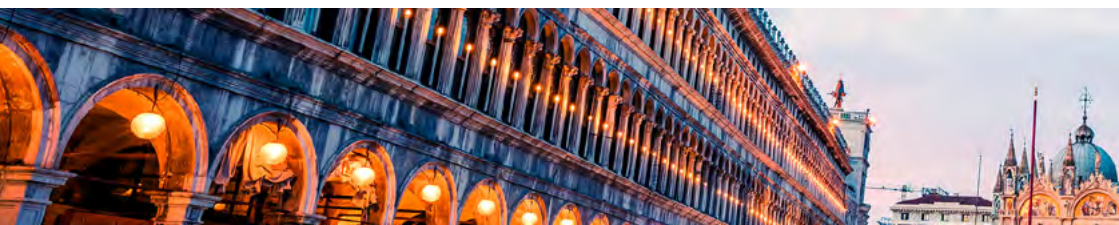
DueCi Promotion S.r.l., CME Provider n. 1463, has accredited the meeting with ID 472210, assigning n. 10,5 ECM credits\* for the following professional figures:

- **Physician and Surgeon** specialized in clinical biochemistry, endocrinology, food science and dietetics, internal medicine, medical genetics, metabolic diseases and diabetology, pediatrics
- **Dietician**

*\*Please note that, in order to acquire Italian CME credits, it is mandatory to have taken part in 90% of the training activity; have compiled the documentation in its entirety; have passed the CME assessment questionnaire (minimum 75% correct answers).*

## **EDUCATIONAL GOAL**

Guidelines – Protocols – Procedures



# Program

**Tuesday, 3<sup>rd</sup> March 2026**

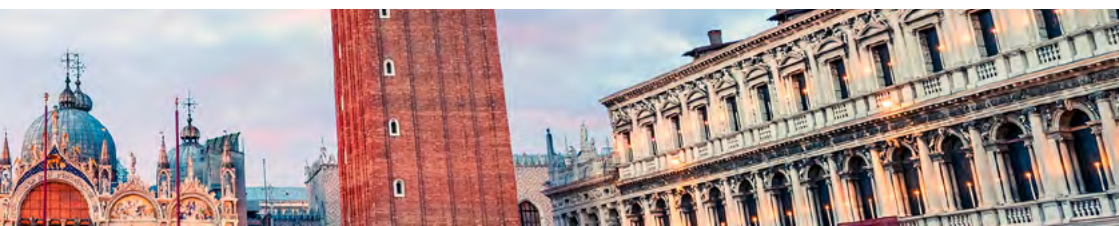
*CET TIME - Central European Time*

- 1.45 p.m.**      **Welcome and Registration**
- 2.00 p.m.**      **Greetings and conference presentation**  
*A. Burlina (IT), A. Pession (IT), M. Ruoppolo (IT)*
- 2.10 p.m.**      **Opening Lecture**  
**Use of protein substitutes in drug therapy in PKU**  
*A. MacDonald (UK)*

## **SESSION I: MATERNAL AND INFANT NUTRITION**

*Chair: A. MacDonald*

- 2.30 p.m.**      **Pregnancy in PKU – nutritional aspects**  
*S. Beblo (DE)*
- 2.45 p.m.**      **Human milk feeding in PKU vs other IEMs**  
*F. Ilgaz (TR)*
- 3.00 p.m.**      **Impact of early nutrition management in infants in PKU vs other IEMs**  
*J.C. Rocha (PT)*
- 3.15 p.m.**      **PKU pregnancy in Italy: data from a National Survey**  
*C. Cazzorla (IT)*
- 3.25 p.m.**      **Q&A**  
*Speakers of Session I and attendees*
- 3.40 p.m.**      **SEA-IEM LAB: Sharing practical experiences**  
*S. Beblo (DE), F. Ilgaz (TR), J.C. Rocha (PT)*
- 4.10 p.m.**      **Coffee Break**





## SESSION II: MANAGEMENT OF OVERWEIGHT AND OBESITY

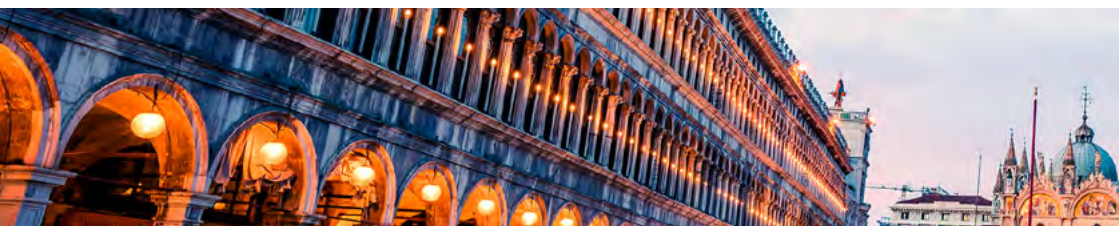
*Chair: A. Hermida (SP)*

- 4.30 p.m.**      **Preventing overweight and obesity in pediatric IEMs**  
*J.C. Rocha (PT)*
- 4.45 p.m.**      **Managing overweight and obesity in adult IEMs**  
*A. Hermida (SP)*
- 5.00 p.m.**      **Debate**  
**Managing weight: role of protein substitutes and drugs**  
*A. Hermida (SP), A. MacDonald (UK), J.C. Rocha (PT)*

## SESSION III: MONITORING OF PKU

*Chair: A. MacDonald (UK)*

- 5.15 p.m.**      **Different monitoring methodologies**  
*A. Burlina (IT)*
- 5.30 p.m.**      **Test frequency and home Phe monitoring**  
*A. Pinto (UK)*
- 5.45 p.m.**      **Q&A**  
*Speakers of Session III and attendees*
- 6.00 p.m.**      **SEA-IEM LAB: Sharing practical experiences**  
*A. Hermida (SP), J.C. Rocha (PT)*
- 6.30 p.m.**      **End of day 1**



# Wednesday, 4<sup>th</sup> March 2026

*CET TIME - Central European Time*

**8.45 a.m.**      **Registration**

**9.00 a.m.**      **SEA-IEM LAB: Sharing practical experiences**  
*A. Hermida (SP), J.C. Rocha (PT)*

## **SESSION IV: EMERGENCY MANAGEMENT**

*Chair: A. Burlina*

**10.00 a.m.**      **Nutritional management of the emergencies across IEMs and different age**  
*E. Petropoulou (GR)*

**10.15 a.m.**      **Importance of refeeding after decompensation in pediatric age**  
*A. Bélanger Quintana (SP)*

**10.30 a.m.**      **Importance of refeeding after decompensation in adults**  
*L.M. Luengo (SP)*

*10.45 a.m.*      *Coffee break*

**11.05 a.m.**      **Pros and Cons | Emergency Nutrition in IEMs: The Dos and Don'ts**  
*A. Hermida [cons] (SP), A. Pinto [pros] (UK)*

**11.25 a.m.**      **Discussion**

**12.00 p.m.**      **Awards for Best Scientific Contributions**  
*A. Burlina (IT)*

**12.15 p.m.**      **Take home messages**  
*All chairs*

**12.45 .m.**      **Closing Ceremony & Greetings**  
*A. Burlina (IT)*

**CME Questionnaire**



# General information

## MEETING VENUE

<https://www.fad-duecipromotion.com/>

## OFFICIAL LANGUAGE

The official language of the meeting is English.

## REGISTRATION AND PARTICIPATION

To access the event page and register for the virtual 7<sup>th</sup> SEA - IEM, please click the following [link](#).

Before the event, you will receive a personalized email with a username and password to access the platform <https://www.fad-duecipromotion.com/>

At your first login, you will be asked to change your password. With these credentials, you will be able to access the course and download your certificates.

## CME PROVIDER AND ORGANIZING SECRETARIAT



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