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7th SEA-IEM

South European Academy - Nutrition Education of IEM

Virtual Edition

**3rd-4th March
2026**



Foreword

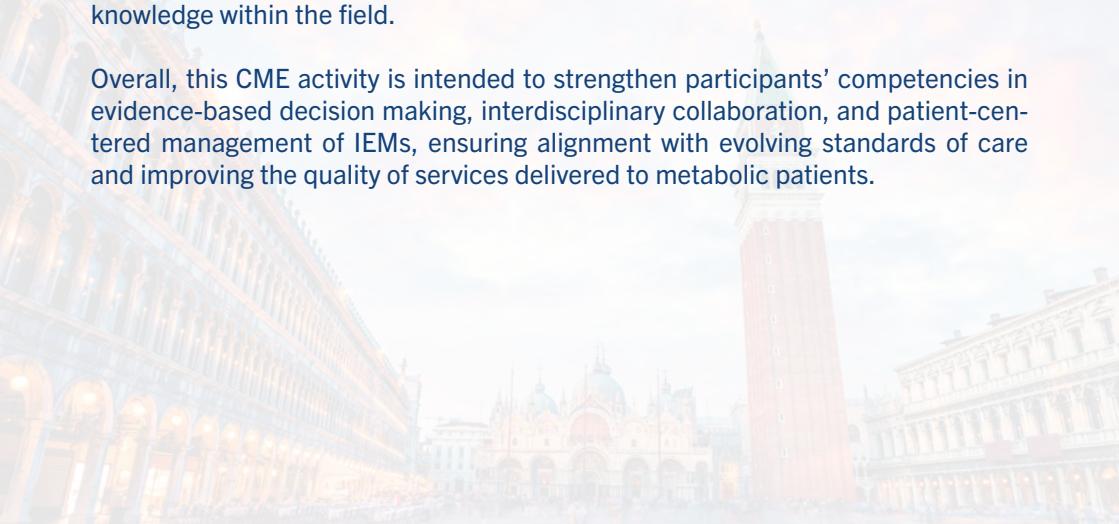
The clinical management of inherited metabolic disorders (IEMs) requires ongoing updates in knowledge and competencies due to the expanding evidence base, the introduction of novel nutritional and pharmacological interventions, and the increasing complexity of long-term patient care. In continuity with previous editions of the South European Academy, the 7th 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

7th 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, 3rd 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. Cazzolla (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, 4th 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 p.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 7th 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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