



THE EUROPEAN
SOCIETY FOR
CLINICAL
NUTRITION AND
METABOLISM



WELCOME TO THE LLL PROGRAMME IN CLINICAL NUTRITION AND METABOLISM

The Life Long Learning (**LLL**) programme in **Clinical Nutrition and Metabolism** is an innovative and effective educational programme for medical doctors and healthcare specialists offering training on-line and live courses, by a variety of modern training methodologies and resources.

LLL programme in Clinical Nutrition and Metabolism is based on an **Educational Curriculum offering 120 training modules** created and peer reviewed by recognized experts in the field.

LLL Programme in Clinical Nutrition and Metabolism is a global effort of **ESPEN** to provide post-graduate qualification in Clinical Nutrition and to improve daily practice. It was developed as the project **BG-03-B-F-PP-166039 of Leonardo da Vinci Programme** by **ESPEN** and a number of European Universities with the support of the European Union. **LLL Programme in Clinical Nutrition and Metabolism** was accredited by Union Européenne des Médecins Spécialistes. **The Programme** is continuously maintained by **ESPEN**.

Structure of the LLL

The main educational unit of LLL-Programme is the **module**. Each module consists of an updated review on specific diseases or syndromes or techniques, clinical case, self-assessment test and grading quiz. Modules on related subject areas are grouped into **topics** making it easier for the user to select modules in a particular field of interest. The educational curriculum consists of **40 topics and 120 modules**.

The enrolment for each topic provides free access to the educational content and the opportunity to get credits and certificates. The LLL programme automatically adds each enrolled topic, selected by the participant to the individual portfolio generated by the system after registration.

The participants are free to select the topics and modules according to their personal interests and goals.

Training Approaches and Certification

The LLL programme offers training on-line and at live courses. On-line training and training at live courses awards **Credits**.

Each topic taken on-line offers up to 4 CME credits after successful pass of corresponding grading quizzes for the topic.

Participation in a live course in one topic offers 4 CME credits. Credit accumulation gives the opportunity to apply for final examination for the ESPEN Diploma in Clinical Nutrition.

There are no fees for registration and participation in on-line activities.

The address for registration is <http://lllnutrition.com/>

How to learn on-line

The On-line Course offers self-training activities. It provides access to module content, clinical cases, self-training tests, and grading quizzes. To earn credits on-line all these activities should be completed.

How to learn at a live course?

Live courses are a compulsory component of training in the LLL programme. Each topic includes 3-4 modules and has a 4 hours format.

Each live course consists of 3 components: Lectures, cases and test.

Live courses are organized at ESPEN annual congresses and by national PEN societies. The live courses are regularly announced on the LLL (<http://lllnutrition.com/mod/resource/>) and ESPEN website.

Before attending a live course, the participants should be registered on the **LLL Web Portal (<http://lllnutrition.com/>)**, and should study the on-line modules included in the live course.

ESPEN Diploma in Clinical Nutrition and Metabolism

To get ESPEN Diploma the participants have to accumulate credits and to pass final examination.

120 CME credits are necessary to sit for the final examination.

A minimum of **56 credits from live courses and 64 credits from on-line courses** are requested. The final examination, if passed awards the additional 20 credits.

The examination is organized annually at ESPEN Congress.

Registration can be made by sending an e-mail to the LLL board:

Regina Komsa-Penkova: rkomsa@gmail.com

This Diploma confirms that the recipient has earned at least **150 CME** credits in Clinical Nutrition from the educational system of the European Society of Clinical Nutrition (ESPEN). It provides recognition of skills and competences in Clinical Nutrition to the owner of the Diploma and it has all the prestige of ESPEN. It can be considered as an endorsement by ESPEN, but it is not an equivalent of a formal degree recognized by a Ministry of Education of any country. For professional career development the Diploma has the weight that employers want to give it.

The LLL board wishes you very successful and fruitful educational experience.

Don't hesitate to invite your colleagues and peers to the LLL programme!

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