

3rd European Iron Academy

12–13 September 2016, Berlin, Germany

Learning Objectives

Plenary sessions

Plenary sessions will be attended by all participants at the 3rd European Iron Academy. For further details about the event programme, please refer to the agenda.

Day 1

Introduction, including an overview of the global burden of iron deficiency

Upon completion of this session, participants should be able to:

1. Describe the global prevalence of, and risk factors for, iron deficiency, in terms of nutritional causes, underlying medical conditions and socio-economic aspects

Burden, prevalence and impact of iron deficiency: perspectives from cardiology

Upon completion of this session, participants should be able to:

1. Describe the aetiology, prevalence, clinical symptoms and recommended diagnostic biomarkers of iron deficiency in patients with heart failure
2. Explain the clinical, social and economic consequences of iron deficiency and iron deficiency anaemia in heart-failure patients

Burden, prevalence and impact of iron deficiency: perspectives from gastroenterology

Upon completion of this session, participants should be able to:

1. Describe the aetiology, prevalence, clinical symptoms and recommended diagnostic biomarkers of iron deficiency in patients with gastrointestinal disorders
2. Explain the clinical, social and economic consequences of iron deficiency and iron deficiency anaemia on patients with gastrointestinal disorders

Burden, prevalence and impact of iron deficiency: perspectives from nephrology

Upon completion of this session, participants should be able to:

1. Describe the aetiology, prevalence, clinical symptoms and recommended diagnostic biomarkers of iron deficiency in patients with chronic kidney disease
2. Explain the clinical, social and economic consequences of iron deficiency and iron deficiency anaemia on patients with chronic kidney disease

Meta-analysis on chronic heart failure patient data and other key heart failure data

Upon completion of this session, participants should be able to:

1. Describe the effect of intravenous iron therapy on cardiovascular hospitalisation rates and cardiovascular-related mortality in patients with systolic heart failure and iron deficiency
2. Discuss the latest data for iron therapy in patients with chronic heart failure

Iron deficiency in heart failure: 2016 ESC guidelines update

Upon completion of this session, participants should be able to:

1. Identify the changes in the new ESC guidelines for patients with chronic heart failure, updated in May 2016, pertaining to the screening, diagnosis and treatment of iron deficiency and iron therapy in patients with chronic heart failure

Day 2

RWE vs. clinical trial data in GI patients in the UK: what have we learned?

Upon completion of this session, participants should be able to:

1. Describe the latest real-world data for iron therapy in previously hospitalised gastrointestinal patients, and how these findings compare with those from the clinical trial setting
2. Discuss optimal approaches for assessing the real-world effectiveness of iron therapy in patients with iron deficiency

Patient vs. physician perspectives of iron deficiency in IBD

Upon completion of this session, participants should be able to:

1. Describe recent evidence on patient-reported outcomes perspectives in iron therapy, based on recent patient survey data
2. Tailor physician communication with patients to improve understanding about the importance of iron deficiency and its treatment
3. Account for patient expectations and goals when discussing treatment plans

The role of EFCCA in understanding patient needs in GI disease

Upon completion of this session, participants should be able to:

1. Describe the concerns among the Crohn's disease and ulcerative colitis patient population in Europe, particularly regarding the impact of iron deficiency on clinical symptoms and quality of life
2. Propose ways to tailor their clinical practice to meet the needs of patients with chronic gastrointestinal disease and iron deficiency

Meet-the-expert sessions

Over the 2 days of the meeting, participants will attend two different sessions of their choosing from the following options below. For further details about the event programme, please refer to the agenda.

Metabolism of IV iron complexes

Upon completion of this session, participants should be able to:

1. Describe the differences between IV iron complexes: physico-chemical properties and metabolism
2. Understand the clinical differences between iron sucrose and iron sucrose similars, and their relevance for the differentiation among original IV iron complexes
3. Explain the regulatory requirements to introduce generics of the newly defined class of non-biological complex drugs and their relevance for the differentiation among IV iron complexes

Safety of iron complexes

Upon completion of this session, participants should be able to:

1. Summarise the potential safety issues with currently available IV iron therapies
2. Discuss the key safety data from clinical trials on the use of IV iron
3. Understand how best to monitor adverse events in patients undergoing treatment with IV iron

Treatment options in iron therapy (IV and oral iron)

Upon completion of this session, participants should be able to:

1. Describe the differences in clinical efficacy and safety/tolerability between oral and IV iron therapy in different disease settings
2. Describe the mechanisms of iron absorption/utilisation by different routes of administration
3. Understand how to tailor iron therapy according to different patient characteristics

IV iron as a transfusion-sparing strategy

Upon completion of this session, participants should be able to:

1. List the indications for, and risks of, administering blood transfusions
2. Describe the effect of IV iron on the risk and outcomes of patients requiring blood transfusions in surgery
3. Identify scenarios where IV iron can be used or is contraindicated in patients at risk of transfusion
4. Apply a range of strategies in their clinical practice to minimise the risk of transfusions

Breakout workshop sessions

Over the 2 days of the meeting, participants will attend two different sessions of their choosing from the following options below. For further details about the event programme, please refer to the agenda.

Cardiology

Upon completion of this session, participants should be able to:

1. Understand the clinical significance of iron deficiency in patients with cardiovascular disease, particularly in chronic heart failure
2. Demonstrate an awareness about the advantages and limitations of different screening, diagnostic and treatment approaches for iron deficiency in cardiology
3. Demonstrate an awareness about the screening, diagnosis and treatment benefit of IV iron therapy for improving outcomes of chronic heart failure patients with iron deficiency and iron deficiency anaemia

Gastroenterology

Upon completion of this session, participants should be able to:

1. List the three major causes of iron deficiency in gastrointestinal disorders (bleeding, inflammation and malabsorption)
2. Demonstrate an awareness of the impact of iron deficiency and iron deficiency anaemia on quality of life and outcomes in patients with gastrointestinal disorders, including inflammatory bowel disease, gastrointestinal bleeding, coeliac disease and obesity, and in post-bariatric surgery patients
3. Outline the key principles of treatment for iron deficiency and iron deficiency anaemia in gastrointestinal disorders, with an awareness of the benefits and disadvantages of the treatment options available

Nephrology I (HD-CKD patients)

Upon completion of this session, participants should be able to:

1. Demonstrate an awareness of the burden and pathogenesis of iron deficiency and iron deficiency anaemia in patients with haemodialysis-dependent chronic kidney disease (HD-CKD) and end-stage renal disease (ESRD), as well as its clinical outcomes and impact on patient quality of life
2. Outline specific diagnostic and treatment guidelines for iron deficiency and iron deficiency anaemia in chronic kidney disease patients with HD-CKD/ESRD, with an awareness of the benefits and disadvantages of the different treatment options

Nephrology II (NDD-CKD patients)

Upon completion of this session, participants should be able to:

1. Describe the specific causes and risks of iron deficiency and iron deficiency anaemia in chronic kidney disease patients not in end-stage renal disease (non-dialysis-dependent, NDD-CKD) and identify appropriate diagnostic markers
2. Assess the appropriateness of IV iron therapy for NDD-CKD patients
3. Outline diagnostic and treatment guidelines for iron deficiency and iron deficiency anaemia in CKD patients not in ESRD, with an awareness of the benefits and disadvantages of the different treatment options

Haematology

Upon completion of this session, participants should be able to:

1. Describe the causes, forms and diagnostic criteria for differentiating between various forms of anaemia
2. Appraise the current clinical evidence regarding the haematological implications of iron therapy, e.g. in patients with oncological disorders or concomitant infections

Patient blood management

Upon completion of this session, participants should be able to:

1. Understand the importance of patient blood management (PBM) and pre-, peri- and post-operative management of iron deficiency and iron deficiency anaemia and the effects of PBM on post-operative patient outcomes
2. Describe the challenges of iron deficiency and iron deficiency anaemia management in different types of surgery, including orthopaedic, colon cancer, bariatric, cardiac and gynaecological surgery