


BLENDED INTENSIVE PROGRAM ON DRINKING WATER REQUIREMENTS FOR HEALTH Strategic Planning for Evidence- based Recommendations										
<div><div>PARACELSUS MEDIZINISCHE UNIVERSITÄT</div></div>										
	Time	02/12/2024		03/12/2024		04/12/2024		05/12/2024		06/12/2024
		BIG PICTURE		CELLS		CLINICAL		EPIDEMIOLOGY		PUBLIC HEALTH
<div>21/11/2024</div> <div>15:00 <i>Virtual session 1*</i>: Overview (program, materials, workgroups, activities & learning objectives) - Jodi Stookey</div> <div>Lecture: What do we (want to) know about drinking water?</div> <div>Workgroups: cell, clinical, population level; chronic disease specific; Salzburg community-specific</div> <div>Outcomes: social network, draft joint map, outline for group consensus paper</div>	08:30	Overview of the question: 'How much <i>plain</i> water should people drink to stay healthy into old age?' Jodi Stookey	08:30	Defining hydration at the cell level & osmotic stress - Markus Ritter	08:30	Defining hydration at the person level - Martin Jakob	08:30	Defining hydration and water intake at the population level - Jodi Stookey	08:30	Strategic planning inputs - Jodi Stookey
	09:10	Break	09:30	Break	09:10	Break	09:10	Break	09:10	Break
	9:20	Strategic planning for causal inference - Jodi Stookey	9:40	Effects of osmotic stress on cells & methods to study that - Markus Ritter	9:20	Randomized clinical studies: effects of SALT - Ines Drenjancevic	9:20	Behavioural and social approaches to drinking - Diane Bunn	9:20	Overview of the EFSA water DRV opinion' - Susan Fairweather-Tait
	10am	Break			10am	Break	10am	Break	10am	Break
	10:10am	Systematic reviews and policy for hydration in geriatrics - Lee Hooper			10:10am	Randomized clinical studies: effects of WATER LOSS (psoriasis, CKD) - Adriana Marton	10:10am	Effects of osmotic stress biomarkers in longitudinal studies: COPEPTIN, AVP - Sofia Enhorning	10:10am	Evidence <i>can</i> translate into national recommendations and policy: The story of sodium recommendations in Croatia - Ines Drenjancevic
	10:50	Break			10:50	Break	10:50	Break	10:50	Break
	11:00	Hydration systematic review - Ellice Parkinson	10:45		11am	Setup for randomized study - Jodi Stookey	11am	Effects of drinking water intervention, Public health impact - Rebecca Muckelbauer	11am	Outline for a strategic plan (Stakeholder roles, content) - Jodi Stookey
	11:25	Break	11am		11:50	Lunch appetitif (Preload)	11:50	Break	11:50	Lunch
	11:30	Tools for hydration systematic review - Ellice Parkinson	12pm		12pm	Randomized long-term studies: effects of WATER RESTRICTION - Natalia Dmitrieva	12pm	Tools for mapping the evidence base - Melissa Bond	1pm	Consensus for strategic plan vision (definitions of hydration, health, inference, causal mechanisms) - Jodi Stookey
	12:30	Lunch	1pm		1pm	Lunch served during workshop on randomized clinical studies - Jodi Stookey	1pm	Lunch	01:50	Break
	1:30pm	Tools for mapping gaps in evidence - Melissa Bond		PMU cell biology lab tour - Martin Jakob	2pm		2pm	Tour of local public health drinking water resources (Water museum)	2pm	Evidence gap map to identify goals and track progress - Jodi Stookey
				Break	3pm					
<div>Sunday, 01/12/2024</div> <div>16:30 REGISTRATION</div> <div>17:00 Welcome remarks and Water tasting</div> <div>18:30 OPENING DINNER</div>	4pm			3pm	Break	4pm	Break	4:30pm	Break in the City	3:20
	5pm	Winter markets (ice skating option)	5pm	Aestivation - Haus der Natur	5pm	Tools for mapping the evidence base - Melissa Bond	6pm	Social Dinner	4:30pm	Summary & Colloquium
		Causal models of chronic disease		Example aestivation studies (c.elegans, mosquitoes, earthworms...)		Clinical studies testing effects of drinking water		Potential causal mechanisms linking osmotic stress to chronic health risk		Good Bye
		End of Day 1		End of Day 2		End of Day 3		End of Day 4		EFSA, ESPEN, WHO guidelines process
										12/12/2024 15:00 <i>Virtual session 2*</i> : Wrap up, reflection and discussion of learning gains, evaluation.
As of Oct 23, 2024 Note: The schedule and program is subject to change without notice due to unexpected changes in availability of lecturers or technical equipment.										

Practical Experience / Experiment
Lecture
Inverted classroom (resources for self-study)
Break / No Activity
Social Event