

Elisabeth De Waele



Elisabeth De Waele is currently the Head of Clinics in the ICU, responsible for the postoperative treatment of cardiac surgery patients, and serves as the liaison with the surgical teams at Universitair Ziekenhuis Brussel. Since 2012, she has been the president of the Nutrition Team at Vrije Universiteit Brussel/Universitair Ziekenhuis Brussel. Under her leadership, the multidisciplinary team has significantly improved the quality of care related to nutrition across the hospital. This includes standardized nutritional screening at admission, protocol-guided nutritional therapy in wards and the ICU, quality improvement of nutritional therapy for hemodialysis patients, data collection, and benchmarking.

Her areas of expertise include nutrition in critical care settings, metabolism and nutrition for ICU and cardiac surgery patients, and nutrition in oncology. Professor De Waele also serves as a promoter and co-promoter for several doctoral candidates and as a clinical tutor at Vrije Universiteit Brussel, guiding medical students, pharmacists, and dieticians in their training. She has published more than sixty articles in peer-reviewed journals, including six as the first author.