



Parenteral and Enteral Nutrition Society of Asia

7 - 11 Oct 2025 • Suntec Singapore Convention & Exhibition Centre

Strengthening Impactful Nutrition Globally through
Science, Practice, Education and Networking



ESPEN LLL Course Sponsored by



7 October, Tuesday Pre-Congress: ESPEN Life Long Learning (LLL) Course		
Time/Room	Duration	Room 335
0800 onwards		Registration
0830 - 1230	4 hours	Module 1: Obesity Moderator: Prof Rocco Barazzoni, Italy
0830 - 0900	30 mins	Why Obesity is a Disease - Pathogenesis and Diagnosis Prof Rocco Barazzoni, Italy
0900 - 0930	30 mins	Obesity Complications - Metabolic Syndrome and Systemic Impact Dr Jayani Tennakoon Jayaweera, Sri Lanka
0930 - 0945	15 mins	Coffee/Tea Break
0945 - 1015	30 mins	Obesity Treatment - Lifestyle, Medications and Surgery Prof Rémy Meier, Switzerland
1015 - 1045	30 mins	Nutritional Derangements and Deficiencies in Obesity - Malnutrition, Sarcopenic Obesity and Therapeutic Implications Prof Rocco Barazzoni, Italy
1045 - 1100	15 mins	Coffee/Tea Break
1100 - 1230	90 mins	Case Discussion and Test
1230 - 1330	60 mins	Lunch
1330 - 1730	4 hours	Module 2: Nutrition in Cancer Moderator: Prof Rémy Meier, Switzerland
1330 - 1400	30 mins	Nutritional and Metabolic Consequences of Cancer and Its Treatment Dr Doris Ng, Singapore
1400 - 1430	30 mins	Nutritional Treatment Strategies in Cancer Patients Prof Rémy Meier, Switzerland
1430 - 1445	15 mins	Coffee/Tea Break
1445 - 1515	30 mins	Physical Activity and Muscle Training in Cancer Patients Dr Jayani Tennakoon Jayaweera, Sri Lanka
1515 - 1545	30 mins	Multimodal Approach to Cancer Patients: Nutritional and Clinical Impact Prof Rémy Meier, Switzerland
1545 - 1600	15 mins	Break
1600 - 1730	90 mins	Case Discussion and Test

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8 October, Wednesday Pre-Congress Workshop & ESPEN Life Long Learning (LLL) Course					
Time/Room	Duration	Room 335	Room 331	Room 325	
0800 onwards		Registration			
0830 – 1230	4 hours	Module 3: Screening, Diagnosis and Assessment of Malnutrition Moderator: Prof Rémy Meier, Switzerland	Leading the Fight Against Sarcopenia: Essential Muscle Assessment Skills for Clinicians (0830 – 1200) 		
0830 – 0910	40 mins	Screening, Diagnosis and Assessment of Malnutrition Prof Rémy Meier, Switzerland			
0910 – 0950	40 mins	Body Composition Prof Rocco Barazoni, Italy			
0950 – 1030	40 mins	Energy and Protein Balance and Requirement Prof Stanislaw Klek, Poland			
1030 – 1100	30 mins	Coffee/Tea Break			
1100 – 1230	90 mins	Case Discussion and Test			
1230 – 1330	60 mins	Lunch			
1330 – 1730	4 hours	Module 4: Nutritional Support in the Perioperative Period Moderator: Prof Stanislaw Klek, Poland			
1330 – 1400	30 mins	Metabolic Responses to Surgical Stress Prof Stanislaw Klek, Poland			
1400 – 1430	30 mins	Managing Surgical Stress: Principals of Enhanced Recovery (ERAS) Prof Rémy Meier, Switzerland			
1430 – 1445	15 mins	Coffee/Tea Break			
1445 – 1515	30 mins	Making the Gut Work Prof Stanislaw Klek, Poland			
1515 – 1545	30 mins	Nutritional Therapy in the Perioperative Period Prof Rémy Meier, Switzerland			
1545 – 1600	15 mins	Coffee/Tea Break			
1600 – 1730	90 mins	Case Discussion and Test			PENSA Executive Council Meeting (1600 – 1730)

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9 October, Thursday Day 1, Main Congress					
0800 onwards	Registration				
Time/Room	Summit 1				
0900 - 0930	Chair: Dr Doris Ng, Singapore Chomchark Chuntarasakul Honorary Lecture – The Role of Education to Improve the Outcome of Patients with Malnutrition Prof Rémy Meier, Switzerland				
0930 - 1000	Chair: Dr Doris Ng, Singapore Plenary 1: PENSA – Home PN Consensus Prof Jaw-Yuan Wang, Taiwan				
1000 - 1030	Coffee/Tea Break, Exhibition & Poster Viewing				
1030 - 1100	Chair: Dr Jeannie Ong, Singapore Plenary 2: SINGSPEN – SG PN Guidelines in Acute Setting Dr Johnathan Lum, Singapore				
Time/Room	Summit 1	Room 325	Room 324		
1100 - 1230	Symposium 1: Sarcopenia Chairs: A/Prof Frederick Koh, Singapore Prof Stanislaw Klek, Poland	Symposium 2: PEN Society Sharing 1 – The Development of Education in Nutrition Chairs: A/Prof Tan Kok Yang, Singapore Dr Veeradaj Pisprasert, Thailand	Oral Presentation I: Obesity/Chronic Disease/Cancer/Paediatrics Judges: Dr Aung Myint Oo, Singapore Dr Jeannie Ong, Singapore		
1100 - 1120	Asian Working Group for Sarcopenia Guidelines on the Role of Nutrition for Muscle Health in Community-Dwelling Older Adults A/Prof Samuel Chew, Singapore	Dr Osman Abbasoğlu, Türkiye (KEPAN)	1100 - 1115	Impact of Sarcopenic Obesity on Postoperative Outcomes in Patients With Upper GI Cancer: A Systematic Review and Meta-Analysis Ryota Matsui, Japan	
1120 - 1140	Strengthening Muscle Health of Community-Dwelling Older Adults: Learnings from Japan Prof Ayano Nagano, Japan	Dr Reynaldo P. Sinamban, The Philippines (PHISPEN)	1115 - 1130	Association of Protein Intake and Physical Activity With Muscle Strength and Muscle Mass in Older Adults Undergoing Haemodialysis Jyothi S. Krishnan, India	
1140 - 1200	How Can Sarcopenia Be Controlled in Colorectal Cancer Surgery? (ERAS and Pre- & Rehabilitation Aspects) Prof In-Kyu Lee, Republic of Korea	Dr Mohammad Shukri Jahit, Malaysia (PENSMA)	1130 - 1145	The Prevalence and Predictive Value of Metabolic Syndrome Among Healthcare Workers at S.I.S Can Tho International General Hospital Le Lam Tuyet Duy, Vietnam	
1200 - 1220	Power Play: Turning Exercise Science into Patient Success Stories Ms Melissa Tan, Singapore	Dr Jayani Tennakoon Jayaweera, Sri Lanka (SLMNA)	1145 - 1200	A Cross-Sectional Analysis of the Relationship Between BMI and Body Composition Parameters in Adults: A Gender- and Age-Based Study Aiswarya Raj P. R., India	
1220 - 1230	Q&A	Q&A	1200 - 1215	Comparison Between Metabolic Profiles of Patients Undergoing Revision Bariatric Surgery Versus First-Time Bariatric Surgery: Retrospective Cohort Study Arunie Kokila Malwatta, Sri Lanka	
			1215 - 1230	Nurse-Led SUPREME PLUS Discharge Protocol in Reducing Post-Discharge Complications and Readmission among Colorectal Surgical Patients Cheah Shu Ting, Singapore	
1230 - 1330	Summit 1 Chair: Dr Doris Ng, Singapore Satellite Lunch Symposium by Fresenius Kabi: Advances in Supplementary Parenteral Nutrition Formulations for Oncology Patients Prof Stanislaw Klek, Poland				
1330 - 1400	Lunch, Exhibition & Poster Viewing				
1400 - 1430	Summit 1 Chair: Dr Aung Myint Oo, Singapore Plenary 3: Sarcopenic Obesity – Implications for Obesity Management During the Obesity Treatment Revolution Prof Rocco Barazzoni, Italy				
Time/Room	Summit 1	Room 325	Room 324		
1430 - 1600	Symposium 3: Enteral Nutrition Chairs: Dr Johnathan Lum, Singapore Dr Jayani Tennakoon Jayaweera, Sri Lanka	Symposium 4: Critical Care Nutrition Chairs: Dr Andrew Li, Singapore A/Prof Will Loh, Singapore	Oral Presentation II: Nutritional Assessment Judges: A/Prof Frederick Koh, Singapore Ms Hazel Yeong, Singapore		
1430 - 1450	Evidence-Based for Oral Nutrition Support to Transform Patient Outcomes in Clinical Practice Dr Rebecca Stratton, United Kingdom	Rehabilitation Nutrition in ICU Prof Suk-Kyung Hong, Republic of Korea	1430 - 1445	Evaluation of Malnutrition Risk Screening (MNR5) Tools in Hospitalized Pediatric Patients Jeremiah C. Torrico, The Philippines	
1450 - 1510	PEG – The Ins and Outs Dr Ng Yunn Cheng, Singapore	Indirect Calorimetry – Is This the End? Dr Reynaldo P. Sinamban, The Philippines	1445 - 1500	Association of Factors Influencing the Nutritional Status of Hemodialysis Patients Using the Dialysis Malnutrition Score (DMS) Ma Nina Castillo-Reyes, The Philippines	
1510 - 1530	Medication-Related Nutrient Deficiencies in Clinical Nutrition Support Prof Hyunah Kim, Republic of Korea	Clinical Implication of Trace Elements in ICU Patients Prof Jaemyeong Lee, Republic of Korea	1500 - 1515	Nutrition Scanner: A Vision-Language AI Framework for Automated Nutritional and Dietary Assessment in Resource-Limited Settings Radha Reddy Chada, India	
1530 - 1550	Prevention of Aspiration in Enteral Nutrition: Importance of Gastric Residual Volume Dr Osman Abbasoğlu, Türkiye	Nutrition Status and Post ICU Syndrome Mr Ernest Wong, Singapore	1515 - 1530	A Third of Pacific Asian Adults Experience Nutritional Risk Based on Handgrip Strength Assessments Jose Rodolfo Dimasano Jr., United States	
1550 - 1600	Q&A	Q&A	1530 - 1545	Development of a Machine Learning Model to Predict Malnutrition in Thai Cancer Inpatients Siree Wongrukmit, Thailand	
			1545 - 1600	Evaluating the Influence of Nutrition-Related Variables on MNA Scores in Oncology Patients Receiving Radiotherapy Reshma Aleem, India	
1600 - 1645	Summit 1 Chair: A/Prof Will Loh, Singapore Meet-the-Expert by Nestlé: Overcoming Nutritional Challenges in Patients with GI Impairment for Better Outcomes Prof Pierre Singer, Israel				
1645 - 1700	Coffee/Tea Break, Exhibition & Poster Viewing				
1700 - 1815	Summit 1 Opening Ceremony Welcome Message by Director of PENSA A/Prof Saranit Siltham, Thailand Welcome Message by President of PENSA 2025 Dr Doris Ng, Singapore Invited Lecture – A Culinary Journey of the KING Durian Prof Teh Bin Tean, Singapore Performance				
1815 - 1930	Welcome Reception Level 3 Concourse, Exhibition Area				

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10 October, Friday Day 2, Main Congress									
0800 onwards		Registration							
0830 - 0900		30 mins	Summit I Chair: Dr Doris Ng, Singapore Plenary 4: Improving the Detection and Management of Malnutrition – Inspiration from the UK Dr Rebecca Stratton, United Kingdom						
Time/Room	Duration	Summit I			Room 325			Room 324	
0900 - 1030	90 mins	Symposium 5: Geriatric Nutrition Care Chairs: Ms Hazel Yeong, Singapore Prof Rocco Barazzoni, Italy			Symposium 6: Parenteral Nutrition Chairs: Dr Jeannie Ong, Singapore Prof Jaw-Yuan Wang, Taiwan			Oral Presentation III: Critical Care I Judges: Dr Charles Lew, Singapore A/Prof Will Loh, Singapore	
0900 - 0920	18 mins presentation	Management of Malnutrition in Older Adults: A Review of the Latest Clinical Guidelines Dr Veeradej Pisprasert, Thailand			Micronutrients Are Essential for PN: Too Little, Too Much, or Just Right Mr Andrew Xia, New Zealand			0900 - 0915	Dysphagia in ICU Survivors After Prolonged Mechanical Ventilation: A Prospective Study Hyebek Kim, South Korea
0920 - 0940	18 mins presentation	Sarcopenia Dysphagia – Challenges and Opportunities A/Prof Samuel Chew, Singapore			Compounded and RTU PN: When and How to Use Effectively and Safely Dr Johnathan Lum, Singapore			0915 - 0930	Procedure-Related Interruption of Enteral Nutrition in Indian Tertiary ICUs: A Nationwide Survey on Practice Patterns and Gaps Harish Mallapura Maheshwarappa, India
0940 - 1000	18 mins presentation	Evidence-Based to the Nutritional Management of People with Dementia A/Prof Samuel Chew, Singapore			PN Life Line: Evidence-Based Management and Care Dr Lim Li Lin, Singapore			0930 - 0945	Prognostic Impact of GLIM-Defined Severe Malnutrition Assessed by Skeletal Muscle Mass Index Complemented With Temporal Muscle Volume in Critically Ill Adults: A Comparative Analysis Tomoko Miyagi, Japan
1000 - 1020	18 mins presentation	Surgery in Elderly: Holistic Approach A/Prof Tan Kok Yang, Singapore			Compounding PN – Compatibility Considerations and Stability Limits Prof Kathleen Gura, United States			0945 - 1000	Evaluating Muscle Loss in CABG Patients: A Study on Sarcopenia and Surgical Outcomes Haritha Bathina, India
1020 - 1030	10 mins	Q&A			Q&A			1000 - 1015	Optimal Protein Requirement and its Determining Factors Among Critically Ill Patients With Acute Kidney Injury: A Post Hoc Analysis of the ENGINE Randomized Controlled Trial Wankawee Jeerangsapapuk, Thailand
1015 - 1030								1015 - 1030	Beyond the Hospital: Navigating Post-Hospital Care and the Impact of Continuity on Home Enteral Nutrition Patients Daphnee Lovesley, India
1030 - 1100	30 mins	Coffee/Tea Break, Exhibition & Poster Viewing							
1100 - 1130	30 mins	Summit I Chair: A/Prof Samuel Chew, Singapore Plenary 5: SINGSPEN Post Hospitalisation Discharge Best Practice Recommendations Ms Hazel Yeong, Singapore							
Time/Room	Duration	Summit I			Room 325			Room 324	
1130 - 1300	90 mins	Symposium 7: Nutrition and Diabetes Chairs: A/Prof Will Loh, Singapore Ms Hazel Yeong, Singapore			Symposium 8: Nutrition Support in Chronic Diseases Chairs: Dr Charles Lew, Singapore Dr Tan Bo Chuan, Singapore			Oral Presentation IV: Nutritional Assessment & Intervention Studies Judges: A/Prof Samuel Chew, Singapore Dr Loong Tse Han, Singapore	
1130 - 1150	18 mins presentation	Glycaemic Control During Nutrition Support Dr Subhal Dixit, India			1130 - 1150	18 mins presentation	Cancer Prof Rémy Meier, Switzerland	1130 - 1145	Implementing Regular Nutrition Re-Screening at Hospital Discharge – Is It Feasible? A Collaboration Between Health Care Professionals Ng Yunn Cheng, Singapore
1150 - 1215	25 mins presentation	You Can Have Your Chicken Rice and Eat It: Lessons from Our Asian Culinary Habits Prof Jayakumar Henry, Singapore			1150 - 1210	18 mins presentation	Nutritional Therapy in Chronic Kidney Disease: Striking the Right Balance Dr Daphnee Lovesley, India	1145 - 1200	Efficacy of L-Arginine, L-Glutamine, and L-Leucine Supplementation in the Treatment of Diabetic Foot Ulcers: A Randomised, Double-Blind, Controlled Study Thuy Phuong Ha, Vietnam
1215 - 1240	25 mins presentation	Food as Medicine: Integrating Traditional Diets for Glycemic Control Prof Winnie Chee, Malaysia			1210 - 1230	18 mins presentation	Chronic Respiratory Disease Dr Jayanti Tennakoon Jayaweera, Sri Lanka	1200 - 1215	Phase Angle as an Indicator of Cellular Integrity: A Multivariate Approach Using BIA-Derived Parameters Bhakti Samant, India
1240 - 1250	10 mins	Q&A			1230 - 1240	10 mins	Q&A	1215 - 1230	Hydration Status in Subjects With Fever Visiting the Out-Patient Departments Utilizing Point of Care Salivary Osmolality Testing Tarique Meer, Singapore
1300 - 1400	60 mins	Summit I Chair: A/Prof Samuel Chew, Singapore Satellite Lunch Symposium by Abbott: Pioneering Advances to Tackle Muscle Health and Malnutrition Prof Philipp Schütz, Switzerland							
1400 - 1430	30 mins	Lunch, Exhibition & Poster Viewing							
1430 - 1500	30 mins	Summit I Chair: Dr Foo Fung Joon, Singapore Plenary 6: SINGSPEN – Delphi Consensus for Surgical Management of Sarcopenia A/Prof Frederick Koh, Singapore							
1500 - 1530	30 mins	Summit I Chair: Dr Doris Ng, Singapore Plenary 7: GLIM Update and What Does This Mean for Asia? Dr Veeradej Pisprasert, Thailand							
1530 - 1600	30 mins	Coffee/Tea Break, Exhibition & Poster Viewing							
1600 - 1730	90 mins	Symposium 9: Microbiome and Health Chairs: Dr Jeannie Ong, Singapore Prof Rémy Meier, Switzerland			Symposium 10: PEN Society Sharing II Chairs: Dr Ng Yunn Cheng, Singapore Ms Hazel Yeong, Singapore			Oral Presentation V: Critical Care II, Perioperative & Liver/GI Judges: Dr Andrew Li, Singapore Dr Loong Tse Han, Singapore	
1600 - 1620	18 mins presentation	Diet, Microbiome, and Gut Health Prof Dirk Haller, Germany			1600 - 1620	18 mins presentation	Best Practices for Home EN Prof Ayano Nagano, Japan (JSPEN)	1600 - 1615	Nutrition-Related Predictors of Prolonged Hospital Stay in Critically Ill Obese Indian Patients: A Logistic Regression Analysis Ramya Subburaj, India
1620 - 1640	18 mins presentation	Exploring Microbiome and Dietary Patterns: Implications for Metabolic Health A/Prof Sunny Wong, Singapore			1620 - 1640	18 mins presentation	Best Practices for Home PN Prof Jaw-Yuan Wang, Taiwan (TSPEN)	1615 - 1630	Applying Gastric Residual Volume as One of the Indicators for Enteral Feeding Intolerance: A Scoping Review An Tuong Bui, Vietnam
1640 - 1700	18 mins presentation	Gut Microbiome and Immune Response in Cancer Therapy Dr Jonathan Lee, Singapore			1640 - 1700	18 mins presentation	Best Practices for Home EN Dr Daruneevan Warodomwicht, Thailand (SPENT)	1630 - 1645	Surgical Outcome of the Patients Undergoing Major Abdominal Surgeries in Relation to Their Nutritional Status in Surgical Units at the National Hospital of Sri Lanka Sriyani De Alwis, Sri Lanka
1700 - 1720	18 mins presentation	Microbiome and Metabolite Changes Post-Bariatric Surgery: Impact on Weight Loss Dr Chue Koy Min, Singapore			1700 - 1720	18 mins presentation	The Use of Enhanced Local Food to Support Better Nutrition Intake During Hospitalisation Dr Subhal Dixit, India (ISPEN)	1645 - 1700	Predictive Capacity of Malnutrition and Short-Term Outcome by Nutrition Screening Tools in Adult Patients With Chronic Liver Disease Referred for Liver Transplant in Sri Lanka Mihidukulasooriya Juwanawarnage Sanduni Greyshala Fernando, Sri Lanka
1720 - 1730	10 mins	Q&A			1720 - 1740	18 mins presentation	The Use of Enhanced Local Food to Support Better Nutrition Intake During Hospitalisation Dr Josef Hartono, Indonesia (INASPEN)		
1740 - 1810	30 mins	Summit I Chair: Dr Andrew Li, Singapore Plenary 8: Critical Care Nutrition: Two Decades of Evolution Dr Charles Lew, Singapore							
1830 - 2100	2.5 hrs	Faculty Dinner (Off-site)							



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11 October, Saturday Day 3, Main Congress					
0800 onwards		Registration			
0830 - 0900	30 mins	Summit 1 Chair: Dr Doris Ng, Singapore Plenary 9: Individualised Nutrition for the Hospitalised Patients: Is it Worth the EFFORT? Prof Philipp Schütz, Switzerland			
Summit 1			Room 325		
0900 - 1030	90 mins	Symposium 11: Peri-Op Nutrition Chairs: Dr Loong Tse Han, Singapore Dr Osman Abbasoglu, Türkiye		0900 - 1030	90 mins
0900 - 0920	18 mins presentation	Evolving Perioperative Care in Colorectal Surgery: Integrating ERAS Principles and Nutritional Strategies Dr How Kwang Yeong, Singapore		0900 - 0920	18 mins presentation
0920 - 0945	25 mins presentation	Comprehensive Perioperative Care in Upper GI Surgery: Balancing Surgical Techniques and Nutritional Support Dr Mohammad Shukri Jahit, Malaysia		0920 - 0940	18 mins presentation
0945 - 1010	25 mins presentation	Advances in Perioperative Nutrition Optimisation Prof Stanislaw Klek, Poland		0940 - 1000	18 mins presentation
1000 - 1020	20 mins discussion	Panel Discussion: Implementing Effective Perioperative Nutrition Strategies – Challenges and Solutions Across Surgical Specialties		1000 - 1020	18 mins presentation
1020 - 1030	10 mins	Q&A		1020 - 1030	10 mins
1030 - 1100	30 mins	Coffee/Tea Break, Exhibition & Poster Viewing			
Time/Room	Duration	Summit 1			
1100 - 1230	90 mins	Symposium 13: Gems of Academia Chairs: A/Prof Frederick Koh, Singapore A/Prof Tan Kok Yang, Singapore			
1100 - 1120	18 mins presentation	The Gold of Grant Writing A/Prof Sunny Wong, Singapore			
1120 - 1140	18 mins presentation	The Diamond of Designing a Trial Prof Philipp Schütz, Switzerland			
1140 - 1200	18 mins presentation	The Ruby of Research Reporting Prof Rocco Barazzoni, Italy			
1200 - 1220	18 mins presentation	Pearls from an Editor Prof Jeyakumar Henry, Singapore			
1220 - 1230	10 mins	Q&A			
1230 - 1300	30 mins	Chair: A/Prof Will Loh, Singapore Plenary 10: AI in Clinical Nutrition Prof Pierre Singer, Israel			
1300 - 1350	50 mins	Awards & Closing Ceremony Closing Speech by Scientific Chair of PENSA 2025 Dr Andrew Li, Singapore Award Presentations Closing Speech by President of PENSA 2025 Dr Doris Ng, Singapore			

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