



7 October, Tuesday   Pre-Congress: Life Long Learning (LLL) Course	
Time/Room	Room 334 & 335
0800 onwards	Registration
0830 - 1230	<b>Module 1: Obesity</b> Moderator: Prof Rocco Barazzoni, Italy
0830 - 0900	<b>Why Obesity is a Disease - Pathogenesis and Diagnosis</b> Prof Rocco Barazzoni, Italy
0900 - 0930	<b>Obesity Complications - Metabolic Syndrome and Systemic Impact</b> Dr Jayani Tennakoon Jayaweera, Sri Lanka
0930 - 0945	Coffee/Tea Break
0945 - 1015	<b>Obesity Treatment - Lifestyle, Medications and Surgery</b> Prof Rémy Meier, Switzerland
1015 - 1045	<b>Nutritional Derangements and Deficiencies in Obesity - Malnutrition, Sarcopenic Obesity and Therapeutic Implications</b> Prof Rocco Barazzoni, Italy
1045 - 1100	Coffee/Tea Break
1100 - 1230	<b>Case Discussion and Test</b>
1230 - 1330	Lunch
1330 - 1730	<b>Module 2: Nutrition in Cancer</b> Moderator: Prof Rémy Meier, Switzerland
1330 - 1400	<b>Nutritional and Metabolic Consequences of Cancer and Its Treatment</b> Dr Doris Ng, Singapore
1400 - 1430	<b>Nutritional Treatment Strategies in Cancer Patients</b> Prof Prof Rémy Meier, Switzerland
1430 - 1445	Coffee/Tea Break
1445 - 1515	<b>Physical Activity and Muscle Training in Cancer Patients</b> Dr Jayani Tennakoon Jayaweera, Sri Lanka
1515 - 1545	<b>Multimodal Approach to Cancer Patients: Nutritional and Clinical Impact</b> Prof Rémy Meier, Switzerland
1545 - 1600	Coffee/Tea Break
1600 - 1730	<b>Case Discussion and Test</b>

The programme is accurate as of the time of publishing.

8 October, Wednesday   Pre-Congress Workshop & Life Long Learning (LLL) Course			
Time/Room	Room 334 & 335	Room 331	Room 326
0800 onwards	Registration		
0830 - 1230	Module 3: Screening, Diagnosis and Assessment of Malnutrition Moderator: Prof Rémy Meier, Switzerland		
0830 - 0910	Screening, Diagnosis and Assessment of Malnutrition Prof Rémy Meier, Switzerland	Leading the Fight Against Sarcopenia: Essential Muscle Assessment Skills for Clinicians 0800 - 1200 	
0910 - 0950	Body Composition Prof Rocco Barazoni, Italy		
0950 - 1030	Energy and Protein Balance and Requirement Prof Stanislaw Klek, Poland		
1030 - 1100	Coffee/Tea Break		
1100 - 1230	Case Discussion and Test		
1230 - 1330	Lunch		
1330 - 1730	Module 4: Nutritional Support in the Perioperative Period Moderator: Prof Stanislaw Klek, Poland		
1330 - 1400	Metabolic Responses to Surgical Stress Prof Stanislaw Klek, Poland		
1400 - 1430	Managing Surgical Stress: Principals of Enhanced Recovery (ERAS) Prof Rémy Meier, Switzerland		
1430 - 1445	Coffee/Tea Break		
1445 - 1515	Making the Gut Work Prof Stanislaw Klek, Poland		
1515 - 1545	Nutritional Therapy in the Perioperative Period Prof Rémy Meier, Switzerland		
1545 - 1600	Coffee/Tea Break		
1600 - 1730	Case Discussion and Test	PENSA Executive Council Meeting 1600 - 1800	

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9 October, Thursday   Day 1, Main Congress				
Time/Room	Summit 1	Room 324	Room 325	
0800 onwards	Registration			
0900 - 0930	Summit 1 Chair: Dr Doris Ng, Singapore			
	Chomchark Chantarasakul Honorary Lecture — The Role of Education to Improve the Outcome of Patients with Malnutrition Prof Rémy Meier, Switzerland			
0930 - 1000	Summit 1 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	Summit 1 Chair: Dr Jeannie Ong, Singapore			
	Plenary 2: SINGSPEN — SG PN Guidelines in Acute Setting Dr Johnathan Lum, Singapore			
1100 - 1230	Symposium 1: Enteral Nutrition  Chairs: Dr Johnathan Lum, Singapore Dr Jayani Tennakoon Jayaweera, Sri Lanka	Symposium 2: Critical Care Nutrition  Chairs: Dr Andrew Li, Singapore Ms Hazel Yeong, Singapore	Oral Presentation I	
	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		
1100 - 1120				
1120 - 1140	PEG — The Ins and Outs Dr Ng Yunn Cheng, Singapore	Indirect Calorimetry — Is This the End? Dr Reynaldo P. Sinamban, The Philippines		
1140 - 1200	Medication-Related Nutrient Deficiencies in Clinical Nutrition Support Prof Hyunah Kim, Republic of Korea	Clinical Implication of Trace Elements in ICU Patients Prof Jae-Myeong Lee, Republic of Korea		
1200 - 1220	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		
1220 - 1230	Q&A	Q&A		
1230 - 1315	Summit 1 PENSA 2025 Satellite Lunch Symposium by Fresenius Kabi Advances in Supplementary Parenteral Nutrition Formulations for Oncology Patients Prof Stanislaw Klek, Poland			
1315 - 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			

<b>1430 - 1600</b>	<b>Symposium 3: PEN Society Sharing I – The Development of Education in Nutrition</b>  Chairs: A/Prof Tan Kok Yang, Singapore Dr Veeradej Pisprasert, Thailand	<b>Symposium 4: Sarcopenia</b>  Chairs: A/Prof Frederick Koh, Singapore Prof Stanislaw Klek, Poland	<b>Oral Presentation II</b>
1430 - 1450	Dr Osman Abbasoglu, Türkiye (KEPAN)	<b>Asian Working Group for Sarcopenia Guidelines on the Role of Nutrition for Muscle Health in Community-Dwelling Older Adults</b> A/Prof Samuel Chew, Singapore	
1450 - 1510	Dr Reynaldo P. Sinamban, The Philippines (PhilSPEN)	<b>Strengthening Muscle Health of Community-Dwelling Older Adults: Learnings from Japan</b> Prof Ayano Nagano, Japan	
1510 - 1530	Dr Mohammad Shukri Jahit, Malaysia (PENSMA)	<b>How Can Sarcopenia Be Controlled in Colorectal Cancer Surgery? (ERAS and Pre- &amp; Rehabilitation Aspects)</b> Prof In Kyu Lee, Republic of Korea	
1530 - 1550	Dr Jayani Tennakoon Jayaweera, Sri Lanka (SLMNA)	<b>Power Play: Turning Exercise Science into Patient Success Stories</b> Ms Melissa Tan, Singapore	
1550 - 1600	<b>Q&amp;A</b>	<b>Q&amp;A</b>	
<b>1600 - 1645</b>	Summit 1 Chair: Dr Will Loh, Singapore  <b>Meet-the-Expert by Nestlé: Overcoming Nutritional Challenges in Patients with GI impairment for Better Outcomes</b> Prof Dr Pierre Singer, Israel 		
<b>1645 - 1700</b>	Coffee/Tea Break, Exhibition & Poster Viewing		
<b>1700 - 1805</b>	Summit 1 <b>Opening Ceremony</b>  <b>Welcome Message by Director of PENSA</b> Dr Soranit Siltharm, Thailand  <b>Welcome Message by President of PENSA 2025</b> Dr Doris Ng, Singapore  <b>Invited Lecture — A Culinary Journey of the KING Durian</b> Prof Teh Bin Tean, Singapore  Performance		
<b>1815 - 1930</b>	<b>Welcome Reception</b> Level 3 Concourse, Exhibition Area		

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10 October, Friday   Day 2, Main Congress				
Time/Room	Summit 1	Room 324		Room 325
0800 onwards	Registration			
0830 - 0900	Summit 1 Chair: Dr Doris Ng, Singapore  Plenary 4: Improving the Detection and Management of Malnutrition — Inspiration from the UK Dr Rebecca Stratton, United Kingdom			
0900 - 1030	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
0900 - 0920	Management of Malnutrition in Older Adults: A Review of the Latest Clinical Guidelines Prof Veeradej Pisprasert, Thailand	Micronutrients Are Essential for PN: Too Little, Too Much, or Just Right Prof Gil Hardy, New Zealand		
0920 - 0940	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		
0940 - 1000	Evidence-Based to the Nutritional Management of People with Dementia Dr Abdolreza Norouzy, Iran	PN Life Line: Evidence-Based Management and Care Dr Lim Li Lin, Singapore		
1000 - 1020	Surgery in Elderly: Holistic Approach A/Prof Tan Kok Yang, Singapore	Compounding PN – Compatibility Considerations and Stability Limits Prof Kathleen Gura, United States		
1020 - 1030	Q&A	Q&A		
1030 - 1100	Coffee/Tea Break, Exhibition & Poster Viewing			
1100 - 1130	Summit 1 Chair: A/Prof Samuel Chew, Singapore  Plenary 5: SINGSPEN Post Hospitalisation Discharge Best Practice Recommendations Ms Hazel Yeong, Singapore			
1130 - 1300	Symposium 7: Nutrition and Diabetes  Chairs: A/Prof Will Loh, Singapore Dr Doris Ng, Singapore	Symposium 8: Nutrition Support in Chronic Diseases  Chairs: Dr Charles Lew, Singapore Dr Tan Bo Chuan, Singapore		Oral Presentation IV
1130 - 1150	Glycaemic Control During Nutrition Support Dr Subhal Dixit, India	1130 - 1150	Cancer Prof Rémy Meier, Switzerland	
1150 - 1215	You Can Have Your Chicken Rice and Eat It: Lessons from Our Asian Culinary Habits Prof Jeyakumar Henry, Singapore	1150 - 1210	Nutritional Therapy in Chronic Kidney Disease: Striking the Right Balance Dr Daphnee Lovesley, India	
1215 - 1240	Food as Medicine: Integrating Traditional Diets for Glycemic Control Prof Winnie Chee, Malaysia	1210 - 1230	Chronic Respiratory Disease Dr Jayani Tennakoon Jayaweera, Sri Lanka	
1240 - 1250	Q&A	1230 - 1250	Inflammatory Bowel Disease Dr Abdolreza Norouzy, Iran	
		1250 - 1300	Q&A	
1300 - 1400	Summit 1 Chair: A/Prof Samuel Chew, Singapore  Satellite Lunch Symposium: Pioneering Advances to Tackle <i>Muscle Health</i> and Malnutrition Pioneering Advances to Tackle Muscle Health and Malnutrition Prof Philipp Schütz, Switzerland			
1400 - 1430	Lunch, Exhibition & Poster Viewing			
1430 - 1500	Summit 1 Chair: Dr Foo Fung Joon, Singapore  Plenary 6: SINGSPEN — Delphi Consensus for Surgical Management of Sarcopenia A/Prof Frederick Koh, Singapore			

1500 - 1530	Summit 1 Chair: Dr Doris Ng, Singapore			
Plenary 7: GLIM Update and What Does This Mean for Asia? Prof Veeradej Pisprasert, Thailand				
1530 - 1600	Coffee/Tea Break, Exhibition & Poster Viewing			
1600 - 1730	Symposium 9: Microbiome and Health  Chairs: Dr Jeannie Ong, Singapore Prof em Rémy Meier, Switzerland	Symposium 10: PEN Society Sharing II  Chairs: Dr Ng Yunn Cheng, Singapore Dr Abdolreza Norouzy, Iran		Oral Presentation V
1600 - 1620	Diet, Microbiome, and Gut Health Prof Dirk Haller, Germany	1600 - 1620	Best Practices for Home EN Prof Ayano Nagano, Japan (JSPEN)	
1620 - 1640	Exploring Microbiome and Dietary Patterns: Implications for Metabolic Health A/Prof Sunny Wong, Singapore	1620 - 1640	Best Practices for Home EN Prof Jaw-Yuan Wang, Taiwan (TSPEN)	
1640 - 1700	Gut Microbiome and Immune Response in Cancer Therapy Dr Jonathan Lee, Singapore	1640 - 1700	Best Practices for Home EN Dr Daruneewan Warodomwicht, Thailand (SPEN)	
1700 - 1720	Microbiome and Metabolite Changes Post-Bariatric Surgery: Impact on Weight Loss Dr Chue Koy Min, Singapore	1700 - 1720	The Use of Enhanced Local Food to Support Better Nutrition Intake During Hospitalisation Dr Subhat Dixit, India (ISPEN)	
1720 - 1730	Q&A	1720 - 1740	The Use of Enhanced Local Food to Support Better Nutrition Intake During Hospitalisation Dr Josef Hartono, Indonesia (INASPEN)	
1740 - 1810	Summit 1 Chair: Dr Andrew Li, Singapore			
Plenary 8: Evolution in ICU Dr Charles Lew, Singapore				
1830 - 2200	Faculty Dinner (Off-site)			

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11 October, Saturday   Day 3, Main Congress			
Time/Room	Summit 1	Room 324	
0800 onwards	Registration		
0830 - 0900	Summit 1 Chair: Dr Doris Ng, Singapore		
	Plenary 9: Individualised Nutrition for the Hospitalised Patients: Is it Worth the EFFORT? Prof Philipp Schütz, Switzerland		
0900 - 1030	Symposium 11: Peri-Op Nutrition  Chairs: Dr Loong Tse Han, Singapore Dr Osman Abbasoğlu, Türkiye	Symposium 12: Advances in Nutrition Practices  Chairs: Dr Aung Myint Oo, Singapore Dr Reynaldo Sinamban, Philippines	
0900 - 0920	Evolving Perioperative Care in Colorectal Surgery: Integrating ERAS Principles and Nutritional Strategies Dr How Kwang Yeong, Singapore	0900 - 0920	AI in the Assessment and Identification of Poor Nutrient Intakes in In-Patients Ms Ng Puay Shi, Singapore
0920 - 0945	Comprehensive Perioperative Care in Upper GI Surgery: Balancing Surgical Techniques and Nutritional Support Dr Mohammad Shukri Jahit, Malaysia	0920 - 0940	Future Perspectives of Personalised Nutritional Care Prof Dong Woo Shin, Republic of Korea
0945 - 1010	Advances in Perioperative Nutrition Optimisation Prof Stanislaw Klek, Poland	0940 - 1000	The Role of AI Software and Ultrasound in the Assessment of the Quantity and Quality of Muscle Mass A/Prof Frederick Koh, Singapore
1000 - 1020	Panel Discussion: Implementing Effective Perioperative Nutrition Strategies — Challenges and Solutions Across Surgical Specialties	1000 - 1020	Chyme Reinfusion Therapy for Intestinal Failure: Recent Advances in Nutritional Strategies Prof Gil Hardy, New Zealand
1020 - 1030	Q&A	1020 - 1030	Q&A
1030 - 1100	Coffee/Tea Break, Exhibition & Poster Viewing		
1100 - 1230	Summit 1 Symposium 13: Gems of Academia  Chairs: A/Prof Dr Frederick Koh, Singapore A/Prof Tan Kok Yang, Singapore		
	The Gold of Grant Writing A/Prof Sunny Wong, Singapore		
1100 - 1120			
1120 - 1140	The Diamond of Designing a Trial Prof Philipp Schütz, Switzerland		
1140 - 1200	The Ruby of Research Reporting Prof Rocco Barazzoni, Italy		
1200 - 1220	Pearls from an Editor Prof Jeyakumar Henry, Singapore		
1220 - 1230	Q&A		
1230 - 1300	Summit 1 Chair: A/Prof Will Loh, Singapore		
	Plenary 10: AI in Clinical Nutrition Prof Dr Pierre Singer, Israel		
1300 - 1350	Summit 1 Chair: Dr Doris Ng, Singapore		
	Awards & Closing Ceremony		
1300 - 1335	Closing Speech by Scientific Chair of PENSA 2025 Dr Andrew Li, Singapore		
1335 - 1350	Award Presentations		

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