

7 October, Tuesday | Pre-Congress: Life Long Learning (LLL) Course

Time/Room	Duration	Room 334 & 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 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	Coffee/Tea Break
1600 - 1730	90 mins	Case Discussion and Test

The programme is accurate as of the time of publishing.

8 October, Wednesday | Pre-Congress Workshop & Life Long Learning (LLL) Course

Time/Room	Duration	Room 334 & 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 - 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: Principles 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 - 1800

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9 October, Thursday Day 1, Main Congress				
Time/Room	Duration	Summit 1	Room 324	Room 325
0800 onwards		Registration		
		Summit 1		
0900 - 0930	30 mins	Chair: Dr Doris Ng, Singapore Chomchark Chuntrasakul Honorary Lecture — The Role of Education to Improve the Outcome of Patients with Malnutrition Prof Rémy Meier, Switzerland		
0930 - 1000	30 mins	Chair: Dr Doris Ng, Singapore Plenary 1: PENSA — Home PN Consensus Prof Jaw-Yuan Wang, Taiwan		
1000 - 1030	30 mins	Coffee/Tea Break, Exhibition & Poster Viewing		
1030 - 1100	30 mins	Chair: Dr Jeannie Ong, Singapore Plenary 2: SINGSPEN — SG PN Guidelines in Acute Setting Dr Johnathan Lum, Singapore		
1100 - 1230	90 mins	Symposium 1: Enteral Nutrition Chairs: Dr Johnathan Lum, Singapore Dr Jayani Tennakoon Jayaweera, Sri Lanka	Symposium 2: Sarcopenia Chairs: A/Prof Frederick Koh, Singapore Prof Stanislaw Klek, Poland	Oral Presentation I
1100 - 1120	18 mins presentation	Evidence-Based for Oral Nutrition Support to Transform Patient Outcomes in Clinical Practice Dr Rebecca Stratton, United Kingdom	Asian Working Group for Sarcopenia Guidelines on the Role of Nutrition for Muscle Health in Community-Dwelling Older Adults A/Prof Samuel Chew, Singapore	
1120 - 1140	18 mins presentation	PEG — The Ins and Outs Dr Ng Yunn Cheng, Singapore	Strengthening Muscle Health of Community-Dwelling Older Adults: Learnings from Japan Prof Ayano Nagano, Japan	
1140 - 1200	18 mins presentation	Medication-Related Nutrient Deficiencies in Clinical Nutrition Support Prof Hyunah Kim, Republic of Korea	How Can Sarcopenia Be Controlled in Colorectal Cancer Surgery? (ERAS and Pre- & Rehabilitation Aspects) Prof In Kyu Lee, Republic of Korea	
1200 - 1220	18 mins presentation	Prevention of Aspiration in Enteral Nutrition: Importance of Gastric Residual Volume Dr Osman Abbasoğlu, Türkiye	Power Play: Turning Exercise Science into Patient Success Stories Ms Melissa Tan, Singapore	
1220 - 1230	10 mins	Q&A	Q&A	
1230 - 1330	60 mins	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	30 mins	Lunch, Exhibition & Poster Viewing		
1400 - 1430	30 mins	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		
1430 - 1600	90 mins	Symposium 3: PEN Society Sharing I – The Development of Education in Nutrition Chairs: A/Prof Tan Kok Yang, Singapore Dr Veeradej Pisprasert, Thailand	Symposium 4: Critical Care Nutrition Chairs: Dr Andrew Li, Singapore A/Prof Will Loh, Singapore	Oral Presentation II
1430 - 1450	18 mins presentation	Dr Osman Abbasoğlu, Türkiye (KEPAN)	Rehabilitation Nutrition in ICU Prof Suk-Kyung Hong, Republic of Korea	
1450 - 1510	18 mins presentation	Dr Reynaldo P. Sinamban, The Philippines (PhilSPEN)	Indirect Calorimetry — Is This the End? Dr Reynaldo P. Sinamban, The Philippines	
1510 - 1530	18 mins presentation	Dr Mohammad Shukri Jahit, Malaysia (PENSMA)	Clinical Implication of Trace Elements in ICU Patients Prof Jaemyeong Lee, Republic of Korea	
1530 - 1550	18 mins presentation	Dr Jayani Tennakoon Jayaweera, Sri Lanka (SLMNA)	Nutrition Status and Post ICU Syndrome Mr Ernest Wong, Singapore	
1550 - 1600	10 mins	Q&A	Q&A	

1600 - 1645	45 mins	<p style="text-align: center;"> <i>Summit 1</i> 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 </p> 
1645 - 1700	15 mins	<p style="text-align: center;"><i>Coffee/Tea Break, Exhibition & Poster Viewing</i></p>
1700 - 1815	65 mins 5 mins 5 mins 30 mins presentations 25 mins	<p style="text-align: center;"> <i>Summit 1</i> Opening Ceremony Welcome Message by Director of PENSA A/Prof Soranit Siltharm, 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 <i>Performance</i> </p>
1815 - 1930	75 mins	<p style="text-align: center;"> Welcome Reception <i>Level 3 Concourse, Exhibition Area</i> </p>

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10 October, Friday Day 2, Main Congress				
Time/Room	Duration	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	18 mins presentation	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 Mr Andrew Xia, New Zealand	
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	
0940 - 1000	18 mins presentation	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	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	
1020 - 1030	10 mins	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 Ms Hazel Yeong, Singapore	Symposium 8: Nutrition Support in Chronic Diseases Chairs: Dr Charles Lew, Singapore Dr Tan Bo Chuan, Singapore	Oral Presentation IV
1130 - 1150	18 mins presentation	Glycaemic Control During Nutrition Support Dr Subhal Dixit, India	1130 - 1150 Cancer Prof Rémy Meier, Switzerland	
1150 - 1215	25 mins presentation	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	25 mins presentation	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	10 mins presentation	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 by Abbott: 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 Rémy Meier, Switzerland	Symposium 10: PEN Society Sharing II Chairs: Dr Ng Yunn Cheng, Singapore Dr Abdolreza Norouzy, Iran	Oral Presentation V

1600 - 1620	18 mins presentation	Diet, Microbiome, and Gut Health Prof Dirk Haller, Germany	1600 - 1620	Best Practices for Home EN Prof Ayano Nagano, Japan (JSPEN)
1620 - 1640	18 mins presentation	Exploring Microbiome and Dietary Patterns: Implications for Metabolic Health A/Prof Sunny Wong, Singapore	1620 - 1640	Best Practices for Home PN Prof Jaw-Yuan Wang, Taiwan (TSPEN)
1640 - 1700	18 mins presentation	Gut Microbiome and Immune Response in Cancer Therapy Dr Jonathan Lee, Singapore	1640 - 1700	Best Practices for Home EN Dr Daruneewan Warodomwicht, Thailand (SPENT)
1700 - 1720	18 mins presentation	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 Subhal Dixit, India (ISPEN)
1720 - 1730	10 mins	Q&A	1720 - 1740	The Use of Enhanced Local Food to Support Better Nutrition Intake During Hospitalisation Dr Josef Hartono, Indonesia (INASPEN)
1740 - 1810	30 mins	<p><i>Summit 1</i> Chair: Dr Andrew Li, Singapore</p> <p>Plenary 8: Evolution in ICU Dr Charles Lew, Singapore</p>		
1830 - 2200	3.5 hrs	<p>Faculty Dinner (Off-site)</p>		

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11 October, Saturday | Day 3, Main Congress

Time/Room	Duration	Summit 1	Room 324
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	
0900 - 1030	90 mins	Symposium 11: Peri-Op Nutrition Chairs: Dr Loong Tse Han, Singapore Dr Osman Abbasoğlu, Turkiye	Symposium 12: Advances in Nutrition Practices Chairs: Dr Aung Myint Oo, Singapore Dr Reynaldo Sinamban, Philippines
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 AI in the Assessment and Identification of Poor Nutrient Intakes in In-Patients Ms Ng Puay Shi, Singapore
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 Future Perspectives of Personalised Nutritional Care Prof Dong Woo Shin, Republic of Korea
0945 - 1010	25 mins presentation	Advances in Perioperative Nutrition Optimisation Prof Stanislaw Klek, Poland	0940 - 1000 18 mins presentation 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	20 mins discussion	Panel Discussion: Implementing Effective Perioperative Nutrition Strategies — Challenges and Solutions Across Surgical Specialties	1000 - 1020 18 mins presentation Chyme Reinfusion Therapy for Intestinal Failure: A Multidisciplinary Approach Mr Andrew Xia, New Zealand
1020 - 1030	10 mins	Q&A	1020 - 1030 10 mins Q&A
1030 - 1100	30 mins	Coffee/Tea Break, Exhibition & Poster Viewing	
1100 - 1230	90 mins	Summit 1 Symposium 13: Gems of Academia Chairs: A/Prof Dr 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	Summit 1 Chair: A/Prof Will Loh, Singapore Plenary 10: AI in Clinical Nutrition Prof Pierre Singer, Israel	
1300 - 1350	50 mins	Summit 1 Awards & Closing Ceremony	
	3 mins	Closing Speech by Scientific Chair of PENSA 2025 Dr Andrew Li, Singapore	
	15 mins	Award Presentations	
	5 mins	Closing Speech by President of PENSA 2025 Dr Doris Ng, Singapore	

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