



| 7 October, Tuesday Pre-Congress: Life Long Learning (LLL) Course | | |
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| 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: 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 - 1800 | |

The programme is accurate as of the time of publishing.

| 9 October, Thursday Day 1, Main Congress | | | | |
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| 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 | |

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| 1600 - 1645 | 45 mins | <p><i>Summit 1</i> Chair: A/Prof Will Loh, Singapore</p> <p>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 | <i>Coffee/Tea Break, Exhibition & Poster Viewing</i> |
| 1700 - 1815 | 65 mins | <p><i>Summit 1</i> Opening Ceremony</p> |
| | 5 mins | <p>Welcome Message by Director of PENSA A/Prof Soranit Siltharm, Thailand</p> |
| | 5 mins | <p>Welcome Message by President of PENSA 2025 Dr Doris Ng, Singapore</p> |
| | 30 mins presentations | <p>Invited Lecture — A Culinary Journey of the KING Durian Prof Teh Bin Tean, Singapore</p> |
| | 25 mins | <i>Performance</i> |
| 1815 - 1930 | 75 mins | <p>Welcome Reception Level 3 Concourse, Exhibition Area</p> |

The programme is accurate as of the time of publishing.

| 10 October, Friday Day 2, Main Congress | | | | | |
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| Time/Room | Duration | Summit 1 | Room 324 | | Room 325 |
| 0800 onwards | | Registration | | | |
| 0830 - 0900 | 30 mins | 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 | 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 |
| 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 | 30 mins | Coffee/Tea Break, Exhibition & Poster Viewing | | | |
| 1100 - 1130 | 30 mins | Summit 1 Chair: A/Prof Samuel Chew, Singapore Plenary 5: SINGSPEN Post Hospitalisation Discharge Best Practice Recommendations Ms Hazel Yeong, Singapore | | | |
| 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 |
| 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 | 60 mins | Summit1 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 1 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 1 Chair: Dr Doris Ng, Singapore Plenary 7: GLIM Update and What Does This Mean for Asia? Prof 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 Dr Abdolreza Norouzy, Iran | | Oral Presentation V |

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| 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 Warodomwichit, 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 | Summit 1 Chair: Dr Andrew Li, Singapore Plenary 8: Evolution in ICU Dr Charles Lew, Singapore | | |
| 1830 - 2200 | 3.5 hrs | Faculty Dinner <i>(Off-site)</i> | | |

The programme is accurate as of the time of publishing.

| 11 October, Saturday Day 3, Main Congress | | | | | |
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| 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, Türkiye | 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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