



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

Time/Room	Duration	Room 334 & 335
0800 onwards		Registration
0830 - 1230	4 hours	<b>Module 1: Obesity</b> Moderator: Prof Rocco Barazzoni, Italy
0830 - 0900	30 mins	<b>Why Obesity is a Disease - Pathogenesis and Diagnosis</b> Prof Rocco Barazzoni, Italy
0900 - 0930	30 mins	<b>Obesity Complications - Metabolic Syndrome and Systemic Impact</b> Dr Jayani Tennakoon Jayaweera, Sri Lanka
0930 - 0945	15 mins	Coffee/Tea Break
0945 - 1015	30 mins	<b>Obesity Treatment - Lifestyle, Medications and Surgery</b> Prof Rémy Meier, Switzerland
1015 - 1045	30 mins	<b>Nutritional Derangements and Deficiencies in Obesity - Malnutrition, Sarcopenic Obesity and Therapeutic Implications</b> 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	<b>Module 2: Nutrition in Cancer</b> Moderator: Prof Rémy Meier, Switzerland
1330 - 1400	30 mins	<b>Nutritional and Metabolic Consequences of Cancer and Its Treatment</b> Dr Doris Ng, Singapore
1400 - 1430	30 mins	<b>Nutritional Treatment Strategies in Cancer Patients</b> Prof Prof Rémy Meier, Switzerland
1430 - 1445	15 mins	Coffee/Tea Break
1445 - 1515	30 mins	<b>Physical Activity and Muscle Training in Cancer Patients</b> Dr Jayani Tennakoon Jayaweera, Sri Lanka
1515 - 1545	30 mins	<b>Multimodal Approach to Cancer Patients: Nutritional and Clinical Impact</b> 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	<b>Module 3: Screening, Diagnosis and Assessment of Malnutrition</b> Moderator: Prof Rémy Meier, Switzerland		
0830 - 0910	40 mins	<b>Screening, Diagnosis and Assessment of Malnutrition</b> Prof Rémy Meier, Switzerland	<b>Leading the Fight Against Sarcopenia: Essential Muscle Assessment Skills for Clinicians</b> 0800 - 1200	
0910 - 0950	40 mins	<b>Body Composition</b> Prof Rocco Barazoni, Italy		
0950 - 1030	40 mins	<b>Energy and Protein Balance and Requirement</b> 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	<b>Module 4: Nutritional Support in the Perioperative Period</b> Moderator: Prof Stanislaw Klek, Poland		
1330 - 1400	30 mins	<b>Metabolic Responses to Surgical Stress</b> Prof Stanislaw Klek, Poland		
1400 - 1430	30 mins	<b>Managing Surgical Stress: Principals of Enhanced Recovery (ERAS)</b> Prof Rémy Meier, Switzerland		
1430 - 1445	15 mins	Coffee/Tea Break		
1445 - 1515	30 mins	<b>Making the Gut Work</b> Prof Stanislaw Klek, Poland		
1515 - 1545	30 mins	<b>Nutritional Therapy in the Perioperative Period</b> Prof Rémy Meier, Switzerland		
1545 - 1600	15 mins	Coffee/Tea Break		
1600 - 1730	90 mins	Case Discussion and Test		<b>PENSA Executive Council Meeting</b> 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 <b>Chomchark Chuntrasakul Honorary Lecture — The Role of Education to Improve the Outcome of Patients with Malnutrition</b> Prof Rémy Meier, Switzerland		
0930 - 1000	30 mins	Chair: Dr Doris Ng, Singapore <b>Plenary 1: PENSA — Home PN Consensus</b> Prof Jaw-Yuan Wang, Taiwan		
1000 - 1030	30 mins	Coffee/Tea Break, Exhibition & Poster Viewing		
1030 - 1100	30 mins	Chair: Dr Jeannie Ong, Singapore <b>Plenary 2: SINGSPEN — SG PN Guidelines in Acute Setting</b> Dr Johnathan Lum, Singapore		
1100 - 1230	90 mins	<b>Symposium 1: Enteral Nutrition</b> Chairs: Dr Johnathan Lum, Singapore Dr Jayani Tennakoon Jayaweera, Sri Lanka	<b>Symposium 2: Critical Care Nutrition</b> Chairs: Dr Andrew Li, Singapore A/Prof Will Loh, Singapore	<b>Oral Presentation I</b>
1100 - 1120	18 mins presentation	<b>Evidence-Based for Oral Nutrition Support to Transform Patient Outcomes in Clinical Practice</b> Dr Rebecca Stratton, United Kingdom	<b>Rehabilitation Nutrition in ICU</b> Prof Suk-Kyung Hong, Republic of Korea	
1120 - 1140	18 mins presentation	<b>PEG — The Ins and Outs</b> Dr Ng Yunn Cheng, Singapore	<b>Indirect Calorimetry — Is This the End?</b> Dr Reynaldo P. Sinamban, The Philippines	
1140 - 1200	18 mins presentation	<b>Medication-Related Nutrient Deficiencies in Clinical Nutrition Support</b> Prof Hyunah Kim, Republic of Korea	<b>Clinical Implication of Trace Elements in ICU Patients</b> Prof Jaemyeong Lee, Republic of Korea	
1200 - 1220	18 mins presentation	<b>Prevention of Aspiration in Enteral Nutrition: Importance of Gastric Residual Volume</b> Dr Osman Abbasoğlu, Türkiye	<b>Nutrition Status and Post ICU Syndrome</b> Mr Ernest Wong, Singapore	
1220 - 1230	10 mins	<b>Q&amp;A</b>	<b>Q&amp;A</b>	
1230 - 1330	60 mins	Summit 1 Chair: Dr Doris Ng, Singapore <b>Satellite Lunch Symposium by Fresenius Kabi:</b> <b>Advances in Supplementary Parenteral Nutrition Formulations for Oncology Patients</b> Prof Stanislaw Klek, Poland		
1330 - 1400	30 mins	Lunch, Exhibition & Poster Viewing		
1400 - 1430	30 mins	Summit 1 Chair: Dr Aung Myint Oo, Singapore <b>Plenary 3: Sarcopenic Obesity — Implications for Obesity Management During the Obesity Treatment Revolution</b> Prof Rocco Barazzoni, Italy		
1430 - 1600	90 mins	<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	18 mins presentation	Dr Osman Abbasoğlu, 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	18 mins presentation	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	18 mins presentation	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	18 mins presentation	Dr Jayani Tennakoon Jayaweera, Sri Lanka (SLMNA)	<b>Power Play: Turning Exercise Science into Patient Success Stories</b> Ms Melissa Tan, Singapore	
1550 - 1600	10 mins	<b>Q&amp;A</b>	<b>Q&amp;A</b>	
1600 - 1645	45 mins	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 Pierre Singer, Israel		
1645 - 1700	15 mins	Coffee/Tea Break, Exhibition & Poster Viewing		

1700 - 1815	65 mins	<p><i>Summit 1</i></p> <p><b>Opening Ceremony</b></p>
	5 mins	<p><b>Welcome Message by Director of PENSA</b> A/Prof Soranit Siltharm, Thailand</p>
	5 mins	<p><b>Welcome Message by President of PENSA 2025</b> Dr Doris Ng, Singapore</p>
	30 mins presentations	<p><b>Invited Lecture — A Culinary Journey of the KING Durian</b> Prof Teh Bin Tean, Singapore</p>
	25 mins	<p><i>Performance</i></p>
1815 - 1930	75 mins	<p><b>Welcome Reception</b> <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 <b>Plenary 4: Improving the Detection and Management of Malnutrition — Inspiration from the UK</b> Dr Rebecca Stratton, United Kingdom			
0900 - 1030		<b>Symposium 5: Geriatric Nutrition Care</b> Chairs: Ms Hazel Yeong, Singapore Prof Rocco Barazzoni, Italy	<b>Symposium 6: Parenteral Nutrition</b> Chairs: Dr Jeannie Ong, Singapore Prof Jaw-Yuan Wang, Taiwan		Oral Presentation III
0900 - 0920	18 mins presentation	<b>Management of Malnutrition in Older Adults: A Review of the Latest Clinical Guidelines</b> Prof Veeradej Pisprasert, Thailand	<b>Micronutrients Are Essential for PN: Too Little, Too Much, or Just Right</b> Dr Andrew Xia, New Zealand		
0920 - 0940	18 mins presentation	<b>Sarcopenia Dysphagia — Challenges and Opportunities</b> A/Prof Samuel Chew, Singapore	<b>Compounded and RTU PN: When and How to Use Effectively and Safely</b> Dr Johnathan Lum, Singapore		
0940 - 1000	18 mins presentation	<b>Evidence-Based to the Nutritional Management of People with Dementia</b> Dr Abdolreza Norouzy, Iran	<b>PN Life Line: Evidence-Based Management and Care</b> Dr Lim Li Lin, Singapore		
1000 - 1020	18 mins presentation	<b>Surgery in Elderly: Holistic Approach</b> A/Prof Tan Kok Yang, Singapore	<b>Compounding PN – Compatibility Considerations and Stability Limits</b> 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 <b>Plenary 5: SINGSPEN Post Hospitalisation Discharge Best Practice Recommendations</b> Ms Hazel Yeong, Singapore			
1130 - 1300		<b>Symposium 7: Nutrition and Diabetes</b> Chairs: A/Prof Will Loh, Singapore Ms Hazel Yeong, Singapore	<b>Symposium 8: Nutrition Support in Chronic Diseases</b> Chairs: Dr Charles Lew, Singapore Dr Tan Bo Chuan, Singapore		Oral Presentation IV
1130 - 1150	18 mins presentation	<b>Glycaemic Control During Nutrition Support</b> Dr Subhal Dixit, India	1130 - 1150	18 mins presentation	<b>Cancer</b> Prof Rémy Meier, Switzerland
1150 - 1215	25 mins presentation	<b>You Can Have Your Chicken Rice and Eat It: Lessons from Our Asian Culinary Habits</b> Prof Jayakumar Henry, Singapore	1150 - 1210	18 mins presentation	<b>Nutritional Therapy in Chronic Kidney Disease: Striking the Right Balance</b> Dr Daphnee Lovesley, India
1215 - 1240	25 mins presentation	<b>Food as Medicine: Integrating Traditional Diets for Glycemic Control</b> Prof Winnie Chee, Malaysia	1210 - 1230	18 mins presentation	<b>Chronic Respiratory Disease</b> Dr Jayani Tennakoon Jayaweera, Sri Lanka
1240 - 1250	10 mins presentation	Q&A	1230 - 1250	18 mins presentation	<b>Inflammatory Bowel Disease</b> Dr Abdolreza Norouzy, Iran
			1250 - 1300	10 mins	Q&A
1300 - 1400		Summit 1 Chair: A/Prof Samuel Chew, Singapore <b>Satellite Lunch Symposium by Abbott: Pioneering Advances to Tackle Muscle Health and Malnutrition</b> Prof Philipp Schütz, Switzerland 			
1400 - 1430		Lunch, Exhibition & Poster Viewing			
1430 - 1500		Summit 1 Chair: Dr Foo Fung Joon, Singapore <b>Plenary 6: SINGSPEN — Delphi Consensus for Surgical Management of Sarcopenia</b> A/Prof Frederick Koh, Singapore			
1500 - 1530		Summit 1 Chair: Dr Doris Ng, Singapore <b>Plenary 7: GLIM Update and What Does This Mean for Asia?</b> Prof Veeradej Pisprasert, Thailand			
1530 - 1600		Coffee/Tea Break, Exhibition & Poster Viewing			
1600 - 1730		<b>Symposium 9: Microbiome and Health</b> Chairs: Dr Jeannie Ong, Singapore Prof em Rémy Meier, Switzerland	<b>Symposium 10: PEN Society Sharing II</b> Chairs: Dr Ng Yunn Cheng, Singapore Dr Abdolreza Norouzy, Iran		Oral Presentation V
1600 - 1620	18 mins presentation	<b>Diet, Microbiome, and Gut Health</b> Prof Dirk Haller, Germany	1600 - 1620	18 mins presentation	<b>Best Practices for Home EN</b> Prof Ayano Nagano, Japan (JSPEN)
1620 - 1640	18 mins presentation	<b>Exploring Microbiome and Dietary Patterns: Implications for Metabolic Health</b> A/Prof Sunny Wong, Singapore	1620 - 1640	18 mins presentation	<b>Best Practices for Home PN</b> Prof Jaw-Yuan Wang, Taiwan (TSPEN)
1640 - 1700	18 mins presentation	<b>Gut Microbiome and Immune Response in Cancer Therapy</b> Dr Jonathan Lee, Singapore	1640 - 1700	18 mins presentation	<b>Best Practices for Home EN</b> Dr Daruneewan Warodomwicht, Thailand (SPENT)

1700 - 1720	18 mins presentation	<b>Microbiome and Metabolite Changes Post-Bariatric Surgery: Impact on Weight Loss</b> Dr Chue Koy Min, Singapore	1700 - 1720	18 mins presentation	<b>The Use of Enhanced Local Food to Support Better Nutrition Intake During Hospitalisation</b> Dr Subhat Dixit, India (ISPEN)
1720 - 1730	10 mins	<b>Q&amp;A</b>	1720 - 1740	18 mins presentation	<b>The Use of Enhanced Local Food to Support Better Nutrition Intake During Hospitalisation</b> Dr Josef Hartono, Indonesia (INASPEN)
1740 - 1810	30 mins	<p><i>Summit 1</i> Chair: Dr Andrew Li, Singapore</p> <p><b>Plenary 8: Evolution in ICU</b> Dr Charles Lew, Singapore</p>			
1830 - 2200	3.5 hrs	<p><b>Faculty Dinner</b> (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		Summit 1 Chair: Dr Doris Ng, Singapore  <b>Plenary 9: Individualised Nutrition for the Hospitalised Patients: Is it Worth the EFFORT?</b> Prof Philipp Schütz, Switzerland		
0900 - 1030		<b>Symposium 11: Peri-Op Nutrition</b>  Chairs: Dr Loong Tse Han, Singapore Dr Osman Abbasoglu, Turkiye	<b>Symposium 12: Advances in Nutrition Practices</b>  Chairs: Dr Aung Myint Oo, Singapore Dr Reynaldo Sinamban, Philippines	
0900 - 0920	18 mins presentation	<b>Evolving Perioperative Care in Colorectal Surgery: Integrating ERAS Principles and Nutritional Strategies</b> Dr How Kwang Yeong, Singapore	0900 - 0920	18 mins presentation
0920 - 0945	25 mins presentation	<b>Comprehensive Perioperative Care in Upper GI Surgery: Balancing Surgical Techniques and Nutritional Support</b> Dr Mohammad Shukri Jahit, Malaysia	0920 - 0940	18 mins presentation
0945 - 1010	25 mins presentation	<b>Advances in Perioperative Nutrition Optimisation</b> Prof Stanislaw Klek, Poland	0940 - 1000	18 mins presentation
1000 - 1020	20 mins discussion	<b>Panel Discussion: Implementing Effective Perioperative Nutrition Strategies — Challenges and Solutions Across Surgical Specialties</b>	1000 - 1020	18 mins presentation
1020 - 1030	10 mins	Q&A	1020 - 1030	10 mins
1030 - 1100		Coffee/Tea Break, Exhibition & Poster Viewing		
1100 - 1230		Summit 1 <b>Symposium 13: Gems of Academia</b>  Chairs: A/Prof Dr Frederick Koh, Singapore A/Prof Tan Kok Yang, Singapore		
1100 - 1120	18 mins presentation	<b>The Gold of Grant Writing</b> A/Prof Sunny Wong, Singapore		
1120 - 1140	18 mins presentation	<b>The Diamond of Designing a Trial</b> Prof Philipp Schütz, Switzerland		
1140 - 1200	18 mins presentation	<b>The Ruby of Research Reporting</b> Prof Rocco Barazzoni, Italy		
1200 - 1220	18 mins presentation	<b>Pearls from an Editor</b> Prof Jeyakumar Henry, Singapore		
1220 - 1230	10 mins	Q&A		
1230 - 1300		Summit 1 Chair: A/Prof Will Loh, Singapore  <b>Plenary 10: AI in Clinical Nutrition</b> Prof Pierre Singer, Israel		
1300 - 1350		Summit 1 <b>Awards &amp; Closing Ceremony</b>  <b>Closing Speech by Scientific Chair of PENSA 2025</b> Dr Andrew Li, Singapore  <b>Award Presentations</b>  <b>Closing Speech by President of PENSA 2025</b> Dr Doris Ng, Singapore		

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