

RENAL NUTRITION CONFERENCE 2026

Date: 10 – 11 October 2026

Venue: Grand Dorsett Subang

Theme: Translating Nutrition Evidence into Kidney Patient Care

Programme

Day 1 (10 October 2026 - Saturday)		
Time	Programme	
0800 – 0830	Registration	
0830 – 0900	Opening Ceremony	
Session 1: What’s New in Renal Nutrition?		
Chairperson: Assoc. Prof. Dr. Zulfitri Azuan Mat Daud		
0900 – 0940	Obesity Management Across CKD Stages	
	Speaker: Dr. Rosnawati Yahya (Consultant Nephrologist, Sunway Medical Centre)	
0940 - 1020	Ultra-Processed Foods and Why It Matters in Kidney Disease?	
	Speaker: Prof. Dr. Tilakavati Karupaiah (Dietetics Professor, Monash University)	
1020 – 1050	Tea break	
Session 2: The Great Protein Debate		
Chairperson: Dr. Sharmela Sahathevan		
1050 – 1130	Debate: Animal vs Plant-Based Proteins in the CKD Diet	
	Panel 1: Dr. Khor Ban Hock (Dietetics Lecturer, UMS)	
	Panel 2: Prof. Dr. Tilakavati Karupaiah (Dietetics Professor, Monash University)	
Session 3: Protein Energy Wasting and Nutrition Support in CKD		
	Track A - Practical Care	Track B - Advanced Nutrition
	Chairperson: Prof. Dr. Tilakavati	Chairperson: Dr. Khor Ban Hock
1130 – 1200	Food Exchange for Protein Counting	Protein Restriction in Non-dialysis CKD
	Speaker: Ms. Lau Wai Pooi (Dietitian, UMMC)	Speaker: Assoc. Prof. Dr. Wan Ahmad Hafiz (Consultant Nephrologist, UMMC)
1200 – 1230	Identifying Sarcopenia, Frailty and Protein-Energy Wasting in CKD Patients	Management of Sarcopenia in CKD
	Speaker: Assoc. Prof. Dr. Zulfitri Azuan Mat Daud (Dietitian, UPM)	Speaker: Assoc. Prof. Dr. Nor Fadhlina Zakaria (Consultant Nephrologist, HSAAH, UPM)
1230 – 1300	Oral Nutritional Supplements (ONS): When and How to Use in Dialysis?	Intradialytic Nutrition: Evidence and Practical Implementation
	Speaker: Dr. Sharmela Sahathevan (Dietetics Lecturer, IMU)	Speaker: Dr. Birinder Kaur Sadu Singh (Pharmacist, HTCM, UKM)
1300 – 1310	Q & A Session	Q & A Session
1310 - 1320	Seating Arrangement & Food Distribution	
1320 - 1410	Lunch Symposium	
	Determining Dry Weight for Patients on Dialysis	
	Chairperson: Assoc. Prof. Dr. Zulfitri Azuan Mat Daud	
	Speaker: Dr. Bee Boon Cheak (Consultant Nephrologist, Hospital Selayang)	

Day 1 (10 October 2026 - Saturday)		
Session 4: Practical Issues for Management in Patient-Centered Care		
	Track A - Practical Care Chairperson: Dr. Sharmela Sahathevan	Track B - Advanced Nutrition Chairperson: Dr. Nurul Zaynah Binti Nordin
1420 – 1450	Managing Sodium Intake in Dialysis Patients Speaker: Ms. Teong Lee Fang (<i>Clinical Dietitian, Hospital Selayang</i>)	Management of Hyperkalemia in CKD Speaker: Dr. Sunita Bavanandan (<i>Senior Consultant Nephrologist KPJ Tawakkal, Columbia Asia Setapak and HKL</i>)
1450 – 1520	Interdialytic Weight Gain: Monitoring & Patient Education Speaker: Ms. Siti Fatimah Basir (<i>Senior Dialysis Manager, NKF</i>)	Dietary Patterns and CKD Speaker: Dr. Khor Ban Hock (<i>Dietetics Lecturer, UMS</i>)
1520 – 1530	Q & A Session	Q & A Session
1530 – 1600	Tea Break	
Session 5: Digital and Innovative Approaches in CKD Nutrition Care		
Chairperson: Ms. Teong Lee Fang		
1600 – 1640	Mobile Applications and Digital Tools in Renal Nutrition Care Speaker: Mr. Leong Sim Kian (<i>Clinical Dietitian, MOH</i>)	
Session 6: Hands-on Workshop		
	Track A - Practical Care	Track B - Advanced Nutrition
1640 – 1730	Nutrition Screening in CKD Patients Facilitator 1: Dr. Sharmela Sahathevan (<i>Dietetics Lecturer, IMU</i>), Facilitator 2: Ms. Nurul Husna Binti Abu Bakar (<i>Asst Manager Dietitian, NKF</i>)	From Case Study to Counter Order: Practical CKD MNT Strategies Facilitator 1: Dr. Khor Ban Hock, (<i>Dietetics Lecturer, UMS</i>) Facilitator 2: Ms. Teong Lee Fang (<i>Clinical Dietitian, Hospital Selayang</i>)

Day 2 (11 October 2026 - Sunday)	
Time	Programme
0800 – 0830	Registration - Attendance Day 2
Session 7: Special Topics in CKD Nutrition Care Chairperson: Prof. Dr. Tilakavati Karupiah	
0830 – 0910	Gut Microbiome in CKD Speaker: Prof. Dr. Denise Mafra (Fluminense Federal University, Brazil)
0910 – 0950	Prescription of Physical activity for CKD Speaker: Dr. Muhammad Iqbal Abdul Hafidz (<i>Consultant Nephrologist, HASA, UiTM</i>)
0950 – 1030	Managing Nutrition During Ramadan and Festive Seasons Speaker: Assoc. Prof. Dr. Zulfitri Azuan Mat Daud (<i>Dietitian, UPM</i>)

1030 – 1100	Tea break
Session 8: One-2-One in Patient-Centred Care Chairperson: Dr. Khor Ban Hock	
1100 – 1140	Counselling Techniques for CKD Patients Speaker: Dr. Aishah Siddiqah Binti Alimuddin (<i>Psychiatrist & Medical lecturer, UPM</i>)
1140 – 1240	FORUM: My patients can't follow the diet, what can I do? Co-designing intervention with CKD patients to improve dietary adherence in kidney care Panels: Dr. Nurul Zaynah Binti Nordin (<i>Consultant Nephrologist, HKL</i>), Ms. Fatimah Hasanah (<i>CKD Nurse, UMMC</i>), Ms. Lau Wai Pooi (<i>Dietitian, UMMC</i>), Ms. Fariza Begum Osman (<i>Dialysis patient</i>)
1240 – 1300	Conference Summary and Closing
1300 - 1400	Lunch