

RENAL NUTRITION Conference 2026

Translating Nutrition Evidence into
Kidney Patient Care



SCIENTIFIC PROGRAMME

Day 1 (10 October 2026 - Saturday)		
Time	Programme	
0730 – 0830	Registration	
0830 – 0840	Welcome Speech <i>Dr. Thiruventhiran Thilagananthan</i> <i>Vice Chairman, National Kidney Foundation of Malaysia</i>	
0840 - 0900	OPENING CEREMONY <i>Dr. Izzuna Mudla binti Mohamed Ghazali</i> <i>Deputy Director, Medical Development Division, Ministry of Health, Malaysia</i>	
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 (<i>Consultant Nephrologist, Sunway Medical Centre</i>)	
0940 - 1020	Ultra-Processed Foods and Why It Matters in Kidney Disease? Speaker: Prof. Dr. Tilakavati Karupaiah (<i>Dietetics Professor, Monash University</i>)	
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 (<i>Dietetics Lecturer, UMS</i>) Panel 2: Prof. Dr. Tilakavati Karupaiah (<i>Dietetics Professor, Monash University</i>)	
Session 3: Protein Energy Wasting and Nutrition Support in CKD		
	Track A - Practical Care Chairperson: Prof. Dr. Tilakavati	Track B - Advanced Nutrition Chairperson: Dr. Khor Ban Hock
1130 – 1200	Food Exchange for Protein Counting Speaker: Ms. Lau Wai Pooi (<i>Dietitian, UMMC</i>)	Protein Restriction in Non-dialysis CKD Speaker: Assoc. Prof. Dr. Wan Ahmad Hafiz (<i>Consultant Nephrologist, UMMC</i>)
1200 – 1230	Identifying Sarcopenia, Frailty and Protein-Energy Wasting in CKD Patients Speaker: Assoc. Prof. Dr. Zulfitri Azuan Mat Daud (<i>Dietitian, UPM</i>)	Management of Sarcopenia in CKD Speaker: Assoc. Prof. Dr. Nor Fadhlina Zakaria (<i>Consultant Nephrologist, HSAAH, UPM</i>)

RENAL NUTRITION Conference 2026

Translating Nutrition Evidence into
Kidney Patient Care



Day 1 (10 October 2026 - Saturday)

Day 1 (10 October 2026 - Saturday)		
1230 – 1300	Oral Nutritional Supplements (ONS): When and How to Use in Dialysis? Speaker: Dr. Sharmela Sahathevan <i>(Dietetics Lecturer, IMU)</i>	Intradialytic Nutrition: Evidence and Practical Implementation Speaker: Dr. Birinder Kaur Sadu Singh <i>(Pharmacist, HTCM, UKM)</i>
1300 – 1310	Q & A Session	Q & A Session
1310 - 1320	Main Conference Hall: 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 <i>(Consultant Nephrologist, Hospital Selayang)</i>	
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

RENAL NUTRITION Conference 2026

Translating Nutrition Evidence into
Kidney Patient Care



Day 1 (10 October 2026 - Saturday)

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)

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 Karupaiah	
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 Nordin (<i>Consultant Nephrologist, HKL</i>) Ms. Fatimah Hasanah Mohd Radzi (<i>CKD Nurse, UMMC</i>) Ms. Lau Wai Pooi (<i>Dietitian, UMMC</i>) Ms. Fariza Begum Osman (<i>Dialysis Patient</i>)

RENAL NUTRITION *Conference* 2026

Translating Nutrition Evidence into
Kidney Patient Care



1240 – 1300	Conference Summary by Prof. Dr. Tilakavati Karupaiah and Closing
1300 - 1400	Lunch