

RENAL NUTRITION *Conference* 2026

Translating Nutrition Evidence into
Kidney Patient Care



SPEAKERS' SUMMARY

SESSION 1

What's New in Renal Nutrition?

Chairperson	Assoc. Prof. Dr. Zulfitri Azuan Mat Daud
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SPEAKERS' SUMMARY



DR. ROSNAWATI YAHYA

PRESIDENT, MALAYSIAN SOCIETY OF NEPHROLOGY (MSN)

CONSULTANT NEPHROLOGIST & KIDNEY TRANSPLANT PHYSICIAN, SUNWAY MEDICAL CENTRE

SESSION 1 – WHAT'S NEW IN RENAL NUTRITION?

Obesity Management Across CKD Stages

Dr. Rosnawati Yahya is a distinguished nephrologist and kidney transplant physician with extensive clinical, leadership, and research experience in nephrology and renal transplantation. She has served in various senior clinical and leadership positions, including Consultant Nephrologist at Hospital Kuala Lumpur and Head of the Transplantation Unit and Senior Consultant Nephrologist, Department of Nephrology, **Hospital Kuala Lumpur**. She currently serves as a **Resident Nephrologist and Kidney Transplant Physician at Sunway Medical Centre**.

Dr. Rosnawati Yahya is the **current President of the Malaysian Society of Nephrology (MSN)**. She also has held other leadership roles in the Malaysian Society of Transplantation (Past President) and Post Graduate Renal Society Malaysia. Her areas of clinical and professional interest include kidney transplantation, glomerular diseases—particularly lupus nephritis and IgA nephropathy—haemodialysis, and quality in healthcare. She has been involved in both industry-sponsored and investigator-initiated research, particularly in glomerular disease, kidney transplantation, and chronic kidney disease.

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SPEAKERS' SUMMARY



PROF. DR. TILAKAVATI KARUPAIAH

DIETETICS PROFESSOR, MONASH UNIVERSITY

SESSION 1 – WHAT'S NEW IN RENAL NUTRITION?

Ultra-Processed Foods and Why It Matters in Kidney Disease?

Prof. Dr. Tilakavati Karupaiah is an Accredited Practicing Dietitian (APD) and a Professor at Monash University, Malaysia. She received her postgraduate qualifications from Malaysia and India, specialising in nutrition. She obtained her Bachelor of Science in Nutrition & Dietetics as well as her Master of Science (Home Science) from University of Madras, India. Then she got another Master of Science from University of Malaya (UM) and her PhD in Nutrition from Universiti Kebangsaan Malaysia (UKM).

Prof. Dr. Tilakavati Karupaiah is a distinguished nutrition scientist and dietitian with extensive expertise in renal nutrition, metabolism and nutritional biochemistry. Her research and professional work have contributed significantly to the advancement of nutrition care for patients with kidney disease, particularly those undergoing haemodialysis. She has been actively involved in renal nutrition research, education and capacity building at both national and international levels, including the Global Renal Internet Course for Dietitians (GRID).

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SPEAKERS' SUMMARY

SESSION 2

The Great Protein Debate

Chairperson	Dr. Sharmela Sahathevan
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SPEAKERS' SUMMARY

THE GREAT PROTEIN DEBATE

DEBATE: ANIMAL VS PLANT-BASED PROTEINS IN THE CKD DIET



DR. KHOR BAN HOCK



PROF. DR. TILAKAVATI KARUPAIAH

Dr. Khor Ban Hock is a dietitian and academician with expertise in renal nutrition, chronic kidney disease and nutrition support in haemodialysis. He holds a PhD in Dietetics from Universiti Kebangsaan Malaysia and a Master of Public Health from the University of Edinburgh. His research includes dietary adherence in chronic kidney disease, protein-energy wasting in haemodialysis, and the development of homemade oral nutrition supplements for patients with kidney failure. He has published 51 Scopus-indexed publications and serves as Associate Editor of Public Health Nutrition.

Prof. Dr. Tilakavati Karupaiah is a distinguished nutrition scientist and dietitian with extensive expertise in renal nutrition, metabolism and nutritional biochemistry. Her research and professional work have contributed significantly to the advancement of nutrition care for patients with kidney disease, particularly those undergoing haemodialysis. She has been actively involved in renal nutrition research, education and capacity building at both national and international levels, including the Global Renal Internet Course for Dietitians (GRID).

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SPEAKERS' SUMMARY

SESSION 3

Protein Energy Wasting & Nutrition
Support in CKD

(TRACK A)

Chairperson	Prof. Dr. Tilakavati Karupaiah
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SPEAKERS' SUMMARY



MS. LAU WAI POOI
DIETITIAN, UNIVERSITY MALAYA MEDICAL CENTRE (UMMC)

SESSION 3: PROTEIN ENERGY WASTING & NUTRITION SUPPORT IN CKD
TRACK A – PRACTICAL CARE

Food Exchange for Protein Counting

Ms. Lau Wai Pooi is an experienced clinical dietitian at University Malaya Medical Centre, where she has been serving since 2008. She holds a Bachelor's degree in Dietetics from Universiti Kebangsaan Malaysia and a Master's degree in Medical Science from the University of Malaya. Her professional interests include medical nutrition therapy for renal disease, diabetes mellitus, hypertension and weight management, with extensive experience working closely with multidisciplinary renal teams.

With a strong focus on renal nutrition, Ms. Lau has collaborated in research involving patients with chronic kidney disease, peritoneal dialysis patients, and kidney transplant recipients. Her research has included the relationship between dietary intake, proteinuria and metabolic acidosis among kidney transplant recipients, as well as dietary management in advanced CKD. She has also contributed her expertise to national renal care initiatives and was an external reviewer for Malaysia's Clinical Practice Guidelines on Conservative Kidney Management for Advanced Chronic Kidney Disease.

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SPEAKERS' SUMMARY



ASSOC. PROF. DR. ZULFITRI AZUAN MAT DAUD
DIETETICS LECTURER, UNIVERSITI PUTRA MALAYSIA (UPM)

SESSION 3: PROTEIN ENERGY WASTING & NUTRITION SUPPORT IN CKD **TRACK A – PRACTICAL CARE**

Identifying Sarcopenia, Frailty and Protein-Energy Wasting in CKD Patients

Assoc. Prof. Dr. Zulfitri 'Azuan Mat Daud is a dietitian, academician, and healthcare administrator with extensive experience in renal nutrition, clinical dietetics education, and patient-centred nutrition care. He is currently the **Deputy Director of Clinical Support Services at Hospital Sultan Abdul Aziz Shah, Universiti Putra Malaysia**, and an Associate Professor in Dietetics at UPM. His academic and clinical work focuses on **renal nutrition, chronic kidney disease, protein-energy wasting, sarcopenia, body composition assessment, dietary adherence, and practical nutrition care for patients with CKD and dialysis**. He has published widely in these areas, including work on malnutrition development in haemodialysis patients, muscle status response to oral nutritional supplementation, nutrition literacy and dietary adherence, dietary patterns in dialysis, and Ramadan-related nutrition issues among haemodialysis patients. Dr. Zulfitri's work is strongly grounded in translating evidence into real-world practice, particularly in settings where nutrition recommendations must be adapted to local food culture, religious practices, patient behaviour, and health-system constraints. His research and professional contributions have supported the development of more practical, culturally relevant approaches to kidney nutrition care in Malaysia and the wider region.

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SPEAKERS' SUMMARY



DR. SHARMELA SAHATHEVAN
DIETETICS LECTURER, INTERNATIONAL MEDICAL UNIVERSITY (IMU)

SESSION 3: PROTEIN ENERGY WASTING & NUTRITION SUPPORT IN CKD TRACK A – PRACTICAL CARE

Oral Nutritional Supplements (ONS): When and How to Use in Dialysis?

Dr. Sharmela Sahathevan is a dietitian, academician and researcher with extensive expertise in **renal nutrition, haemodialysis, protein-energy wasting and nutritional assessment in kidney disease**. She holds a PhD and MSc in Dietetics from Universiti Kebangsaan Malaysia and a BSc in Dietetics from Universiti Putra Malaysia. She has been involved in teaching and academic research at IMU and has contributed extensively to research focused on nutritional status, muscle wasting and nutrition interventions among patients with kidney disease. Dr. Sharmela has authored and co-authored numerous peer-reviewed publications in leading journals, with research spanning **protein-energy wasting, nutritional assessment, dietary patterns, hyperphosphatemia and muscle health in haemodialysis patients**. Her work includes research on nutritional supplementation, ultrasound assessment of muscle mass and mobile-based nutrition interventions for patients with kidney disease. She has received several recognitions, including the **Young Investigator Award from the Malaysian Society of Nephrology**, and currently serves on the **Scientific Committee of the 6th Renal Nutrition Conference 2026**.

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SPEAKERS' SUMMARY

SESSION 3

Protein Energy Wasting & Nutrition
Support in CKD

(TRACK B)

Chairperson	Dr. Khor Ban Hock
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SPEAKERS' SUMMARY



ASSOC. PROF. DR. WAN AHMAD HAFIZ
CONSULTANT NEPHROLOGIST & MEDICAL LECTURER, UNIVERSITY MALAYA MEDICAL CENTRE

SESSION 3: PROTEIN ENERGY WASTING & NUTRITION SUPPORT IN CKD
TRACK B – ADVANCED NUTRITION

Protein Restriction in Non-dialysis CKD

Assoc. Prof. Dr. Wan Ahmad Hafiz Wan Md Adnan is a Consultant Nephrologist and General Internal Medicine Physician at University Malaya Medical Centre, where he also serves as a medical lecturer and Head of the Nephrology Unit. He graduated in Medicine and Surgery from the National University of Ireland, Galway, and obtained his Membership of the Royal College of Physicians of Ireland (MRCPI). He subsequently pursued specialist training in nephrology and has been involved in clinical care, medical education and postgraduate nephrology training at Universiti Malaya.

His clinical and academic interests include electrolyte disorders, obstetric nephrology, acute and chronic kidney disease, hypertension, dialysis and kidney transplantation. He has contributed to research and publications across various areas of nephrology, including studies involving haemodialysis and renal transplantation, and has participated in research examining the genetic contribution to renal transplant outcomes in Malaysia. His work reflects a strong commitment to advancing kidney care through clinical practice, education and research.

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SPEAKERS' SUMMARY



ASSOC. PROF. DR. NOR FADHLINA ZAKARIA
CONSULTANT NEPHROLOGIST, HOSPITAL SULTAN ABDUL AZIZ SHAH @ UPM

SESSION 3: PROTEIN ENERGY WASTING & NUTRITION SUPPORT IN CKD **TRACK B – ADVANCED NUTRITION**

Management of Sarcopenia in CKD

Assoc. Prof. Dr. Nor Fadhlina Zakaria is a Consultant Nephrologist and Associate Professor at Universiti Putra Malaysia (UPM), with clinical practice in Internal Medicine and Nephrology. She obtained her MD from Universiti Kebangsaan Malaysia and her Master of Medicine in Internal Medicine from UKM, followed by specialist training in Nephrology. She has been actively involved in clinical service, medical education and postgraduate training, and currently serves as the Managing Director of Hospital Sultan Abdul Aziz Shah (HSAAS), UPM.

Her professional and academic interests encompass clinical nephrology, haemodialysis, peritoneal dialysis, chronic kidney disease, acute kidney injury, hypertension and kidney transplantation. She has contributed to research in areas including dialysis and glycaemic variability among patients with end-stage kidney disease, and has been involved in national clinical education and guideline development. She was also a speaker at the National Kidney Foundation's Annual Dialysis Conference and CKD Train-the-Educators Workshop, sharing her expertise in dialysis care and chronic kidney disease management.

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SPEAKERS' SUMMARY



DR. BIRINDER KAUR SADU SINGH
PHARMACIST, HOSPITAL CANSELOR TUANKU MUHRIZ @ UKM

SESSION 3: PROTEIN ENERGY WASTING & NUTRITION SUPPORT IN CKD **TRACK B – ADVANCED NUTRITION**

Intradialytic Nutrition: Evidence and Practical Implementation

Dr. Birinder Kaur A/P Sadu Singh is a pharmacist with extensive experience in sterile pharmacy services and clinical nutrition at Hospital Canselor Tuanku Muhriz (HCTM), Universiti Kebangsaan Malaysia. She currently serves as the **Head of the Sterile Pharmacy Unit** and is also involved in teaching and postgraduate pharmacy education at UKM. Her professional experience spans aseptic compounding, parenteral nutrition, cytotoxic drug reconstitution and the development of pharmacy and clinical nutrition services within the hospital.

Dr. Birinder has developed a particular academic and research interest in parenteral nutrition and nutritional support for haemodialysis patients, including intradialytic parenteral nutrition (IDPN) for patients at risk of protein-energy wasting. Her research has explored the implementation of IDPN in Malaysian haemodialysis settings, as well as the formulation and clinical application of parenteral nutrition. She has contributed to peer-reviewed publications in renal nutrition and parenteral nutrition and continues to support multidisciplinary approaches to nutritional care in kidney disease.

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SPEAKERS' SUMMARY

LUNCH SYMPOSIUM

Determining Dry Weight for Patients on Dialysis

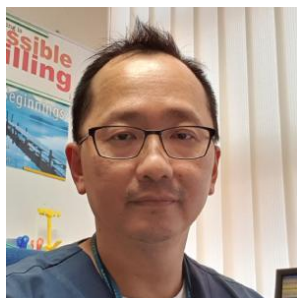
Chairperson	Assoc. Prof. Dr. Zulfitri Azuan Mat Daud
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SPEAKERS' SUMMARY



DR. BEE BOON CHEAK
CONSULTANT NEPHROLOGIST, HOSPITAL SELAYANG

LUNCH SYMPOSIUM

Determining Dry Weight for Patients on Dialysis

Dr. Bee Boon Cheak is a **Consultant Nephrologist** and currently serves as the **Head of the Department of Nephrology at Hospital Selayang**, one of Malaysia's major tertiary referral centres for nephrology, dialysis and renal transplantation. He obtained his Doctor of Medicine (MD) from Universiti Kebangsaan Malaysia and his Membership of the Royal Colleges of Physicians of the United Kingdom (MRCP(UK)), followed by specialist training in Nephrology under the Ministry of Health Malaysia. He is registered with the National Specialist Register in both Internal Medicine and Nephrology.

Dr. Bee has broad clinical experience in clinical nephrology, haemodialysis, peritoneal dialysis, kidney transplantation, acute kidney injury and chronic kidney disease. He is also involved in the care of patients across Hospital Selayang's haemodialysis, peritoneal dialysis and renal transplant services, and has contributed to research in areas of dialysis and kidney disease. In 2025, he was invited as a speaker at the Annual Dialysis Conference, where he presented on optimising dialysis doses and assessing Kt/V and other dialysis adequacy measures.

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SPEAKERS' SUMMARY

SESSION 4

Practical Issues for Management in
Patient-Centered Care

(TRACK A)

Chairperson	Dr. Sharmela Sahathevan
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SPEAKERS' SUMMARY



MS. TEONG LEE FANG
CLINICAL DIETITIAN, HOSPITAL SELAYANG

SESSION 4: PRACTICAL ISSUES FOR MANAGEMENT IN PATIENT-CENTERED CARE

TRACK A – PRACTICAL CARE

Managing Sodium Intake in Dialysis Patients

Ms. Teong Lee Fang is a **certified dietitian** with **more than a decade of clinical experience** at Hospital Selayang, Ministry of Health Malaysia, where she has been serving since 2011. She holds a Bachelor of Dietetics (Hons) from Universiti Kebangsaan Malaysia and a Master's degree in Bioscience from Taylor's University. Her special interest lies in Medical Nutrition Therapy for chronic kidney disease, covering patients across the pre-dialysis, dialysis, renal transplantation and conservative care stages. She is also actively involved in professional education, having served as a speaker and facilitator at numerous national conferences, workshops and continuing professional development programmes in renal nutrition. Ms. Teong has contributed extensively to the development of renal nutrition education, clinical practice and policy in Malaysia. She has **served as a subject matter expert and reviewer for national guidelines, including the Ministry of Health Clinical Practice Guideline on Conservative Management for Chronic Kidney Disease**, and has contributed to professional resources and research projects related to CKD and dialysis nutrition. Her research interests include dietary phosphate management, nutrition education and nutritional care in haemodialysis, including the development and evaluation of a mobile application for hyperphosphatemia management.

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SPEAKERS' SUMMARY



MS. SITI FATIMAH BASIR
SENIOR DIALYSIS MANAGER, NKF

SESSION 4: PRACTICAL ISSUES FOR MANAGEMENT IN PATIENT-CENTERED CARE

TRACK A – PRACTICAL CARE

Interdialytic Weight Gain: Monitoring & Patient Education

Ms. Siti Fatimah binti Basir is a highly experienced dialysis-care professional and currently serves as Senior Dialysis Manager at the National Kidney Foundation of Malaysia (NKF). With many years of experience in the management of dialysis services, she has been actively involved in supporting the delivery of safe, effective and patient-centred care for individuals living with kidney failure. Beyond her managerial responsibilities, Ms. Siti Fatimah has contributed actively to professional education and multidisciplinary kidney-care programmes. She has served as a co-chairperson for major NKF scientific meetings, including the 5th Renal Nutrition Conference 2024, where she co-chaired sessions addressing nutrition-related aspects of kidney care, and the Annual Dialysis Conference 2025, where she contributed to programmes covering patient-centred kidney care and dialysis-related clinical issues. Her extensive practical experience in dialysis service management and her involvement in professional education provide valuable perspectives on translating multidisciplinary knowledge into meaningful, patient-focused care for people undergoing dialysis.

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SPEAKERS' SUMMARY

SESSION 4

Practical Issues for Management in
Patient-Centered Care

(TRACK B)

Chairperson	Dr. Nurul Zaynah Nordin
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SPEAKERS' SUMMARY



DR. SUNITA BAVANANDAN

SENIOR CONSULTANT NEPHROLOGIST, KPJ TAWAKKAL, COLUMBIA ASIA SETAPAK AND HKL

SESSION 4: PRACTICAL ISSUES FOR MANAGEMENT IN PATIENT-CENTERED CARE

TRACK B – ADVANCED NUTRITION

Management of Hyperkalemia in CKD

Dr. Sunita Bavanandan is a distinguished Malaysian nephrologist with extensive experience in clinical nephrology, dialysis and kidney care. She graduated from the University of Queensland and obtained her Membership of the Royal College of Physicians of the United Kingdom, followed by Fellowship of the Royal College of Physicians of Edinburgh and further nephrology training in the United Kingdom. She **previously served as Head of the Department of Nephrology at Hospital Kuala Lumpur and National Head of Nephrology Services, Ministry of Health Malaysia**, and has held leadership positions including **Past President of the Malaysian Society of Nephrology (MSN)**. Dr. Sunita has made significant contributions to the development of kidney care at both national and international levels. **She currently serves as Chair of the Malaysian National Renal Registry, Honorary Secretary of the Asian Pacific Society of Nephrology, and a member of the Steering Committee of the International Home Dialysis Consortium.** She has also contributed to Malaysian and international clinical practice guidelines, including the APSN Clinical Practice Guideline on Diabetic Kidney Disease, and has authored and contributed to research and registry publications in nephrology and dialysis. Her recent academic work includes publications on diabetic and metabolic-associated kidney disease, reflecting her continued contribution to advancing evidence-based kidney care.

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SPEAKERS' SUMMARY



DR. KHOR BAN HOCK
SENIOR LECTURER, UNIVERSITI MALAYSIA SABAH (UMS)

SESSION 4: PRACTICAL ISSUES FOR MANAGEMENT IN PATIENT-CENTERED CARE

TRACK B – ADVANCED NUTRITION

Dietary Patterns and CKD

Dr. Khor Ban Hock is a dietitian and academician with expertise in **renal nutrition, chronic kidney disease and nutrition support in haemodialysis**. He holds a PhD in Dietetics from Universiti Kebangsaan Malaysia and a Master of Public Health from the University of Edinburgh. He has previously served as a clinical dietitian at Hospital Selayang and as Head of Department/Clinical Dietitian at Hospital Kapit. He is currently working as a Senior Lecturer at the Faculty of Food Science and Nutrition, Universiti Malaysia Sabah (UMS).

His research focuses on **dietary adherence in chronic kidney disease, protein-energy wasting in haemodialysis, and nutrition support**, including the development and evaluation of homemade oral nutrition supplements for patients on haemodialysis. He has 51 Scopus-indexed publications with over 1,000 citations and currently serves as **Associate Editor of *Public Health Nutrition*** and Guest Editor for *BMC Nephrology*.

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SPEAKERS' SUMMARY

SESSION 5

Digital & Innovative Approaches in CKD
Nutrition Care

Chairperson	Ms. Teong Lee Fang
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SPEAKERS' SUMMARY



MR. LEONG SIM KIAN
CLINICAL DIETITIAN & PHD CANDIDATE (UPM), MINISTRY OF HEALTH

SESSION 5 – DIGITAL & INNOVATIVE APPROACHES IN CKD NUTRITION CARE

Mobile Applications and Digital Tools in Renal Nutrition Care

Mr. Leong Sim Kian is a registered dietitian with a strong clinical and academic background in dietetics and clinical nutrition, with particular experience in renal nutrition. He holds a **Bachelor of Dietetics (Hons.)** from **Universiti Sultan Zainal Abidin** and a **Master of Science in Clinical Nutrition** from **Universiti Putra Malaysia**. He has served as a clinical dietitian at Hospital Pakar Sultanah Fatimah, Muar, and is **currently pursuing his PhD in Dietetics at Universiti Putra Malaysia as a Ministry of Health scholar.**

Mr. Leong has presented his work at national and international conferences, with research interests including dietary intake, nutritional status, quality of life and nutrition management among patients with chronic kidney disease and those undergoing dialysis. He has also been invited as a speaker for various renal nutrition and professional education programmes, including the Medical Nutrition Therapy on Renal Nutrition Workshop and the Chronic Kidney Disease Decisive Knowledge Camp. His contributions to dietetics research have been recognised through awards including Best Poster Presentation (First Place) at the national level and an Excellent Service Award from the Ministry of Health, Johor Division.

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SPEAKERS' SUMMARY

SESSION 6

Hands-on Workshop

(TRACK A)

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SPEAKERS' SUMMARY



DR. SHARMELA SAHATHEVAN
DIETETICS LECTURER, IMU

SESSION 6: HANDS-ON WORKSHOP

TRACK A – PRACTICAL CARE

Nutrition Screening in CKD Patients

Dr. Sharmela Sahathevan is a dietitian, academician and researcher with extensive expertise in **renal nutrition, haemodialysis, protein-energy wasting and nutritional assessment in kidney disease**. She holds a PhD and MSc in Dietetics from Universiti Kebangsaan Malaysia and a BSc in Dietetics from Universiti Putra Malaysia. She has been involved in teaching and academic research at IMU and has contributed extensively to research focused on nutritional status, muscle wasting and nutrition interventions among patients with kidney disease. Dr. Sharmela has authored and co-authored numerous peer-reviewed publications in leading journals, with research spanning **protein-energy wasting, nutritional assessment, dietary patterns, hyperphosphatemia and muscle health in haemodialysis patients**. Her work includes research on nutritional supplementation, ultrasound assessment of muscle mass and mobile-based nutrition interventions for patients with kidney disease. She has received several recognitions, including the **Young Investigator Award from the Malaysian Society of Nephrology**, and currently serves on the **Scientific Committee of the 6th Renal Nutrition Conference 2026**.

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SPEAKERS' SUMMARY



MS. NURUL HUSNA ABU BAKAR
ASST. MANAGER DIETITIAN, NKF

SESSION 6: HANDS-ON WORKSHOP

TRACK A – PRACTICAL CARE

Nutrition Screening in CKD Patients

Ms. Nurul Husna Abu Bakar is a dietitian with experience in **renal nutrition and chronic kidney disease (CKD) care**, serving with the National Kidney Foundation of Malaysia (NKF). She is involved in providing nutrition education and support for patients with kidney disease and has contributed to professional education programmes for healthcare professionals. Her involvement with NKF includes delivering educational sessions on CKD and nutrition, reflecting her commitment to strengthening dietary management as an integral part of multidisciplinary kidney care.

Ms. Nurul Husna has also been involved in **CKD education and case-based learning for healthcare professionals**, including the NKF CKD Train-the-Educators Workshop, where she presented a case study focusing on dietary management of a patient with Stage 3B CKD and albuminuria. Through her clinical and educational work, she contributes to improving understanding of practical nutrition strategies for people living with CKD and supporting healthcare professionals in delivering effective, patient-centred renal nutrition care.

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SPEAKERS' SUMMARY

SESSION 6

Hands-on Workshop

(TRACK B)

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SPEAKERS' SUMMARY



DR. KHOR BAN HOCK
DIETETICS LECTURER, UNIVERSITI MALAYSIA SABAH (UMS)

SESSION 6: HANDS-ON WORKSHOP TRACK B – ADVANCED NUTRITION

From Case Study to Counter Order: Practical CKD MNT Strategies

Dr. Khor Ban Hock is a dietitian and academician with expertise in **renal nutrition, chronic kidney disease and nutrition support in haemodialysis**. He holds a PhD in Dietetics from Universiti Kebangsaan Malaysia and a Master of Public Health from the University of Edinburgh. He has previously served as a clinical dietitian at Hospital Selayang and as Head of Department/Clinical Dietitian at Hospital Kapit. He is currently working as a Senior Lecturer at the Faculty of Food Science and Nutrition, Universiti Malaysia Sabah (UMS).

His research focuses on **dietary adherence in chronic kidney disease, protein-energy wasting in haemodialysis, and nutrition support**, including the development and evaluation of homemade oral nutrition supplements for patients on haemodialysis. He has 51 Scopus-indexed publications with over 1,000 citations and currently serves as **Associate Editor of *Public Health Nutrition*** and Guest Editor for *BMC Nephrology*.

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SPEAKERS' SUMMARY



MS. TEONG LEE FANG
CLINICAL DIETITIAN, HOSPITAL SELAYANG

SESSION 6: HANDS-ON WORKSHOP **TRACK B – ADVANCED NUTRITION**

From Case Study to Counter Order: Practical CKD MNT Strategies

Ms. Teong Lee Fang is a certified dietitian with more than a decade of clinical experience at Hospital Selayang, Ministry of Health Malaysia, where she has been serving since 2011. She holds a **Bachelor of Dietetics (Hons) from Universiti Kebangsaan Malaysia** and a **Master's degree in Bioscience** from **Taylor's University**. Her special interest lies in Medical Nutrition Therapy for chronic kidney disease, covering patients across the pre-dialysis, dialysis, renal transplantation and conservative care stages. She is also actively involved in professional education, having served as a speaker and facilitator at numerous national conferences, workshops and continuing professional development programmes in renal nutrition. Ms. Teong has contributed extensively to the development of renal nutrition education, clinical practice and policy in Malaysia. She has served as a subject matter expert and reviewer for national guidelines, including the Ministry of Health Clinical Practice Guideline on Conservative Management for Chronic Kidney Disease, and has contributed to professional resources and research projects related to CKD and dialysis nutrition. Her research interests include dietary phosphate management, nutrition education and nutritional care in haemodialysis, including the development and evaluation of a mobile application for hyperphosphatemia management.

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SESSION 7

Special Topics in CKD Nutrition Care

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SPEAKERS' SUMMARY



PROFESSOR DR. DENISE MAFRA
FLUMINENSE FEDERAL UNIVERSITY, BRAZIL

SESSION 7 – SPECIAL TOPICS IN CKD NUTRITION CARE

Gut Microbiome in CKD

Professor Dr. Denise Mafra is a renowned researcher and academic in the fields of nutrition and nephrology, currently serving as a Full Professor at the Faculty of Nutrition and in the Graduate Programs in Medical Sciences and Nutrition Sciences at Fluminense Federal University (UFF), Brazil. She holds a degree in Nutrition from the Federal University of Santa Catarina, with a Master's and PhD in Food Science from the University of São Paulo, and has undertaken postdoctoral research at Hôpital E. Herriot in Lyon, France, and Karolinska Institutet in Sweden. Her research focuses on oxidative stress, inflammation, gut microbiota and nutrition as medicine in chronic kidney disease, and she has coordinated UFF's Renal Nutrition Outpatient Clinic since 2009. Professor Mafra has made substantial contributions to the understanding of the gut–kidney axis, particularly the relationship between gut microbiota, diet, inflammation and uremic toxin production in CKD. Her research continues to explore how nutritional strategies may influence gut microbiota and related metabolic and inflammatory pathways in kidney disease, making her an excellent speaker to share current insights on Gut Microbiome in CKD.

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SPEAKERS' SUMMARY



DR. MUHAMMAD IQBAL ABDUL HAFIDZ
CONSULTANT NEPHROLOGIST & MEDICAL LECTURER, HASA @ UiTM

SESSION 7 – SPECIAL TOPICS IN CKD NUTRITION CARE

Prescription of Physical Activity for CKD

Dr. Muhammad Iqbal Abdul Hafidz is a Consultant Physician and Nephrologist at Universiti Teknologi MARA (UiTM), where he currently serves as **Head of the Nephrology Service Centre and leads the Kidney Transplant Programme**. He has a particular interest in **extracorporeal therapy** and has played a key role in advancing haemodialysis services, including establishing the first fully haemodiafiltration centre in the country. He is also actively involved in medical education at both undergraduate and postgraduate levels, contributing to the development of future healthcare professionals in nephrology. Dr. Iqbal is actively engaged in national and international nephrology and transplantation initiatives. He is a council member of the **Malaysian Society of Transplantation** and was selected for the inaugural cohort of the **International Society of Nephrology Emerging Leaders Programme**, subsequently serving as Deputy Chair of the ISN Advocacy Working Group. He also leads the **Organ Donation Innovative Strategy in South East Asia (ODISSeA)** academic project in collaboration with the University of Barcelona and has been recognised for his work in organ donation and transplantation. His commitment to transplantation is further reflected in his research and advocacy efforts to strengthen kidney transplantation and organ-donation awareness in Malaysia.

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SPEAKERS' SUMMARY



ASSOC. PROF. DR. ZULFITRI AZUAN MAT DAUD
DIETETICS LECTURER, UNIVERSITI PUTRA MALAYSIA (UPM)

SESSION 7 – SPECIAL TOPICS IN CKD NUTRITION CARE

Managing Nutrition During Ramadan and Festive Seasons

Assoc. Prof. Dr. Zulfitri 'Azuan Mat Daud is a dietitian, academician, and healthcare administrator with extensive experience in renal nutrition, clinical dietetics education, and patient-centred nutrition care. He is currently the **Deputy Director of Clinical Support Services at Hospital Sultan Abdul Aziz Shah, Universiti Putra Malaysia**, and an Associate Professor in Dietetics at UPM. His academic and clinical work focuses on **renal nutrition, chronic kidney disease, protein-energy wasting, sarcopenia, body composition assessment, dietary adherence, and practical nutrition care for patients with CKD and dialysis**. He has published widely in these areas, including work on malnutrition development in haemodialysis patients, muscle status response to oral nutritional supplementation, nutrition literacy and dietary adherence, dietary patterns in dialysis, and Ramadan-related nutrition issues among haemodialysis patients. Dr. Zulfitri's work is strongly grounded in translating evidence into real-world practice, particularly in settings where nutrition recommendations must be adapted to local food culture, religious practices, patient behaviour, and health-system constraints. His research and professional contributions have supported the development of more practical, culturally relevant approaches to kidney nutrition care in Malaysia and the wider region.

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Translating Nutrition Evidence into
Kidney Patient Care



SPEAKERS' SUMMARY

SESSION 8

One-2-One in Patient-Centered Care

Chairperson	Dr. Khor Ban Hock
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SPEAKERS' SUMMARY



DR. AISHAH SIDDIQAH ALIMUDDIN
PSYCHIATRIST & MEDICAL LECTURER, UNIVERSITI PUTRA MALAYSIA (UPM)

SESSION 8 – ONE-2-ONE IN PATIENT-CENTERED CARE

Counselling Techniques for CKD Patients

Dr. Aishah Siddiqah Alimuiddin is a psychiatrist and medical lecturer at the Faculty of Medicine and Health Sciences, Universiti Putra Malaysia (UPM), and currently serves as a Consultation-Liaison Psychiatrist at Hospital Sultan Abdul Aziz Shah (HSAAS), UPM. She obtained her MBBS from Manipal University and Doctor in Psychiatry from Universiti Kebangsaan Malaysia, and has undertaken fellowship training in Consultation-Liaison Psychiatry. Her clinical and academic interests include **perinatal and women's mental health, cardiology and mental health, psychospirituality, mental health promotion, and mental health in education and the workplace**. She is also actively involved in undergraduate and postgraduate medical education and supervision. Her publications include research on postnatal depression awareness and policy in Malaysia, mental health interventions among young people, and psychological wellbeing. She has also contributed to national clinical guidance, including the **Ministry of Health Clinical Practice Guideline on Management of Bipolar Disorder**, and serves on initiatives related to perinatal mental health and mental health promotion. Her combination of clinical practice, research, education and public mental health engagement makes her a valuable contributor to multidisciplinary discussions on the psychological and psychosocial dimensions of patient care.

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SPEAKERS' SUMMARY



DR. NURUL ZAYNAH NORDIN
CONSULTANT NEPHROLOGIST, HOSPITAL KUALA LUMPUR

SESSION 8: ONE-2-ONE IN PATIENT-CENTERED CARE

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

Dr. Nurul Zaynah Nordin is a Consultant Nephrologist at Hospital Kuala Lumpur (HKL), with specialist registration in both Internal Medicine and Nephrology. She obtained her medical degree from Universiti Sains Malaysia and MRCP (UK), followed by nephrology subspecialty training under the Ministry of Health Malaysia, completing her nephrology fellowship in 2018. Her clinical expertise was further strengthened through the **ISN Ravi Mehta AKI Fellowship**, during which she undertook advanced training in Critical Care Nephrology at Guy's and St Thomas' Hospital, London, in 2022–2023. Dr. Zaynah is actively involved in clinical research, education and professional development in nephrology. She also contributes to national and regional kidney-care initiatives, including Malaysia's **National Action Plan for Healthy Kidneys (ACT-KID) 2026–2030**, and serves in professional groups within the Malaysian Society of Nephrology and Asian Pacific Society of Nephrology. Her commitment to education is reflected in her extensive experience as a speaker and educator for nephrology trainees, nurses and healthcare professionals, including programmes on haemodialysis, renal transplantation, fluid and electrolyte management and critical care nephrology.

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SPEAKERS' SUMMARY



MS. FATIMAH HASANAH MOHD RADZI
CKD NURSE, UNIVERSITY MALAYA MEDICAL CENTRE (UMMC)

SESSION 8: ONE-2-ONE IN PATIENT-CENTERED CARE

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

Ms. Fatimah Hasanah Mohd Radzi is a Registered Nurse and experienced CKD Nurse Educator currently serving in the Renal Daycare & Dialysis Unit at University Malaya Medical Centre (UMMC), where she has been involved in renal nursing care since 2017. She holds a Bachelor of Nursing Science with Honours from Open University Malaysia, a Certificate in Renal Nursing with Distinction from UMMC, and a Diploma in Nursing from UMMC. With her specialised renal nursing training and years of experience in CKD and dialysis care, she plays an important role in supporting patients through education, self-management and preparation for kidney replacement therapy. Ms. Fatimah has also contributed to CKD education initiatives and research at UMMC. She was involved as a CKD nurse educator in a nurse-led self-management support programme for patients with CKD stages 3–4, contributing to patient education and the implementation of CKD self-management support. More recently, she has been involved in research examining kidney education and preparation for KRT, including work presented at the 38th Annual Congress of the Malaysian Society of Nephrology in 2024 and subsequent 2025 nephrology research.

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SPEAKERS' SUMMARY



MS. LAU WAI POOI
DIETITIAN, UNIVERSITY MALAYA MEDICAL CENTRE (UMMC)

SESSION 8: ONE-2-ONE IN PATIENT-CENTERED CARE

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

Ms. Lau Wai Pooi is an experienced clinical dietitian at University Malaya Medical Centre, where she has been serving since 2008. She holds a Bachelor's degree in Dietetics from Universiti Kebangsaan Malaysia and a Master's degree in Medical Science from the University of Malaya. Her professional interests include medical nutrition therapy for renal disease, diabetes mellitus, hypertension and weight management, with extensive experience working closely with multidisciplinary renal teams.

With a strong focus on renal nutrition, Ms. Lau has collaborated in research involving patients with chronic kidney disease, peritoneal dialysis patients, and kidney transplant recipients. Her research has included the relationship between dietary intake, proteinuria and metabolic acidosis among kidney transplant recipients, as well as dietary management in advanced CKD. She has also contributed her expertise to national renal care initiatives and was an external reviewer for Malaysia's Clinical Practice Guidelines on Conservative Kidney Management for Advanced Chronic Kidney Disease.

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SPEAKERS' SUMMARY

MS. FARIZA BEGUM OSMAN
DIALYSIS PATIENT

SESSION 8: ONE-2-ONE IN PATIENT-CENTERED CARE

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

Ms. Fariza Begum Osman brings an invaluable perspective to this forum as a dialysis patient with lived experience of navigating kidney disease and its dietary challenges. Her personal journey provides an important patient voice in understanding the realities of following dietary recommendations while living with kidney disease and undergoing dialysis.

As a panelist, Ms. Fariza will share her experiences, perspectives and practical insights on the challenges faced by patients in adhering to dietary advice. Her contribution will help healthcare professionals better understand the patient perspective and explore how nutrition interventions can be co-designed with patients to make dietary adherence more realistic, meaningful and sustainable.