



# MALAYSIAN DIETITIANS' ASSOCIATION NATIONAL CONFERENCE 2023

12 - 13 JUNE 2023

Organised by



Persatuan Dietitian Malaysia

EMPOWERING LEADERS IN DIETETICS

## Emeritus Professor Sandra Capra

*The University of Queensland, Australia*



Sandra Capra AM joined the Faculty of Health Sciences and then the School of Human Movement and Nutrition Sciences in 2008 as professor of nutrition. Professor Capra received her BSc(Hons) and Diploma in Nutrition and Dietetics from Sydney University, her MSocSc from the University of Birmingham and her PhD from the University of Queensland.

After more than 15 years in professional practice in NSW, Victoria, Queensland and New Zealand Prof Capra entered academia full time. Professor Capra has a strong commitment to allied health professions and has served three terms as President of the Dietitians Association of Australia, has been a member of the Council of Pro Vice Chancellors and Deans of Health Sciences and served on many national policy making committees including the Nutrient Reference Values Steering Committee and the Dietary Guidelines Working Party of the National Health and Medical Research Council. She served sixteen years as Chair of the Board of Directors (President) of the International Confederation of Dietetic Associations from 2004-2016. She was an Independent Director of Health Workforce Australia 2010-2014.

Professor Capra is an expert on allied health in general and nutrition and dietetics curricula and competencies in particular and reviews educational programs both in Australia and overseas. In early 2017 she was appointed Executive Director of the International Commission for Dietetics and Nutrition Education and Accreditation, implementing an international program of competency development and program accreditation. She is regularly invited to speak on the topic of educational standards, quality and competence. Professor Capra has been recognised for her service to nutrition and dietetics education and research by being appointed a Member of the Order of Australia in 2003, a Fellow of the Dietitians Association of Australia (the first appointed) and elected to life membership of the DAA. She was named one of the Westpac/Financial Review "100 Women of Influence" in the global category in 2014.





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Professor Capra designed and developed the Master of Dietetics Studies, an innovative and distinctive program within Australia, and sought and achieved accreditation for this novel program as well as more recently its reaccreditation. Graduates are complimented on their skill and employability.

She has acted as a consultant to governments, in the area of food services for hospitals, detention centres, custodial facilities as well as serving on numerous government committees at the state and national level.

Prior to her move to the University of Queensland she was the Head of School, School of Health Sciences and Professor of Nutrition and Dietetics at the University of Newcastle, NSW. Before that she was at QUT for 15 years.

She was appointed Emeritus Professor in January 2019, and retains an active interest in research and mentoring.



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Prof Dr Winnie Chee Siew Swee

*International Medical University, Malaysia*



Prof Winnie Chee received her BSc (Hons) in Dietetics, MSc and PhD in the field of nutrition science. During her 27 years in academia, she has held several senior positions and is currently the Dean of the School of Health Sciences in the International Medical University, Kuala Lumpur. Professor Chee has extensive experience in academic management and leadership, including curriculum design, delivery and assessment for the IMU dietetics programme since its inception in 2008. She chairs curriculum and assessment committees in IMU and is academic advisor to several local universities conducting dietetics programmes. She is a member of the Working Committee for dietetics competencies under the ICDA from 2017-2019. Besides her academic role, Prof Chee has also served on many national committees including those setting medical nutrition therapy for clinical practice guidelines for osteoporosis and Type 2 diabetes, Recommended Nutrient Intakes (for calcium intake), Dietary Guidelines and Healthy Plate Model for Malaysia. Her research focuses primarily on the nutritional aspects of bone health, Type 2 diabetes, obesity and chronic kidney disease with the objectives to understand the nutritional determinants and interventions to improve nutrition status in these areas. She has published widely in peer reviewed journals and given presentations as invited speaker in national and international conferences including Asia-Oceania Obesity Congress, International Diabetes Federation, International Congress of Dietetics, Asian Congress of Dietetics and International Osteoporosis Foundation. Professor Chee has been recognised for her service to nutrition and dietetics by being appointed Council member of the Malaysian Allied Health Professions Council, Fellow of Malaysian Dietitians' Association and she is the current President of the Malaysian Dietitians' Association. She received the Wimpfheimer-Guggenheim International Lecture Award in 2015 from the Academy of Nutrition & Dietetics, USA. She is also a practicing dietitian at IMU Healthcare.



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## Prof Dr Barakatun Nisak Mohd Yusuf

*Universiti Putra Malaysia*



Barakatun-Nisak Bt Mohd Yusof, is a Professor and a Dietitian from Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, UPM. Dr. Nisak earned her Ph.D. from Universiti Kebangsaan Malaysia. She completed post-doctoral training at Joslin Diabetes Centre, Harvard Medical School in the field of Diabetes Clinical Nutrition under a great mentor, Dr. Osama Hamdy. With her mentor, she has co-authored a Ramadan Nutrition Plan for diabetes that is published by the International Diabetes Federation. Her research motivation is to help patients with diabetes achieve optimal glycemic control and reduce the risk of diabetes-related complication through a discovery of various aspects of clinical nutrition intervention.





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Pn L.Mageswary A/P Lapchmanan

*Allied Health Sciences Division, Ministry of Health Malaysia*



Deputy Director at Allied Health Sciences Division, Ministry of Health of Malaysia.



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Ms Ng Yee Voon

*Thomson Hospital Kota Damansara*



General Manager, Oncology & Nuclear Medicine



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Ms Masfara Wahidah

*Diet Ideas Sdn Bhd, Malaysia*



Masfara is an aspiring entrepreneur where she has founded Diet Ideas on 2019, with the vision to help people in improving their health through nutrition. She is now the Managing Director at Diet Ideas Sdn Bhd.



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Mr Mohammad Haziq Zikri Zainurih

*Universiti Putra Malaysia*



A dietetic student with immense leadership experience and rich involvement in various up-skilling activities. Able to meet deadlines, work under pressure, multitask, and prioritise. Independent in nature, with minimal supervision to complete any task. I aspire to benefit as much as possible to as many communities as possible.





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Ms Nurliyana Awalludin

*Hospital Selayang, Malaysia*



Dietetic Officer at Hospital Selayang, Malaysia



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Dr. Raymond Choy

*Doc2Us, Malaysia*



Dr. Raymond Choy is a medical practitioner specialising in family and aviation medicine. Dr. Choy started his foray into the field of medicine at International Medical University (IMU), Malaysia in 2003 and he graduated from the University of Manchester, UK with a Bachelor of Medicine and Bachelor of Surgery.

Upon graduation, Dr. Choy received his medical training in John Radcliffe Hospitals, Oxford UK for over 3 years and was subsequently given the opportunity to pursue his career as a Physician Leader in Raffles Medical Group, Singapore in 2012. There, he managed the 24-hour Changi International Airport cluster, overseeing operations for all the cluster clinics.

Aside from his management and physician duties in the role, Dr. Choy was also tasked with engaging with stakeholders within the airport, like the Ministry of Health (MOH), the National Environment Agency (NEA), Port Health, Changi Airport Group (CAG), CAAS, and other Ground Handling Agencies (GHA) to ensure smooth operations in terms of health and safety of airport community, including aviation safety.

Furthermore, Dr. Choy was also responsible for implementing and reinforcing airport health and safety policies including the Automated External Defibrillator (AED), Infectious diseases outbreak protocol, Emergency response protocol at the airport as well as radius and travel vaccination guidelines.

Passionate about public healthcare, Dr. Choy later Co-founded DOC2US with his partner Jack in December 2014 and incorporated the company under the name HeyDoc International Sdn Bhd in April 2015 in Kuala Lumpur Malaysia.





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Asst. Prof. Jamilah Hanum

*International Islamic University Malaysia*



As a lecturer and a clinical psychologist, Jamilah Hanum's career in the field of psychology includes work with individuals in academic settings and clinical settings. She currently serves as an Assistant Professor in the Department of Psychology, Kulliyah of Islamic Revealed Knowledge & Human Science, International Islamic University Malaysia (IIUM). She also practices her clinical skills and provides psychological services at the Psychological Services Unit in the department. Her previous experience includes Executive of Human Resources & Administration with Petroliaam Nasional Berhad (PETRONAS). She worked in the area of human development, human planning and budgeting, and recruitment. Jamilah Hanum was educated at the International Islamic University Malaysia (Bachelor of Human Sciencesmore...

Doctor of Philosophy in Psychological Medicine, Universiti Putra Malaysia (2017) Master in Clinical Psychology, Universiti Kebangsaan Malaysia (2011) Postgraduate Diploma in Psychology, University of Melbourne (2009) Bachelor of Human Sciences in Psychology, International Islamic University Malaysia (2005).



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## Mr Azran Osman-Rani

*Naluri, Malaysia*



Executive Leadership \* Business Start-up and Corporate Entrepreneurship \* Growth and Innovation \*  
Consumer Marketing and Brand Development \* Corporate Finance & Strategy \* Professional Speaker

Author "30 Days and 30 Years: The Sprint and Marathon of Breakthrough Performance"

- CEO and Co-Founder, Naluri
- CEO of iflix Malaysia. Dragon-Keeper of the Tao
- CEO, AirAsia X Berhad
- Senior Director, Business Development, Astro All Asia Networks plc
- Senior Vice President, Kuala Lumpur Stock Exchange
- Associate Partner, McKinsey & Company
- Associate, Booz Allen & Hamilton







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Ms Zaridah Zainuri

*Hospital Tunku Azizah, Malaysia*



Clinical Dietitian at Hospital Tunku Azizah



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Prof Paul Aveyard

*University of Oxford, United Kingdom*



- Fellow of Wolfson College
- General practitioner, Knowle
- Coordinating editor, Cochrane Tobacco Addiction Group

My research focuses on behavioural medicine. This is the integration of biological, psychological and sociological knowledge to prevent and treat disease and to aid rehabilitation. You can read more about our research on our team website here <https://www.phc.ox.ac.uk/research/research-themes/health-behaviours-theme>.

My work focuses on helping people change their behaviour, either to prevent serious disease, or as a treatment for that disease.

A lot of my work has examined interventions to help people stop or reduce their smoking and lately I have worked in helping people manage their weight if they have become obese.

People often use several drugs to help them stop smoking but our research suggests that combining these drugs does not help more than taking only one of them. Our research has shown that people



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who stop smoking put on a considerable amount of weight and we are investigating the best ways to prevent this weight gain but without harming the chance of stopping smoking.

One of our trials showed that people who were referred to commercial weight management providers lost more weight than people who tried to lose weight without support. However, people who went to their GP or practice nurse for support did no better than people trying without support. This result helped change government policy and local health organisations now contract with commercial weight providers. We have also shown that a brief 30-second behavioural intervention delivered by a clinician opportunistically can motivate a person to take up effective support and lose weight. Such brief interventions were highly acceptable to patients and easy for clinicians to deliver.

I work with several other organisations to improve health and healthcare. I am former president of the UK Society of Behavioural Medicine, a former trustee of the Association for the Study of Obesity, a member of the Society for Research on Nicotine and Tobacco. I am a senior editor of the journal Addiction and coordinating editor of the Cochrane Tobacco Addiction Group. I have worked on several NICE working groups and advised the Department of Health on smoking and obesity.

I try to make my publications available to everyone. Please have a look for them here <https://ora.ox.ac.uk/> or on [researchgate.net](https://www.researchgate.net).

I am an NIHR senior investigator.



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Prof Leong Chee Onn

*AGTC Genomics, Malaysia*



Chief of Executive at AGTC Genomics



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Prof Zulfetri Azuan Mat Daud

*Universiti Putra Malaysia, Malaysia*



Associate Professor of Universiti Putra Malaysia



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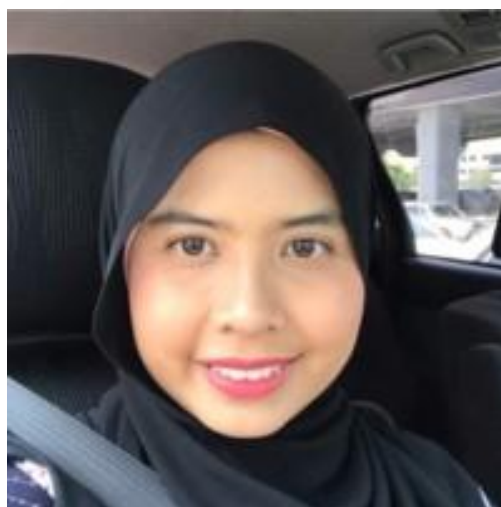


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Pn Nazlinda Mohd Razi

*Total Meal Solution Sdn Bhd, Malaysia*



I am a highly motivated individual driven to find the gaps and innovate ways to overcome challenges and secure opportunities.

I have more than 20 years working experience in clinical nutrition and management of food services specifically for hospital settings.

Special interest in cook-chilled, cook- freeze and automation technology in food production.

Equipped with nutrition knowledge and hands-on experiences on the ground has groomed my skills and abilities in this sector.

For the past 5 years, I have held a senior position in the company which requires me to be involved in strategic planning and execute the plan in accordance with the KPI set.

I am actively involved in day to day operations and simultaneously creating new business opportunities for the company.



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Dr Hamdan Mohamad

*Ministry of Health Malaysia*



Has graduated from UKM in 1994 and has since become an MDA member. Has been appointed as an Internal Auditor for four terms from 2015-2023. Started joining the MOH as a clinical dietitian in 1995 and since then has worked in various hospitals from Kedah, NS, Pahang, Terengganu, Melaka and Sabah. Has received 3 times of excellent award and been promoted 3 times throughout service. Has conducted quite several research either in community or among hospital-based patients. Has had several presentations include at MDA Conference. Obtained a master's degree from UKM in 2004 and pursue a PhD at the University of Aberdeen Scotland and graduated in 2016. Has been appointed as Head of Profession for MOH Dietitians for 2022-2023. Currently serving as Senior Principal Assistant Director (Dietetics) in the Disease Control Division of the Ministry of Health and responsible for development, implementation and monitoring of the Salt Reduction Strategy to Prevent and Control NCD for Malaysia.



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Kong Woan Fei

*Columbia Asia Management Office, Malaysia*



Dietary consultant.

Internal auditor team in auditing and report write up (specialist in Food Service).

Independent speaker.



## EMPOWERING LEADERS IN DIETETICS

## Nurul Aziah Musa

*Subang Jaya Medical Centre, Malaysia*

Nurul Aziah Musa is an enthusiastic and dynamic trainer, consultant and nutrition speaker. She has trained an extensive number of allied health professionals, dietitians, students, and the public in a variety of areas. Her personal mission is to train, educate, motivate and empower individuals, teams and organisations in achieving excellence in health and wellness.

Nurul's areas of training specialty includes Wellness Program, Weight Management and Therapeutic Diet Management

She has more than 14 years of hands-on experience in education and training, in most of which have been spent on "Health and Wellness Management. Nurul obtained her Bachelor of Science (BSc) in Dietetics with Honors from the National University of Malaysia. She has conducted an extensive number of programmes, talks and seminars in Malaysia.

- Adapt to all aspects of patients' nutritional care including nutrition assessment, nutrition support, diet counselling, medical nutrition therapy, and quality food service.
- Proficient in delivering nutritional therapy for specific groups of patients, especially obesity for adults and children.
- Posses' special strength in weight management and lifestyle wellness program.
- Proficient in organising and conducting seminars, training, workshops (nutrition and cooking demo) and public forums.
- Working knowledge of food safety and Halal Certification.
- Proficient in providing dietary recommendation for local newspapers and magazines



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Prof Claire Palermo

*Monash University, Australia*



Claire is the Associate Dean (Teaching and Learning) in the Faculty of Medicine, Nursing and Health Sciences.

Claire is an Accredited Practising Dietitian and Fellow of the Dietitians Association of Australia. Claire is an accomplished teacher having received local, national and international awards and recognition for her teaching excellence. Her research is focussed on competency based assessment and the preparation of the health workforce such that they are best prepared to improve the health of the population.



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Dr Chen Siong Ting

*International Medical University, Malaysia*



Senior Lecturer at International Medical University



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