

Malaysia Diabetes Educators Society Conference 2026

15 - 17 May 2026

Four points by Sheraton, Puchong, Selangor



CPD POINTS
APPLICATION IN PROGRESS



MDES
Conference 2026

**DIABETES CARE:
BRIDGING PRACTICE,
TECHNOLOGY, AND
PATIENT EMPOWERMENT**

SECOND ANNOUNCEMENT

IMPORTANT DATES

Early Bird
Registration Ends

15 MAR 2026

Abstract Submission
Deadline

28 FEB 2026

MDES 2026
Conference

15-17 MAY 2026

✉ mdes2026@dreamz.com.my

🌐 www.mdesconference2026.com

Organised By:



WELCOME MESSAGE

Dear Colleagues, Partners, and Friends,

It is our great pleasure to welcome you to the Malaysian Diabetes Educators Society (MDES) Conference 2026, taking place from **15–17 May 2026** at **Four Points by Sheraton, Puchong, Selangor**. This year's theme, "**Diabetes Care: Bridging Practice, Technology, and Patient Empowerment**," reflects our shared goal to connect clinical practice with innovation while empowering individuals with diabetes to achieve better outcomes.

With 15.6% of Malaysian adults living with diabetes and many still struggling with self-management, the role of diabetes educators remains more important than ever. This conference champions that mission by highlighting practical, evidence-based strategies and the integration of digital tools, behavioural approaches, nutrition advances, and the latest updates in diabetes management and complication prevention.

Across three days, the scientific programme will feature plenary lectures, symposiums, hands-on workshops, and real-world case discussions covering diabetes management for all ages, diabetes education, dietetics & nutrition, and complications such as neuropathy, chronic kidney disease, and cardiovascular disease. These sessions aim to strengthen skills, spark collaboration, and support sustainable, patient-centred care.

MDES Conference 2026 is not only a learning platform but also a celebration of partnership, resilience, and our shared commitment to improving the lives of people with diabetes.

We warmly encourage you to register and be part of this meaningful conference. Join us in strengthening collaboration, advancing diabetes education, and building a community committed to improving lives through innovation and empowered care.

We look forward to an inspiring and enriching experience together.



Ms Yong Lai Mee
*President,
Malaysian Diabetes Educators Society*



Ms Ooi Yong Xuan
*Organising Chairperson,
MDES Conference 2026*



Professor Dr Norlaila Mustafa
*Scientific Chairperson,
MDES Conference 2026*

HIGHLIGHTS OF MDES CONFERENCE 2026

1

ADVANCE EVIDENCE-BASED PRACTICE

Strengthen knowledge and skills in current, proven approaches to diabetes education and management.



2

PROMOTE MULTIDISCIPLINARY COLLABORATION

Encourage teamwork and shared expertise among healthcare professionals involved in diabetes care.



3

LEVERAGE TECHNOLOGY AND INNOVATION

Explore emerging tools, digital solutions, and technologies that enhance diabetes care delivery.



4

EMPOWER PATIENT SELF-MANAGEMENT

Enhance strategies that support individuals in understanding, managing, and improving their own health outcomes.



CONFERENCE VENUE

Four Points by Sheraton, Puchong, Selangor

Address: Tower 3, Puchong Financial Corporate Centre, 1201, Jalan Puteri 1/2, Bandar Puteri Puchong, 47100 Puchong, Selangor

[Google Map](#)

[Waze Map](#)





PROGRAM

DAY 1

15 May 2026 , Friday

0730 - 1800

Registration

0830-0900

KEYNOTE SESSION

National Strategic Plan NCD (2026 – 2030): What's New, What's Next

0900-0930

PLENARY 1

Beyond Glycaemic Control: The Expanding Role of GLP-1 and GIP in Obesity and Cardiovascular Health

0930-1000

Opening Ceremony with Launching FITMY 2.0

1000-1030

Morning Tea and Booth Visit

1030-1130

**CASE STUDY 1: INPATIENT CARE
Inpatients Diabetes Management**

CASE STUDY 2: LIFESTYLE MANAGEMENT

**Diabetes at the Crossroads:
Early Detection, Early Action**

1130-1230

Lunch Symposium 1

1230-1415

Lunch & Friday Prayer

1415-1545

**WORKSHOP 1: DIABETES EDUCATION
The Stories Behind the Numbers:
Addressing Psychosocial Issues**

WORKSHOP 2: FOOT CARE

**Foot Assessment and Wound Care:
Myths, Facts and Practical Insights**

1545-1630

Hi-Tea Symposium 1

1630-1715

Hi-Tea Symposium 2

1715-1730

Afternoon Tea and Booth Visit

1730-1830

Malaysian Diabetes Educators Society Annual General Meeting 2026



PROGRAM

DAY 2

16 May 2026 , Saturday

0730 - 1800

Registration

0830-0900

PLENARY 2

Empowering Diabetes Education Through Technology and Innovation

0900-0930

PLENARY 3

“Food as Medicine”: Integrating Traditional Diets for Glycaemic Control

0930-1030

CASE STUDY 3: DIABETES COMPLICATION

Living with Chronic Kidney Disease and Diabetes

CASE STUDY 4: PREGNANCY

Which Insulin is Suitable During Pregnancy

1030 - 1100

Morning Tea and Booth Visit

1415-1545

**SYMPOSIUM 1:
WHAT'S NEW IN NUTRITION**

Inside Out: Can Gut Microbiome Really Drive Metabolic Health?

Integrating Technology, Behaviour and Nutrition for Better Glycemic Outcomes

Beyond the Primary Diagnosis: MNT for the Complicated Patient

**SYMPOSIUM 2:
DIABETES COMPLICATION - WHAT'S NEW**

Diabetes Retinopathy: New Horizons in Preventive Care

Managing Diabetes-Related Neuropathy

The Intertwined Link Between Diabetes And Heart Health

1230-1330

Lunch Symposium 2

1330-1430

Lunch & Booth Visit

1430-1600

WORKSHOP 3: DIABETES EDUCATION AND TECHNOLOGY

From Data to Decisions: Interpreting and Utilising Continuous Glucose Monitoring (CGM) Data for Patient Education

WORKSHOP 4: NUTRITION AND DIETETICS

Carbohydrate Counting and Meal Planning

1600-1645

Hi-Tea Symposium 3

1645-1730

Hi-Tea Symposium 4

1730

Afternoon Tea and Booth Visit



PROGRAM

DAY 3

17 May 2026 , Sunday

0730 - 1800

Registration

0830-1000

**SYMPOSIUM 3:
EMPOWERING CARE - ENHANCING ADHERENCE**

**Strengthening Medication Adherence
and Engagement**

Empowering Dietary Adherence

**Empowering Adherence Through Physical
Activity with Body Composition**

**SYMPOSIUM 4:
PAEDIATRIC DIABETES**

**Automated Insulin Delivery Systems
in Type 1 Diabetes**

**Updates on Type 2 Diabetes
Hypoglycaemic Agents**

**Continuous Glucose Monitoring in
Paediatric Diabetes**

1000-1100

**CASE STUDY 5: ELDERLY
Challenges of Polypharmacy in
Complex Older Persons**

**CASE STUDY 6: PAEDIATRIC - TYPE 1 DIABETES
Managing Patients with
Complex Type 1 Diabetes**

1100 - 1130

Morning Tea and Booth Visit

1430-1600

**WORKSHOP 5: DIABETES EDUCATION
Ask the Right Question: Effective
Communication in Diabetes Care**

**WORKSHOP 6: PAEDIATRIC WORKSHOP
The Art of Connection:
Integrating Empathetic Communication
and Motivational Interviewing**

1300-1330

1330

**Closing Ceremony and Prize Giving
Lunch**

*Programme updated as of 5 February 2026. Subject to change.

INVITED FACULTY



Professor Dr Mette Juel Rothmann
University of Southern Denmark



Dr Sivarajan Ramasamy
Ministry of Health, Malaysia



Professor Dr Barakatun Nisak Mohd Yusof
Universiti Putra Malaysia, Malaysia



Professor Dr Muhammad Yazid Jalaludin
University of Malaya Medical Centre, Malaysia



Professor Dr Norlaila Mustafa
Hospital Canselor Tuanku Muhriz UKM, Malaysia



Professor Dr Shireene Ratna Vethakkan
University of Malaya Medical Centre, Malaysia



Professor Dr Winnie Chee Siew Swee
IMU University, Malaysia



Associate Professor Dr Azriyanti Anuar Zain
University of Malaya Medical Centre, Malaysia



Associate Professor Dr Khoo Ching Soong
Hospital Canselor Tuanku Muhriz UKM, Malaysia



Associate Professor Dr Tan Kit Mun
University of Malaya Medical Centre, Malaysia



Datuk Dr Zanariah Hussein
Ministry of Health, Malaysia



Dr Annie Leong
University of Malaya Medical Centre, Malaysia



Dr Devamalar Selvi Naicker
Ministry of Health, Malaysia



Dr Eleza Nazefah Rosli
Ministry of Health, Malaysia



Dr Farah Yasmin Hasbullah
IMU University, Malaysia



Dr Hariyati Shahrina Abdul Majid
IJN University College, Malaysia



Dr Lee Ching Li
IMU University, Malaysia



Dr Luqman Ibrahim
Regency Specialist Hospital, Malaysia



Dr Mohamad 'Ariff Fahmi Ahmad Zawawi
Ministry of Health, Malaysia



Dr Navin Kumar Loganadan
Ministry of Health, Malaysia

*Invited speakers as of 5 February 2026. Subject to change.

INVITED FACULTY



Dr Nalini M Selveindran
Ministry of Health, Malaysia



Dr Rokiah Ismail
University of Malaya Medical Centre, Malaysia



Dr Tan Ming Yeong
IMU University, Malaysia



Dr Thum Chan Ho
National Heart Institute, Malaysia



Dr Wan Rohaslizan Wan Daud
Hospital Canselor Tuanku Muhriz UKM, Malaysia



Dr Wong Ping Foo
Ministry of Health, Malaysia



Mr Muhammad Hazrin Husin
University of Malaya Medical Centre, Malaysia



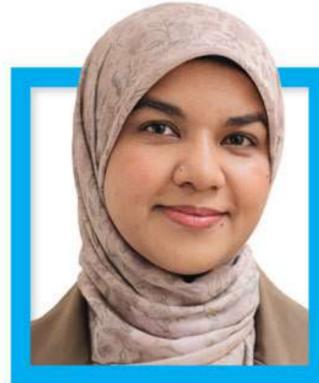
Ms Ani Norita Muhamad Samudi
Ministry of Health, Malaysia



Ms Che Shafini Johari
University of Malaya Medical Centre, Malaysia



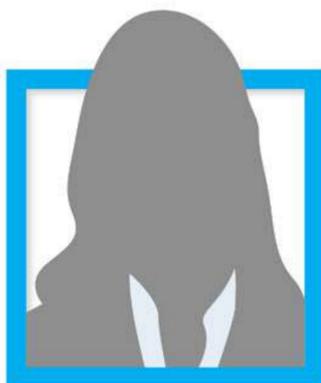
Ms Elsie Liaw Sze Ying
University of Malaya Medical Centre, Malaysia



Ms Mumtas Abdul Gani
Ministry of Health Malaysia



Ms Rohana Jaafar
Hospital Canselor Tuanku Muhriz UKM, Malaysia



Ms Siti Zarina Yaakop
University of Malaya Medical Centre, Malaysia



Ms Teong Lee Fang
Ministry of Health, Malaysia



Ms Toh Peik Khiam
Ministry of Health, Malaysia



Ms Yong Lai Mee
Subang Jaya Medical Center, Malaysia

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REGISTER NOW



Individual Registration

Category	Early Bird Rate 15 Dec 2025 - 15 Mar 2026	Standard Rate 16 Mar 2026 - 10 May 2026	Daily Pass
MDES Member	RM 600	RM 650	RM 350
Non Member - AHP	RM 700	RM 750	RM 400
Non Member - Doctor/ Medical Officer	RM 800	RM 850	RM 450
Student	RM 400		
International Delegate	USD 350*		
International Student	USD 200*		

*Currency Exchange Rate: USD 1 = RM4 or higher, subject to prevailing market rates.

Group Registration

Category	Early Bird Rate 15 Dec 2025 - 15 Mar 2026	Standard Rate 16 Mar 2026 - 10 May 2026
Group of 4 - Non Member	RM 2,600	RM 2,800
Group of 10 - Student	RM 3,500	

Payment Methods:

- **Online Banking:** Payable to the Malaysian Diabetes Educators Society. Invoice and payment details will be provided after registration.
- **LPO:** For payment via Local Purchase Order, please contact the conference secretariat

Delegates Entitlements:



WHO SHOULD ATTEND:

- Internal Medicine Specialists
- Family Medicine Specialists
- General Practitioners
- Pharmacists
- Diabetes Educators
- Dietitians and Nutritionists
- Nurses
- Assistant Medical Officers
- Medical and Public Health Officers
- Other Allied Health Professionals

REGISTER

[Click Here To Register](#)

ABSTRACT SUBMISSION:

IMPORTANT DATES

Call for
Abstract

15 DEC 2025

Abstract Submission
Deadline

28 FEB 2026

Notification of
Abstract

9 MAR 2026

TOP 3 BEST POSTER PRESENTATIONS WIN CASH PRIZES AND CERTIFICATES

1ST
RM1,000

2ND
RM750

3RD
RM500

ELIGIBILITY CRITERIA FOR POSTER COMPETITION

- All abstracts submitted **must be in English**.
- Once an abstract is selected, at least one of the authors of the poster **MUST** register for the conference. Payment for conference registration should reach the Conference Secretariat by **15 March 2026**.
- Participants may submit more than ONE abstract.
- The MDES Scientific Committee will review and reserve the right to decide on the acceptance of abstracts.
- The abstract must be **ORIGINAL** and have **NOT BEEN PUBLISHED/PRESENTED** at any international or national conference.
- A template is available for download on the conference website

ABSTRACT FORMAT

- Abstract must not be more than 250 words.
- It must not have images, graphs and tables.
- Use numerals to represent numbers except when beginning a sentence.
- All abbreviations must be spelled out on first use.
- Abstract title must be in capital letters. Title should be brief and clearly indicate the content of the abstract.
- Only abstracts that conform to the given guidelines will be accepted.

ABSTRACT SUBMISSION GUIDELINE

1. Abstract Submission

- i. Abstracts should be submitted via email to the Conference Secretariat at: mdes2026@dreamz.com.my

2. Abstract Structure:

- i. All abstracts must include the following sections:
 - a. Title – Clear and concise, reflecting the main focus of the work.
 - b. Introduction – Brief background and rationale for the study.
 - c. Methodology – Description of study design, participants, procedures, and analysis.
 - d. Results – Key findings, supported by data or evidence.
 - e. Discussion / Conclusion – Interpretation of results, clinical or scientific significance, and main conclusions.

3. Language and Accuracy:

- a. Abstracts must be written exclusively in English.
- b. Ensure your abstract is free from spelling, grammar, or scientific errors. Authors are responsible for linguistic accuracy; no proofreading will be provided.

4. Abstract Template:

- i. A template is available for download on the conference website to assist with formatting.

DOWNLOAD

Download Template Here



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