

Our Reference: (91) PSMB/26/8/ Klt. 18
Date: 30 January 2026

CONGRESS SECRETARIAT

MALAYSIAN DIABETES EDUCATOR SOCIETY

19-P1, Block A, Jaya One,
72A Jalan Professor Diraja Ungku Aziz,
46200 Petaling Jaya Selangor
(ATTN: AZUREEN YAZID)

Dear Sir/Madam,

HRD CORP CLAIMABLE FOR REGISTERED EMPLOYERS UNDER KUMPULAN WANG PEMBANGUNAN SUMBER MANUSIA (KWPSM)

The above subject refers.

2. We are pleased to inform you that Pembangunan Sumber Manusia Berhad (PSMB) has agreed with your request for training conducted as below to be **CLAIMABLE**.

Program Name : **MDES Conference 2026**
Date : **15th – 17th May 2026**
Location : **Four Points Sheraton Puchong**

3. Therefore, registered employers under Kumpulan Wang Pembangunan Sumber Manusia (KWPSM) can apply training grant through the e-TRiS system by selecting '**Non-Registered Training Provider Details – Association**' under the Skim Bantuan Latihan (SBL) and attach this letter as one of the supporting documents. The approval of the training grant is subject to the conditions set by PSMB.

4. PSMB also gives permission to you to use the **HRD CORP CLAIMABLE** logo for promotional purposes. Approval starts from the date of this letter until **MAY 17, 2026**. Enclosed with this letter is the logo link (<https://hrdcorp.gov.my/usage-of-hrd-corp-logo/>) for your reference.

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5. Should you need further information, please contact the Training Market Department through email: vmdsupport@hrdcorp.gov.my.

Thank You.

***‘Advancing Skills, Empowering Talent for a Future-Ready Malaysia’
‘Malaysia MADANI’***

Yours Faithfully,


.....
(ELAIYARAJ A/L RETNAM)

Training Market Department
Pembangunan Sumber Manusia Berhad

Our Reference: **(91)** PSMB/26/8/ Klt. 18
Date: 30 January 2026

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 Shahrима 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 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



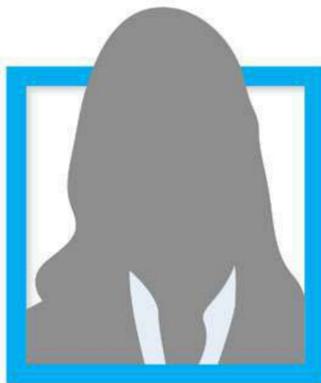
Ms Elsie Liaw Sze Ying
University of Malaya Medical Centre, Malaysia



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

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

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



✉ mdes2026@dreamz.com.my

🌐 www.mdesconference2026.com

15 May 2026 , Friday

0730 - 1800	Registration	
	Emcee : Dr Wong YK & Dr Padma	
	KEYNOTE SESSION	
0830-0900	National Strategic Plan NCD (2026 – 2030): What's New, What's Next Dr Sivaranjan Ramasamy Ministry of Health, Malaysia	
	PLENARY 1	
0900-0930	Beyond Glycemic Control: The Expanding Role of GLP-1 and GIP in Obesity and Cardiovascular Health Professor Dr Norlaila Mustafa Consultant Endocrinologist, Hospital Canselor Tuanku Muhriz UKM, Malaysia	
0930-1000	Opening Ceremony with Launching FITMY 2.0	
1000-1030		
	CASE STUDY 1: INPATIENT CARE	CASE STUDY 2: LIFESTYLE MANAGEMENT
	Inpatients Diabetes Management Datuk Dr Zanariah Hussein Senior Consultant Endocrinologist, Ministry of Health, Malaysia Ms Ani Norita Binti Muhamad Samudi Dietitians, Ministry of Health, Malaysia Ms Mumtaz Abdul Ghani Diabetes Educators Ministry of Health, Malaysia	Diabetes at the Crossroads: Early Detection, Early Action Dr Farah Yasmin Hasbullah Lecturer and Dietitian, Division of Nutrition, Dietetics and Food Science Programme Director, Postgraduate Diploma in Diabetes Management and Education (PGDME ODL) IMU University, Malaysia Dr Wong Ping Foo Consultant Family Medicine Specialist, Ministry of Health, Malaysia
1130-1230	Lunch Symposium 1 (TERUMO)	
1230-1415	Lunch & Friday Prayer	
	WORKSHOP 1: DIABETES EDUCATION	WORKSHOP 2: FOOT CARE
	The Stories Behind the Numbers: Addressing Psychosocial Issues Dr Hariyati Shahrina Abdul Majid Consultant Psychologist & Director of Centre for Postgraduate Studies, IJN University College, Malaysia Dr Tan Ming Yeong Adjunct Senior Lecturer, IMU University, Malaysia	Foot Assessment and Wound Care: Myths, Facts and Practical Insights Dr Eleza Nazefah Rosli Family Physician Specialist, Ministry of Health, Malaysia
1545-1630	Hi Tea Symposium 1 (ETHOS)	
1630-1715	Hi Tea Symposium 2	
1715-1730	Afternoon Tea and booth visit	
1730-1830	MDES AGM	

16 May 2026 , SATURDAY

0730 - 1800	Registration	
	PLENARY 2	
0830-0900	Empowering Diabetes Education Through Technology and Innovation Professor Mette Juel Rothmann Professor University of Southern, Denmark	
	PLENARY 3	
0900-0930	"Food as Medicine": Integrating Traditional Diets for Glycaemic Control Professor Dr Winnie Chee Siew Swee Director, Institute of Research, Development & Innovation (IRDI) IMU University, Malaysia	
	CASE STUDY 3: DIABETES COMPLICATION	CASE STUDY 4: PREGNANCY
	Living with Chronic Kidney Disease and Diabetes Dr Wan Rohaslizan Wan Daud Hospital Canselor Tuanku Muhriz UKM, Malaysia Ms Rohana Jaafar Head of Outpatient Services Ministry of Health, Malaysia Ms Teong Lee Fang Clinical Dietitians, Ministry of Health, Malaysia	Which Insulin is Suitable During Pregnancy Professor Dr Shireene Ratna Vethakkan Consultant Endocrinologist, University Malaya Medical Centre, Malaysia Ms Toh Peik Khiam Senior Nurse Lecturer, Ministry of Health, Malaysia Professor Dr Barakatun Nisak Mohd Yusof Universiti Putra Malaysia
0930-1030	Morning Tea and Booth Visit	
	SYMPOSIUM 1: WHAT'S NEW IN NUTRITION	SYMPOSIUM 2: DIABETES COMPLICATION - WHAT'S NEW
	Inside Out: Can Gut Microbiome Really Drive Metabolic Health? Professor Dr Barakatun Nisak Mohd Yusof Deputy Dean Academic (Health Sciences) and Student Affairs' Universiti Putra Malaysia Integrating Technology, Behaviour and Nutrition for Better Glycemic Outcomes Professor Dr Winnie Chee Siew Swee Director, Institute of Research, Development & Innovation (IRDI) IMU University, Malaysia Beyond the Primary Diagnosis: MNT for the Complicated Patient Ms Teong Lee Fang Clinical Dietitian, Ministry of Health, Malaysia	Diabetes Retinopathy: New Horizons in Preventive Care Dr Mohamad Arif Fahmi Ahmad Zawawi Family Medicine Specialist Ministry of Health, Malaysia Managing Diabetes-Related Neuropathy Associate Professor Dr Khoo Ching Soong Associate Professor of Medicine and Neurology, Faculty of Medicine, Universiti Kebangsaan Malaysia Consultant Neurologist, Department of Medicine, Hospital Canselor Tuanku Muhriz The Intertwined Link Between Diabetes And Heart Health Dr Thum Chan Ho Cardiologist and Deputy Director Of the Cardiovascular Risk Reduction Clinic National Heart Institute, Malaysia
1100 - 1230	Lunch Symposium 2	
1230-1330	Lunch and Booth Visit	

1430-1600	<p>WORKSHOP 3: DIABETES EDUCATION AND TECHNOLOGY</p> <p>From Data to Decisions: Interpreting and Utilising Continuous Glucose Monitoring (CGM) Data for Patient Education</p> <p>Dr Luqman Ibrahim Consultant Endocrinologist Regency Specialist Hospital, Malaysia</p> <p>Dr Tan Ming Yeong Adjunct Senior Lecturer, IMU University, Malaysia</p>	<p>WORKSHOP 4: NUTRITION AND DIETETICS</p> <p>Carbohydrate Counting and Meal Planning</p> <p>Dr Rokiah Ismail Senior Specialist Dietitian University of Malaya Medical Centre, Malaysia</p> <p>Mr Muhammad Hazrin Husin Clinical Dietitian University of Malaya Medical Centre, Malaysia</p> <p>Ms Che Shafini Johari Clinical Dietitian University of Malaya Medical Centre, Malaysia</p>
1600-1645	Hi Tea Symposium 3	
1645-1730	Hi Tea Symposium 4	
1730	Afternoon Tea and Booth Visit	

17 May 2026 , SUNDAY

0730 - 1800	Registration	
0830-1000	<p>SYMPOSIUM 3: EMPOWERING CARE - ENHANCING ADHERENCE</p> <p>Strengthening Medication Adherence and Engagement Dr Navin Kumar Loganadan Head, Ambulatory Pharmacy & DMTAC Services, Ministry of Health, Malaysia</p> <p>Empowering Dietary Adherence Dr Lee Ching Li Senior Lecturer, Nutrition Dietetics & Food Science Head, Glycemic Index Laboratory, CTNH, IRDI IMU University, Malaysia</p> <p>Empowering Adherence Through Physical Activity with Body Composition Dr Devamalar Selvi Naicker Consultant Sports Physician and Head of the Sports Medicine Unit, Ministry of Health, Malaysia</p>	<p>SYMPOSIUM 4: PAEDIATRIC DIABETES</p> <p>Automated Insulin Delivery Systems in Type 1 Diabetes Professor Dr Muhammad Yazid Jalaludin Senior Consultant Paediatric Endocrinologist University of Malaya Medical Centre, Malaysia</p> <p>Updates on Type 2 Diabetes Hypoglycaemic Agents Dr Nalini M Selveindran Consultant Paediatric Endocrinologist Ministry of Health, Malaysia</p> <p>Continuous Glucose Monitoring in Paediatric Diabetes Dr Annie Leong Consultant Paediatrician and Paediatric Endocrinologist University of Malaya Medical Centre, Malaysia</p>
1000-1100	<p>CASE STUDY 5: ELDERLY</p> <p>Challenges of Polypharmacy In The Elderly</p> <p>Associate Professor Dr Tan Kit Mun Senior Consultant Geriatrician University of Malaya Medical Centre, Malaysia</p> <p>Ms Yong Lai Mee Acting Senior Nurse Manager, Subang Jaya Medical Centre, Malaysia</p>	<p>CASE STUDY 6: PAEDIATRIC - TYPE 1 DIABETES</p> <p>Managing Patients With Complex Type 1 Diabetes</p> <p>Associate Professor Dr Azriyanti Anuar Zain Consultant Endocrinologist, University Malaya Medical Centre, Malaysia</p> <p>Dr Rokiah Ismail Senior Specialist Dietitian University of Malaya Medical Centre, Malaysia</p> <p>Ms Siti Zarina Yaakob University of Malaya Medical Centre, Malaysia</p>
1100-1130	Morning Tea and Booth Visit	
1130-1300	<p>WORKSHOP 4: NUTRITION AND DIETETICS</p> <p>Carbohydrate Counting and Meal Planning</p> <p>Dr Rokiah Ismail Senior Specialist Dietitian University of Malaya Medical Centre, Malaysia</p> <p>Mr Muhammad Hazrin Husin Clinical Dietitian University of Malaya Medical Centre, Malaysia</p> <p>Ms Che Shafini Johari Clinical Dietitian University of Malaya Medical Centre, Malaysia</p>	<p>WORKSHOP 6: PAEDIATRIC WORKSHOP</p> <p>The Art of Connection: Integrating Empathetic Communication and Motivational Interviewing</p> <p>Ms Elsie Liaw Sze Ying Clinical Psychologist University of Malaya Medical Centre, Malaysia</p>
1300-1330	Closing Ceremony and Price Giving	
1330	Lunch	

Associate Professor Dr Khoo Ching Soong

*Associate Professor of Medicine and Neurology, Faculty of Medicine, Universiti Kebangsaan Malaysia
Consultant Neurologist, Department of Medicine, Hospital Canselor Tuanku Muhriz*

Dr. Khoo Ching Soong is an Associate professor and Consultant Neurologist at the Faculty of Medicine, Universiti Kebangsaan Malaysia (UKM). After graduating with an honours degree in MD and obtaining MRCP (UK), Dr. Khoo went on to pursue training in neurology at the UKM. He was one of the successful candidates under the Korean Epilepsy Society Fellowship Program in 2018. He is a Fellow of the Royal Colleges of Physicians of Edinburgh, Glasgow and Ireland. He is also a Fellow of the European Board of Neurology. Dr. Khoo currently serves as Vice President of the Malaysian Society of Neurosciences and Honorary Treasurer of the Epilepsy Council. He is also Vice President of the Malaysian Society of Malaysia, which is a patient support group. Internationally, he is a member of the Emergency Treatment, Prioritization, ILAE Care Pathways, Acute Symptomatic Seizures, and Updated Seizure Classification Task Forces of the International League Against Epilepsy (ILAE). He is involved as an Editor of BMC Neurology. His work has been published in numerous prestigious journals including Neurology, Epilepsia, and Drug Discovery Today to name a few.

Associate Professor Dr Tan Kit Mun

Senior Consultant Geriatrician

University of Malaya Medical Centre

Associate Professor Dr Tan Kit Mun is a senior consultant geriatrician in the University of Malaya Medical Centre (UMMC). She received her medical degree from Trinity College, Dublin, Ireland in 1999. Dr. Tan is a fellow of the Royal College of Physicians Edinburgh (FRCP) UK. She completed her specialist training and received her CSCST in Geriatric Medicine from the Irish Committee of Higher Medical Training, Royal College of Physicians Ireland in 2009.

She was practising as a consultant geriatrician in Dublin, Ireland until 2012. Dr. Tan's special interest include stroke, atrial fibrillation, dementia, osteoporosis, appropriate prescribing and comprehensive geriatric assessment of the complex older person. Dr. Tan is also an Associate Professor with the Faculty of Medicine, University of Malaya. She is a trainer for the Malaysian Geriatric Medicine Specialist Training Scheme, Masters of Internal Medicine Programme in University of Malaya as well as the University of Malaya Medical Programme (UMMP).

Datuk Dr Zanariah Hussein,

Senior Consultant Endocrinologist

Ministry of Health

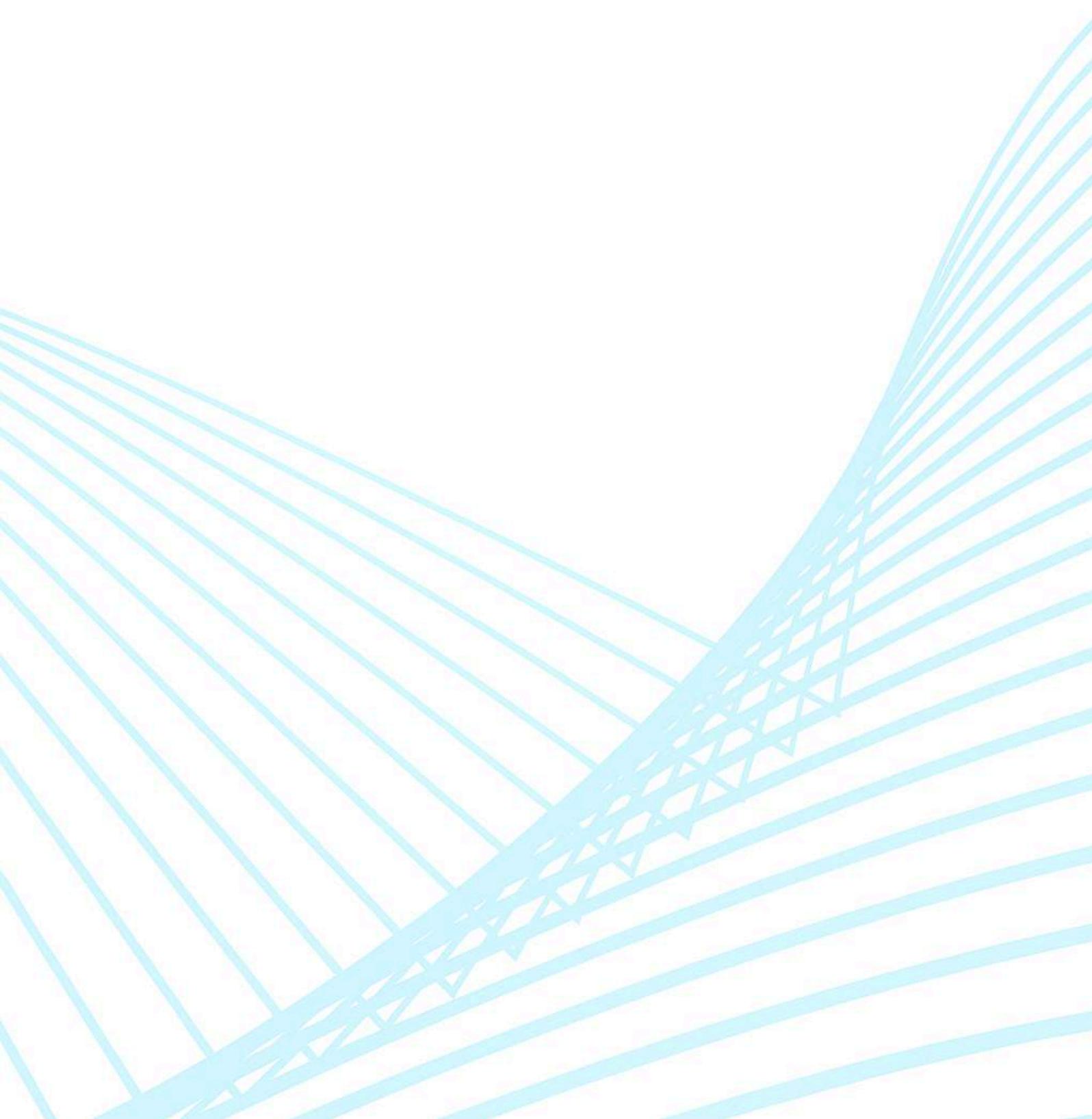
Dr. Zanariah Hussein is a Consultant Physician and Endocrinologist, currently the Head of Department of Internal Medicine, Hospital Putrajaya and Head of the Medical Endocrinology Unit, Endocrine Institute Hospital Putrajaya and Immediate Past Head of the Endocrinology Subspecialty Service of the Malaysian Ministry of Health (MOH). Her areas of clinical and research interest are lifestyle interventions in diabetes, diabetes and Ramadan, diabetes technology, pituitary disease, adrenal and neuroendocrine tumors. She chairs the Ministry of Health Endocrine Drug Subcommittee and been involved in the development committees of several local endocrine, diabetes and metabolic related clinical guidelines.

She has been active in the Ministry of Health Endocrine Fellowship Training Program since it started in 2003. She chairs the Endocrinology Specialist Evaluation Subcommittee of the National Specialist Register. She is the Past President of the Malaysian Endocrine and Metabolic Society (MEMS) 2016 - 2020. She is a member of the advisory boards for the National Diabetes Institute (NADI) and Malaysian Diabetes Educator Society (MDES). She currently serves as an elected member of Malaysian Medical Council 2024 - 2027.

Dr Annie Leong

*Consultant Paediatrician and Paediatric Endocrinologist
University of Malaya Medical Centre*

She is the Consultant Paediatrician and Paediatric Endocrinologist in University Malaya, who completed her fellowship training in Singapore in year 2022, specialised in growth, puberty, diabetes and other endocrine disorders. Her special interests including diabetes care in children and adolescents, including her recent research grant on continuous glucose monitoring (CGM) use in adolescents with diabetes.



Dr Devamalar Selvi Naicker

*Consultant Sports Physician and Head of the Sports Medicine Unit
Ministry of Health, Malaysia*

Dr. Devamalar is a consultant Sports Medicine Physician at Hospital Tengku Ampuan Rahimah, Klang. She has been practising as a specialist in this field for the past 17 years. Among the services offered are Exercise Prescription Clinic for adult and Paediatric patients with Obesity and Chronic disease and is currently running a program for adult obese patients. She is the task force member for the 3rd Edition of the Diabetes Education Manual and an expert panel for Malaysia's first comprehensive Diabetes Lifestyle Advocate program (DLP Program). She has also contributed several articles for health Magazines and co-authored several case reports and posters.

She has been invited as a speaker for numerous seminars, conferences, and forums at state, national and regional levels. She has also been invited as facilitator for several workshops related to obesity and diabetes. She is a member of several organizations and professional associations.



Dr Hariyati Shahrina Abdul Majid

*Consultant Psychologist & Director of Centre for Postgraduate Studies,
IJN University College*

Prior to joining IJN College in November 2023, Dr Hariyati served as an academician for 25 years at IIUM, holding various academic administrative posts. She obtained her PhD in Psychology and Masters in Applied Psychology from the University of Surrey, UK (2000 and 1996, respectively) and her BSc in Psychology from University of Wisconsin-Madison, USA in 1992. Dr Hariyati is currently a Board of Studies member for the Master's in Clinical Psychology program at UiTM, Masters in Disaster Risk Management at UTM and is the External Industrial Advisor for the Psychology program at UCMI. She is a member of American Psychological Association, Persatuan Psikologi Malaysia, Malaysian Diabetes Education Society and Hospice Negeri Sembilan. She is a HRDC certified trainer, a freelance consultant health psychologist, training healthcare providers on motivational interviewing for behavioral change, stress management, therapeutic communication, and psychological first aid.



Dr Lee Ching Li

*Senior Lecturer, Nutrition Dietetics & Food Science
Head, Glycemic Index Laboratory, CTNH, IRDI
IMU University*

Dr Lee Ching Li is a Senior Lecturer in Nutrition & Dietetics and Head of the IRDI Nutrition Lab at IMU University, Malaysia. She previously led IMU's Postgraduate Diploma in Diabetes Management and Education programme. A registered dietitian, she holds a PhD in Medical and Health Sciences, an MSc in Community Nutrition, and a BSc (Hons) in Dietetics. Her career spans both academia and industry, with a strong focus on diabetes, cardiometabolic and obesity care.

Dr Lee has received multiple awards for teaching excellence and is a recognised researcher in diabetes education, glycaemic control, and obesity management. She has led or collaborated on over 20 research projects, including clinical trials involving diabetes-specific formulas, low glycaemic index foods, and structured lifestyle interventions targeting weight loss and metabolic risk reduction. Her research includes both investigator-initiated studies and large industry-funded clinical trials.

Dr Lee has authored numerous peer-reviewed publications and contributed to national guidelines including the 2020 Malaysian Clinical Practice Guidelines for Type 2 Diabetes Mellitus. Her clinical experience spans over 20 years in outpatient obesity and diabetes nutrition counselling, including combined clinics with family medicine specialists, endocrinologists and diabetes nurse specialists.

Actively engaged in national working groups and expert panels, Dr Lee contributes to advancing evidence-based practice. She is also involved in patient education campaigns, public health talks, and resource development focused on sustainable lifestyle changes for diabetes and obesity prevention and care.

Dr Luqman Ibrahim

Consultant Endocrinologist

Regency Specialist Hospital

Dr Luqman Ibrahim is a consultant endocrinologist in Regency Specialist Hospital Johor Bahru and a visiting consultant at the University Malaya Medical Center. His areas of interest are in the management of type 1 diabetes, the use of advanced diabetes technology, management for diabetes during Ramadan, as well as improving the delivery of care to people with diabetes by diabetes nurse educators and dietitians.

He is currently a council member for the Malaysian Endocrine and Metabolic Society and Malaysian Osteoporosis Society, as well as a life member of the Malaysian Diabetes Educators Society. He currently leads the multidisciplinary Diabetes Care Unit in Regency Specialist Hospital, which offers the latest and state-of-the-art treatment for people with diabetes.



Dr Mohamad 'Ariff Fahmi Ahmad Zawawi

Family Medicine Specialist

Ministry of Health

Dr Mohamad 'Ariff Fahmi bin Ahmad Zawawi is a Malaysian Family Medicine Specialist currently at Klinik Kesihatan Bandar Botanik, Klang, Selangor. He obtained his MB BCh BAO from the Royal College of Surgeons in Ireland (2009) and completed a Master of Medicine (Family Medicine) at Universiti Sains Malaysia (2018). He further strengthened his expertise in obesity care with a Postgraduate Diploma in Obesity and Weight Management from the University of South Wales (2023), and is a World Obesity Federation SCOPE Certified Professional (since 2021).

His career spans diverse clinical settings across Malaysia, including service in Kelantan and Sabah, with gazettement as a Family Medicine Specialist in 2019 and subsequent specialist postings before moving to Selangor. He also completed Advanced Training in Non-Communicable Disease (NCD) in Primary Care under Hadiah Latihan Persekutuan KKM (2022–2025).

Dr Ariff contributes actively to national guidance and education, including work on post-COVID primary care recommendations and protocols. His research and publications focus on obesity care, multidisciplinary follow-up, and clinician self-efficacy, with papers in *Obesity Reviews* (2023) and *Malaysian Family Physician* (2024). He is the Assistant Secretary of the Malaysian Obesity Society and is engaged in professional training and speaking on evidence-based obesity management in primary care.

Dr Nalini M Selveindran

*Consultant Paediatric Endocrinologist
Ministry of Health, Malaysia*

Dr. Nalini M Selveindran graduated from University of Malaya with honours in 2001 and subsequently obtained the Membership of the Royal College of Paediatrics and Child Health in 2006. She subsequently completed her fellowship in Paediatric Endocrinology at the Children's Hospital of Westmead, Sydney in 2015. She is currently a Consultant Paediatric Endocrinologist at the Hospital Putrajaya, a major referral hospital for endocrine disorders in Malaysia

She is currently a member of various medical societies, including the European Society for Paediatric Endocrinology (ESPE), Asia Pacific Paediatric Endocrine Society (APPES), Malaysian Endocrine and Metabolic Society (MEMS) and the Malaysian Paediatric Association (MPA).

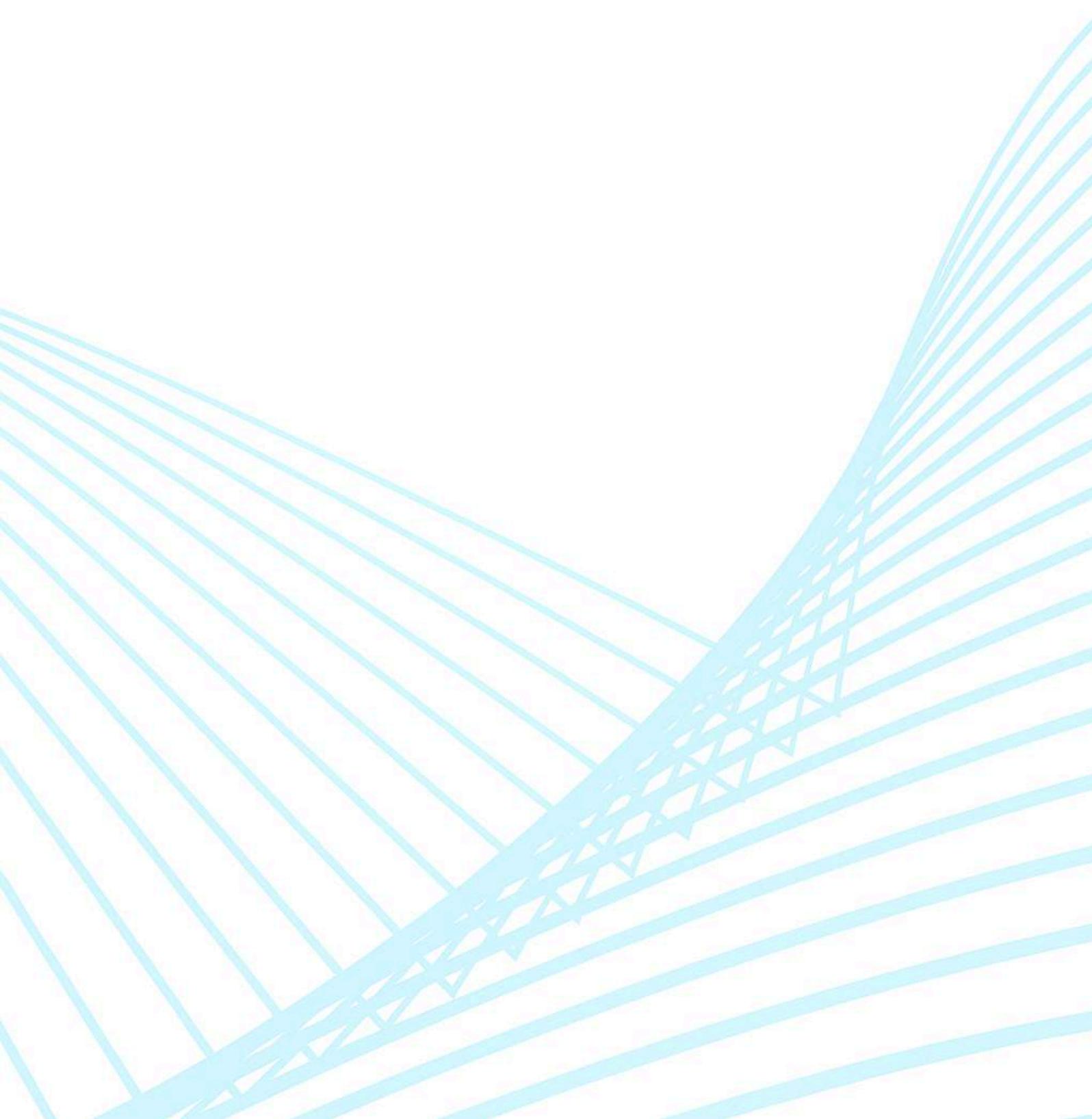
She is involved in training and teaching and currently sits on the Malaysian Paediatric Endocrinology Subspecialty Training Committee. She is a member of the National Committee on Rare Diseases and is involved in the development of guidelines on the management of congenital hypothyroidism and childhood obesity.

With research interests in the field of disorders of sex development and bone disorders, Dr. Nalini's work has been published in various academic journals. She is also involved in multicentre international research for type 2 diabetes in children. She has numerous experiences presenting in conferences and workshops locally and abroad and has won various awards for her work. She has also received travel grants from ISPAD and APPES.

Dr Navin Kumar Loganadan

*Head, Ambulatory Pharmacy & DMTAC Services
Ministry of Health, Malaysia*

Dr. Navin has 16 years experience as a Diabetes Care Clinical Pharmacist managing medication related problems of type 2 diabetes patients. He is a member of the Putrajaya Hospital's Endocrine Team comprising consultant endocrinologists, dieticians and diabetes educators. His research area is include clinical response to antidiabetic therapy, sulphonylurea pharmacogenomics and hypoglycemia.



Dr Rokiah Ismail

Senior Specialist Dietitian

University Malaya Specialist Centre, Malaysia

Dr. Rokiah Ismail, PhD is a Senior Specialist Dietitian at the University Malaya Specialist Centre (UMSC), Malaysia, with over 30 years of experience in clinical nutrition, pediatric and adolescent diabetes care, endocrine nutrition, academic teaching, research, and healthcare leadership.

She holds a PhD in Nutrition & Health from Newcastle University, United Kingdom, a Master of Medical Science from the University of Malaya, and a Bachelor of Science in Nutrition and Dietetics from Universiti Kebangsaan Malaysia. She also completed a Fellowship in Diabetes Management at the Royal Prince Alfred Hospital and the University of Sydney, Australia & Dietetic Program at the St Jude Children Research Hospital, Memphis, USA.

Dr. Rokiah specializes in Type 1 and Type 2 diabetes, childhood and adolescent obesity, endocrine-related nutrition disorders, and advanced nutrition care processes. She has served as the principal referral dietitian for pediatric and adolescent diabetes and has led clinical nutrition services at tertiary and specialist hospital levels.

Her academic contributions include supervision of undergraduate and postgraduate students, curriculum development for dietetics programs, and service as an external examiner and reviewer. She is an author and co-author of several books, including *Diet & Diabetes and Childhood Obesity: What You Need to Know*, and a peer reviewer for international journals such as *Clinical Nutrition ESPEN*.

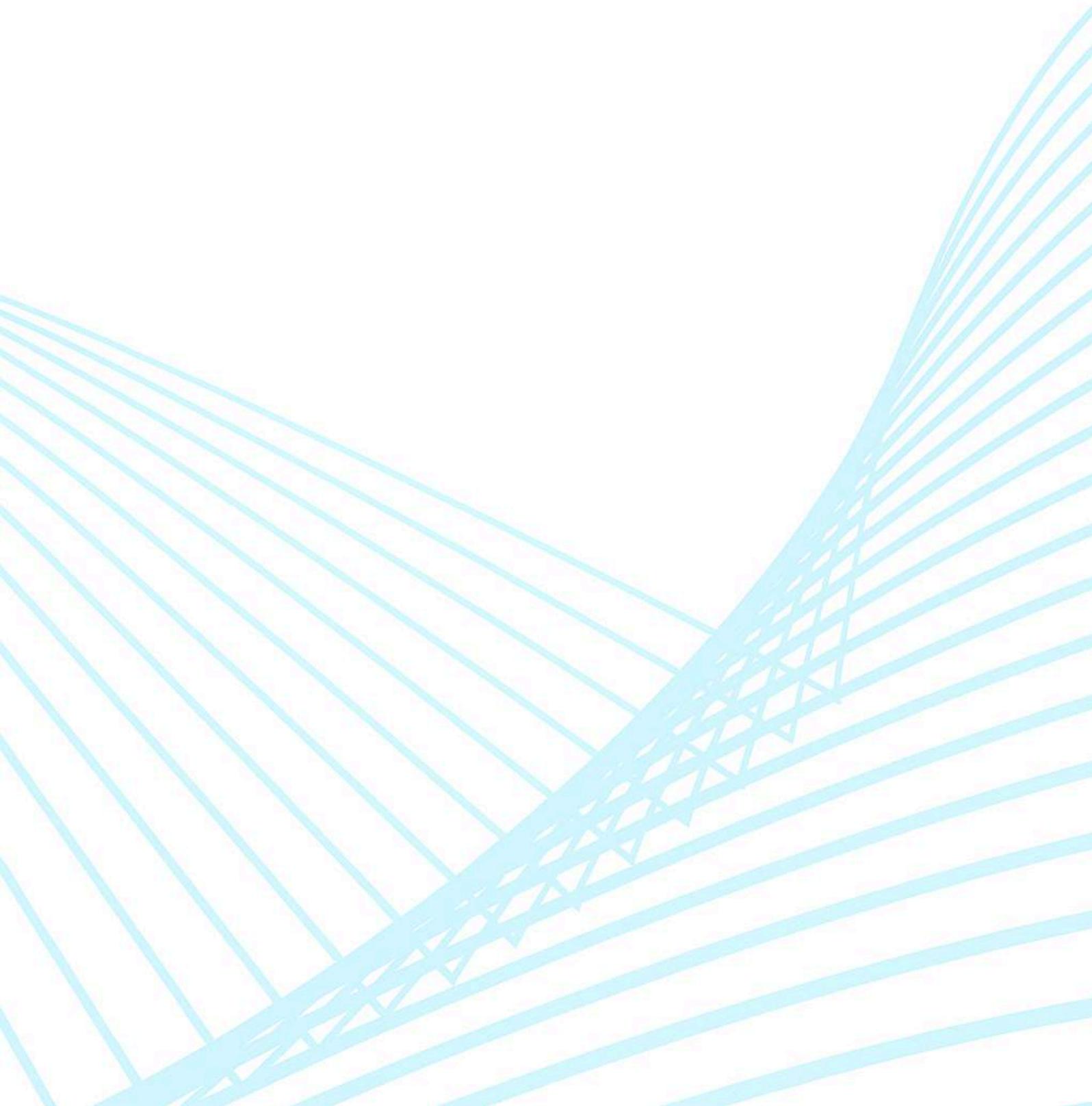
Dr. Rokiah is actively involved in developing clinical practice guidelines, providing professional training, and leading national diabetes education initiatives. She is a frequent invited speaker at national conferences and regularly contributes to public health education through media engagement.

Dr Sivarajan Ramasamy

Public Health Medicine Specialist

Ministry of Health, Malaysia

Dr Sivarajan Ramasamy is a Public Health Specialist and Senior Principal Assistant Director at the Negeri Sembilan State Health Department, where he leads initiatives under the Non-Communicable Disease Unit. He holds a Doctor of Public Health (DrPH) from the University of Malaya and has extensive experience in epidemiology, occupational health, and public health policy implementation. His work spans district, state, and national levels, with a strong focus on disease prevention, surveillance, and strengthening public health systems.



Dr Tan Ming Yeong

Adjunct Senior Lecturer, IMU University

Diabetes Nurse Specialist, Oriental Melaka Straits Medical Centre

Dr. Tan Ming Yeong is an Adjunct Senior Lecturer at the IMU University. She received her Doctor of Nursing degree and a Credentialed Diabetes Educator from Australia. With a strong passion in diabetes education, Dr. Tan is one of the pioneer diabetes educator in the country with 38 years of experience in diabetes education.

Since 1985, Dr. Tan has been actively involved as a resource person, organizer, and initiator in numerous diabetes-related activities across Malaysia. Her contributions include the development of forums for injection therapy guidelines and the diabetes education manuals which she co-authored the chapter on Care of Older People with Diabetes.

Dr. Tan has played a pivotal role in initiating and organizing regular national diabetes education conferences and seminars. These events aim to provide continuous education for healthcare professionals both locally and regionally, with the goal of improving the standard of diabetes education in the country and globally.

Dr. Tan has published in peer reviewed journals and invited to speak at numerous national and international conferences, sharing her expertise and insights on diabetes education and management. In addition to her academic and educational contributions, Dr. Tan serves as a Diabetes Nurse Specialist at the Oriental Melaka Straits Medical Centre. In this clinical role, she provides diabetes self-management education and support to individuals living with diabetes, ensuring they receive comprehensive management and education to enhance their quality of life.

In recognition of her outstanding contributions to diabetes education in Malaysia, Dr. Tan was honoured with the Excellent Nursing Award by the Malaysian Ministry of Health in 2008. This prestigious award acknowledges her dedication and impact in the field of nursing and diabetes care.

Dr Thum Chan Ho

*Cardiologist and Deputy Director of the Cardiovascular Risk Reduction Clinic
National Heart Institute (IJN)*

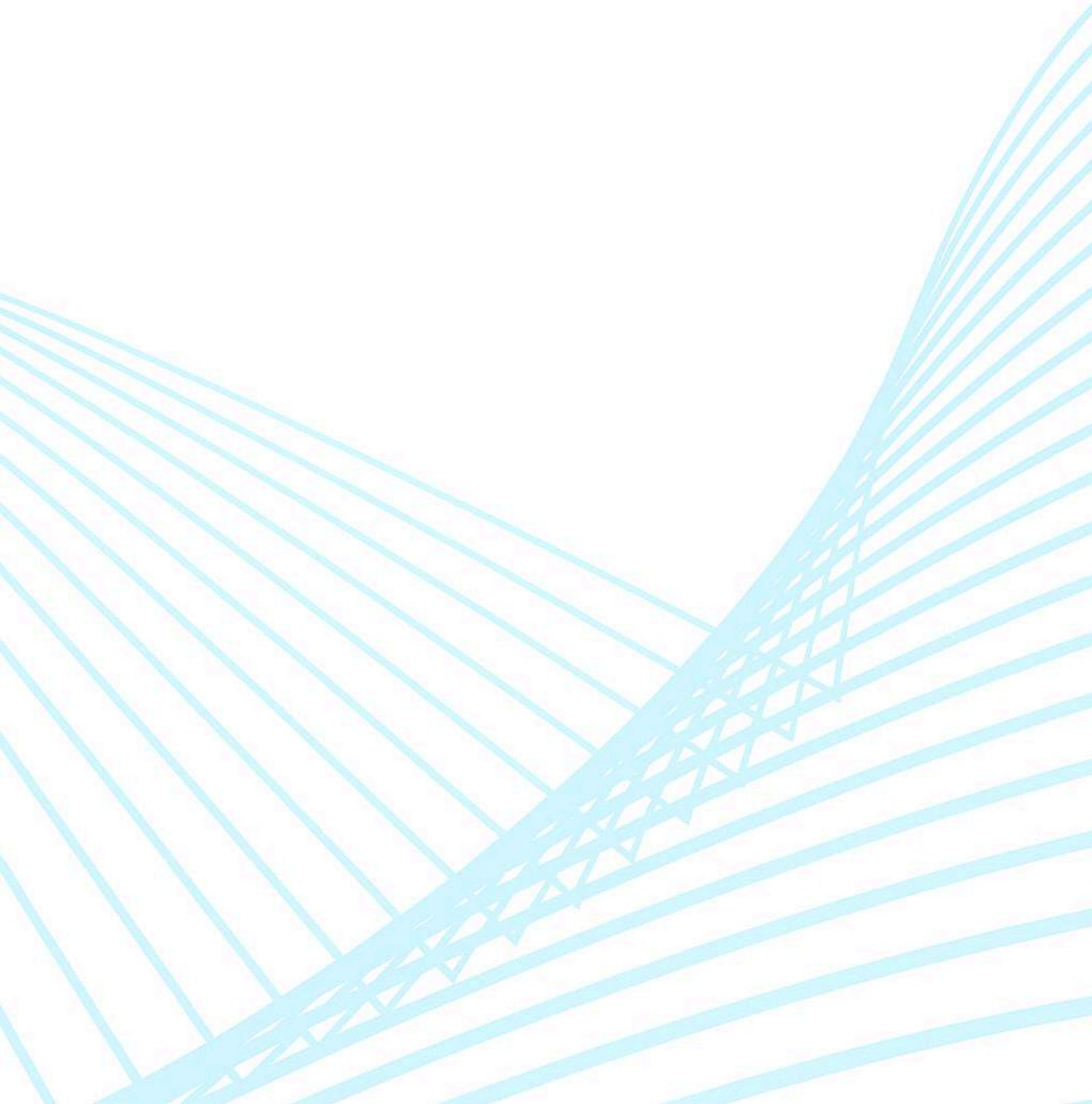
Dr Thum graduated with an MBBS in 2006 and have practiced in PPUM, HRPB and Hospital Putrajaya where he obtained his MRCP UK and MMED Internal Medicine Singapore. After being gazetted as an Internal Medicine Specialist, he commenced his Cardiology training at IJN and subsequently became a cardiologist in 2021. Dr. Thum also completed the European Exam In Core Cardiology and EAS Certified Excellence in Lipidology. In 2025, he became the first certified Preventive Cardiologist in Malaysia, achieving First Class Honors and the Gold Medal in MSc in Preventive Cardiology NUIG. He is currently the Deputy Director of the Cardiovascular Risk Reduction Clinic IJN and is involved in numerous related researches and publications. He is also actively involved in local and international cardiology conferences.



Dr Wong Ping Foo

*Consultant Family Medicine Specialist and Head of Clinic
Ministry of Health, Malaysia*

Dr Wong Ping Foo is a Consultant Family Medicine Specialist and Head of Clinic at Cheras Baru Health Clinic, Kuala Lumpur. He obtained his postgraduate qualifications in Family Medicine from Universiti Kebangsaan Malaysia, Academy of Family Physicians of Malaysia and Fellowship from Royal Australian College of General Practitioners. He completed his subspecialty training in Primary Care Non-Communicable Diseases and area of interest in Primary Care for Elderly. He holds many positions in many organizations and expert committees in Primary Care. He has been actively involved with audit, research and training.



Mr Muhammad Hazrin Husin

Clinical Dietitian

University Malaya Medical Centre, Malaysia

Mr Muhammad Hazrin Husin is a registered Clinical Dietitian (MAHPC DTN 00487) currently serving at University Malaya Medical Centre (UMMC). With over nine years of professional experience, he specialises in Medical Nutrition Therapy for diabetes, paediatric nutrition, weight management, and chronic disease care across both inpatient and outpatient settings.

He is actively involved in national and institutional education initiatives, frequently invited as a speaker and facilitator for programmes on diabetes management, nutrition during Ramadan, paediatric obesity, cancer nutrition, and palliative care. His work also extends to multidisciplinary diabetes camps, group counselling, and transition clinics for Type 1 Diabetes patients, including those using CGM and insulin pump therapy.

Beyond clinical practice, Hazrin plays a key role in food service governance, accreditation, and policy development at UMMC, contributing to MSQH, ISO 22000, HACCP, and Halal compliance. He is a published author, guideline contributor (Paediatric Renal Nutrition Taskforce), and co-author of nutrition education books and materials. His passion lies in translating evidence-based nutrition into practical, patient-centred care.

Ms Ani Norita Muhamad Samudi,

{Pending Bio}



Ms Che Shafini Johari,

Clinical Dietitian

University Malaya Medical Centre, Malaysia

Ms Che Shafini Binti Johari is a senior dietitian at the University Malaya Medical Centre (UMMC), where she has served since 2009. She holds a Bachelor of Science (Hons) in Dietetics from Universiti Kebangsaan Malaysia and has over 15 years of clinical experience across paediatric and adult care settings, including paediatric intensive care, endocrinology, and semi-critical care.

Her clinical expertise includes medical nutrition therapy, enteral nutrition support, nutrition counselling, and multidisciplinary patient management. In addition to her clinical role, she has held key administrative and leadership positions within the Department of Dietetics, including Officer-in-Charge of the Enteral Nutrition Supply Unit and Risk Officer.

Ms Che Shafini is actively involved in teaching and supervision, serving as a clinical instructor for undergraduate dietetics students and contributing to internal professional training programmes at UMMC. Her research interests focus on clinical nutrition, diabetes, paediatrics, and inflammatory conditions, with publications in peer-reviewed journals and ongoing postgraduate research supervision.

She is a member of the Malaysian Dietitian Association and is actively engaged in professional committees related to paediatric diabetes, obesity, and renal nutrition.

Ms Elsie Liaw Sze Ying

Clinical Psychologist

University Malaya Medical Centre, Malaysia

Elsie Liaw is a Clinical Psychologist with 15 years of experience working with individuals across the lifespan, from young children to older adults. Her clinical work focuses on providing comprehensive psychological assessments and therapeutic support, drawing on evidence-based approaches that are thoughtfully tailored to each individual's needs. She has also been involved in facilitating psychological sessions at diabetes camps organised by the University Malaya Medical Centre, where she supports the emotional wellbeing of children and adolescents living with diabetes.

She is currently a Visiting Clinical Psychologist at The Mind Faculty and Linda and Ng Specialist Clinic. She holds a Master of Clinical Psychology from Universiti Kebangsaan Malaysia (UKM) and a Bachelor of Social Sciences from Universiti Tunku Abdul Rahman (UTAR).



Ms Mumtas Abdul Ghani

Diabetes Educator

Ministry of Health, Malaysia

Ms Mumtas Abu Gani is a Diabetes Educator at the Institute of Endocrine Hospital Putrajaya. She completed her Diploma in Nursing in 2002 and has extensive clinical experience, having worked in a medical ward for eight years from 2002 to 2010. She has been serving at the Diabetes Resources Centre (DRC) since 2012 and remains actively involved in diabetes education and patient care. In 2010, she completed a six-month Post Basic Diabetes Nursing programme at Kolej Perubatan Alor Setar, Kedah. Ms Mumtas has also contributed to the development of diabetes education by serving as a local preceptor for Post Basic Diabetes students from 2015 to 2019. In addition, she was a facilitator for the Diabetes Nurse Educators Workshop organised by the Ministry of Health Malaysia (KKM) from 2018 to 2019. She is actively involved in various diabetes education trainings and workshops, participating as both a speaker and facilitator for healthcare professionals. She has also been involved in group poster presentations, with her latest presentation at NADI in 2024. Her recent work includes an audit on annual Diabetes Mellitus complication screening in a tertiary centre (2024–2025) and a study titled “Turning Numbers into Metabolic Outcomes: Diabetes Educator–Led Self-Monitoring of Blood Glucose (SMBG) in Type 2 Diabetes.”

Ms Rohana Jaafar

*Head of the Outpatient Division,
Hospital Canselor Tuanku Muhriz UKM, Malaysia*

Ms. Rohana Jaafar is a Senior Nursing Executive in the Department of Nursing (Outpatient Services) at Universiti Kebangsaan Malaysia Medical Centre (UKMMC). She obtained her Registered Nurse qualification in 1996 from the College of Nursing, Penang, and subsequently completed a Certificate in Diabetes Education at UKMMC in 2000.

She further advanced her professional expertise through the Asia Pacific Intensive Diabetes Management Programme in Milpitas, California (2002), and a Diabetes Self-Management Training Fellowship at Royal Prince Alfred Hospital, Sydney (2004). In 2010, she earned a Bachelor of Science in Nursing (Second Class Honours – Upper Division) from University College MAHSA.

Ms. Rohana is a Senior Diabetes Educator and a pioneer in establishing the Diabetes Counselling Clinic within the Department of Medicine, UKMMC. The clinic currently operates with the support of six full-time Diabetes Educators. She serves as a key clinical and educational resource for nurses, endocrinologists, and multidisciplinary healthcare teams, contributing significantly to the enhancement of nursing practice and quality of care for patients with diabetes in both outpatient and inpatient settings.

Since 2007, she has been actively involved in the delivery of the Post-Basic Diabetes Education Course, organised by the Department of Nursing in collaboration with the Diabetes and Endocrinology Unit, Department of Medicine, UKMMC. To date, she has contributed to the training of over 180 healthcare professionals, including nurses, pharmacists, and physiotherapists, reflecting her strong commitment to interprofessional education.

Ms. Rohana is an active member of the Young Diabetic Support Group (YDSG) at UKMMC and has served as a facilitator for the annual YDSG Camp, supporting patient empowerment and self-management education. She is also a Life Member of Diabetes Malaysia and has been extensively involved in diabetes-related community engagement programmes at both hospital and community levels. She previously served as Secretary of the Federal Territory of Kuala Lumpur branch of Diabetes Malaysia from 1999 until September 2015.

In addition, she is frequently invited as a guest speaker in diabetes education for healthcare professionals, pharmaceutical organisations, and external agencies. Her scholarly contributions include poster presentations at national conferences, namely the Malaysian Diabetes Educators Society (DECS) Conference and the Malaysian Endocrine and Metabolic Society (MEMS) Annual Congress in 2014, focusing on the profiles and characteristics of patients with Type 2 Diabetes Mellitus referred for Diabetes Educator services at UKMMC.

Since February 2022, Ms. Rohana has held the position of Head of the Outpatient Division, Department of Nursing Services, UKMMC, where she provides strategic leadership in outpatient nursing services, quality improvement initiatives, and clinical governance.

Ms Siti Zarina Yaakob
Nurse
University Malaya Medical Centre

{Pending Bio & APC}



Ms Teong Lee Fang

Clinical Dietitian,

Ministry of Health, Malaysia

Ms Teong Lee Fang is a certified Dietitian with over a decade of experience at the Ministry of Health (MOH), Malaysia. She holds a Bachelor's degree in Dietetics from UKM, a Master's from Taylor's University, and is currently pursuing her PhD in kidney nutrition at the Faculty of Medicine, Universiti Malaya (UM). Her primary area of expertise is Medical Nutrition Therapy (MNT) for chronic kidney disease (CKD), encompassing pre-dialysis, dialysis, renal transplantation, and conservative care. She has been appointed the national coordinator for the MOH Dietetic Profession Special Interest Group in Nephrology. Ms Teong is a prolific speaker and HRDC-certified trainer. Her subject-matter expert contributions include scientific chapter writing, serving as an expert panel on national policy and standards of practice in Malaysia, conducting research- and education-based expert reviews, and participating in collaborative teaching initiatives.



Ms Toh Peik Khiam

*Senior Nurse Lecturer/Diabetes Educator
Ministry of Health, Malaysia*

Ms Toh Peik Khiam (Grace Toh) is a Senior Nurse Tutor with the Ministry of Health Malaysia, specialising in Diabetes Care and Education. She has over two decades of nursing experience and has been actively involved in diabetes education and workforce training since 2013. Grace currently contributes to the Advanced Diploma in Diabetes Care programme under the Training Division, Ministry of Health, where she plays a key role in curriculum development and capacity building for nurses and medical assistants across both public and private sectors.

Grace holds a Diploma in Nursing, an Advanced Diploma in Oncology Nursing, a Bachelor of Science (Hons) in Nursing Practice Development, a Master of Science in Nursing from Northumbria University, and a Postgraduate Diploma in Diabetes Management and Education from the International Medical University. Her clinical background includes experience in paediatrics, medical units, oncology nursing, and stem cell transplant care.

She has been involved in national and international diabetes initiatives, including collaborations with Steno Diabetes Center Denmark, and has contributed to multiple curriculum development projects within the Ministry of Health. Grace has also served on the MDES organising committee and currently chairs the MDES Mentor–Mentee Programme, launched in 2025, reflecting her strong commitment to professional development and diabetes education in Malaysia.

Ms Yong Lai Mee

*Acting Senior Nurse Manager
Subang Jaya Medical Centre*

Ms Yong Lai Mee is a nurse who holds a Post Graduate Diploma in Diabetes in Primary Care awarded by University of Warwick, UK. Additionally, she has a Master of Nursing (Mental Health) from Monash University. She also possesses an Advanced Diploma in Teaching in Nursing Certificate from University of Malaya. Her membership in the Golden Key International Honour Society validated by Monash University, reflects her academic excellence.

Currently, Ms Yong serves as a Senior Nurse Manager at Subang Jaya Medical Center. She has more than 15 years of experience in Diabetes Education and more than 10 years in Nursing Education.

For Leadership and Contributions, Ms Yong is the present President of Malaysian Diabetes Educators Society (MDES). She has contributed significantly to diabetes education through her involvement in creating the national Diabetes Education Manual Guidelines and FITMY Injection Technique Guidelines.

As the Chief Author, Ms. Yong led the development of the posters titled 'Hypoglycaemia Prevention' and 'Insulin Pen Needle Stick Injury Prevention'. Both posters were awarded the prestigious First Prize at the Association of Private Hospitals Malaysia (APHM) Conference in 2023 and 2024, respectively.

Professor Dr Barakatun Nisak Mohd Yusof

*Deputy Dean Academic (Health Sciences) and Student Affairs'
Universiti Kebangsaan Malaysia*

Professor Dr Barakatun Nisak Bt Mohd Yusof is a Professor and Deputy Dean of Academic (Health Sciences) and Students' Affairs at the Faculty of Medicine and Health Sciences, Universiti Putra Malaysia. She is a practising dietitian specializing in metabolic obesity and diabetes. Additionally, she serves as President of the Malaysian Dietitian Association (MDA) and the Honorary Secretary of the Malaysian Society of Obesity (MYOS).

Prof Nisak earned her PhD in Dietetics from Universiti Kebangsaan Malaysia and completed a Postdoctoral Research Fellowship at Joslin Diabetes Centre, Harvard Medical School. Her research focuses on improving metabolic control and quality of life in individuals with type 2 diabetes, gestational diabetes, and obesity. She has also received the FRGS grant to explore the gut microbiome among low income urbanites with NCDs.

She collaborates with the Ministry of Health, industry partners, and professional associations to develop diabetes nutrition guidelines such as "Clinical Practice Guidelines for Adults with Type 2 Diabetes" and "Diabetes in Pregnancy."

Professor Dr Muhammad Yazid Jalaludin

*Senior Consultant Paediatric Endocrinologist
Universiti Malaya Medical Centre, Malaysia*

Prof. Dr. Muhammad Yazid Jalaludin is a leading authority in Paediatrics, Paediatric Endocrinology, and Diabetes. He serves as Professor of Paediatrics at Universiti Malaya and Senior Consultant Paediatric Endocrinologist at Universiti Malaya Medical Centre (UMMC) and UM Specialist Centre (UMSC). He also holds the administrative position of Deputy Dean (Undergraduate Studies, 2021-2027) at the Faculty of Medicine, Universiti Malaya, where he plays a key role in medical education, curriculum development, and academic governance at both national and regional levels.

Prof. Jalaludin has demonstrated sustained leadership across major professional organisations in paediatrics and paediatric endocrinology. He previously served as President of the Asia Pacific Paediatric Endocrine Society (2018–2020) and President of the Malaysian Paediatric Association (2017–2019). His other leadership roles include Vice President of the Malaysian Endocrine and Metabolic Society (2022–2024; 2024–2026) and Chairman of the Malaysian Paediatric Endocrinology and Diabetes Group (since 2020). He is currently President of Diabetes Malaysia (2025–2027), where he actively advocates for improved diabetes care, education, access to technology, and evidence-based policy reform nationwide. He also serves as Chair of the Specialty Subcommittee for General Paediatrics (2023–2025; 2025–2027).

His contributions to paediatric medicine and endocrinology have been widely recognised. He has received numerous honours, including the Outstanding Asian Paediatrician Award (2024), multiple Universiti Malaya Excellent Service Awards, and the Kesatria (Ambassador) Award from the Malaysia Convention and Exhibition Bureau. In 2025, he was conferred Fellowship of both the Academy of Science Malaysia (FASc) and the Academy of Medicine of Malaysia (FAMM).

A prolific clinician-scientist, Prof. Jalaludin has authored over 120 ISI-indexed publications, including two landmark papers in the *New England Journal of Medicine*. His research focuses on paediatric diabetes, obesity, metabolic disorders, and child health, with significant impact on clinical practice, professional guidelines, and health policy across Malaysia and the Asia-Pacific region.

Professor Dr Norlaila Mustafa

Consultant Endocrinologist

Hospital Canselor Tuanku Muhriz UKM, Malaysia

Prof Dr Norlaila Mustafa graduated from National University of Malaysia (UKM) after which she underwent endocrinology training until 2004. She then pursued her study in the field of diabetes and conferred a doctorate of Medicine, MD by Cardiff University. She was awarded as an honorary lecturer by Cardiff University from 2009 until 2015. She is in the training committee for endocrinology in Malaysia appointed by Ministry of Health (MOH). She serves as advisor for Diabetes Nurse Educator Course, HCTM since 2007. She is a Board of Trustee for National Diabetes Institute (NADI) since 2016. She was appointed as Advisor for Malaysian Diabetes Educator Society since 2020. She has been awarded several research grants and collaboration with the industries. Her research interest focuses on diabetes, obesity and metabolic syndrome. She currently serves as the Professor of Medicine and Consultant Endocrinologist at Hospital Canselor Tuanku Muhriz, UKM, and Visiting Endocrinologist at the National Heart Institute (IJN).

Professor Dr Shireene Ratna Vethakkan

Consultant Endocrinologist

University Malaya Medical Centre, Malaysia

Professor Dr. Shireene Ratna Vethakkan obtained her MBBS from the University of Malaya, and Masters of Internal Medicine from Universiti Kebangsaan Malaysia. She then underwent endocrine training at the University of Malaya Medical Centre and a fellowship at the Department of Endocrinology and Diabetes, St. Vincent's Hospital Melbourne. This was followed by an MD(Doctorate of Medicine-Research) at the University of Melbourne focusing on the evaluation of islet-function and insulin-sensitivity post-islet transplantation in patients with Type 1 diabetes. Her expertise lies in the fields of diabetology and reproductive endocrinology, in particular human islet-transplantation, lipotoxicity and beta-cell function. She is skilled in the evaluation of beta-cell function/insulin sensitivity utilizing computer modelling and the IVGTT, and can also conduct clamp studies. She was Head of the Division of Endocrinology&Diabetes , Department of Medicine, University of Malaya from 2012-2022. She holds several grants and has a passion for clinical research in the field of diabetes in pregnancy and metabolic associated steatotic liver disease. She has published papers in the British Journal of Obstetrics & Endocrinology, Clinical Endocrinology, Diabetes Research & Clinical Practice, Journal of Clinical Endocrinology and Metabolism, Journal of Clinical Lipidology, Clinical Nutrition, Transplantation, Endocrine Practice, Diabetic Medicine and Journal of Diabetes Investigation. She has also supervised to completion many PhD, Masters of Science, Masters of Medicine students and Endocrine Subspecialty Fellows. Dr. Vethakkan is also an experienced consultant endocrinologist/physician and runs several busy clinics including the combined antenatal endocrine clinic at the University of Malaya Medical Centre.

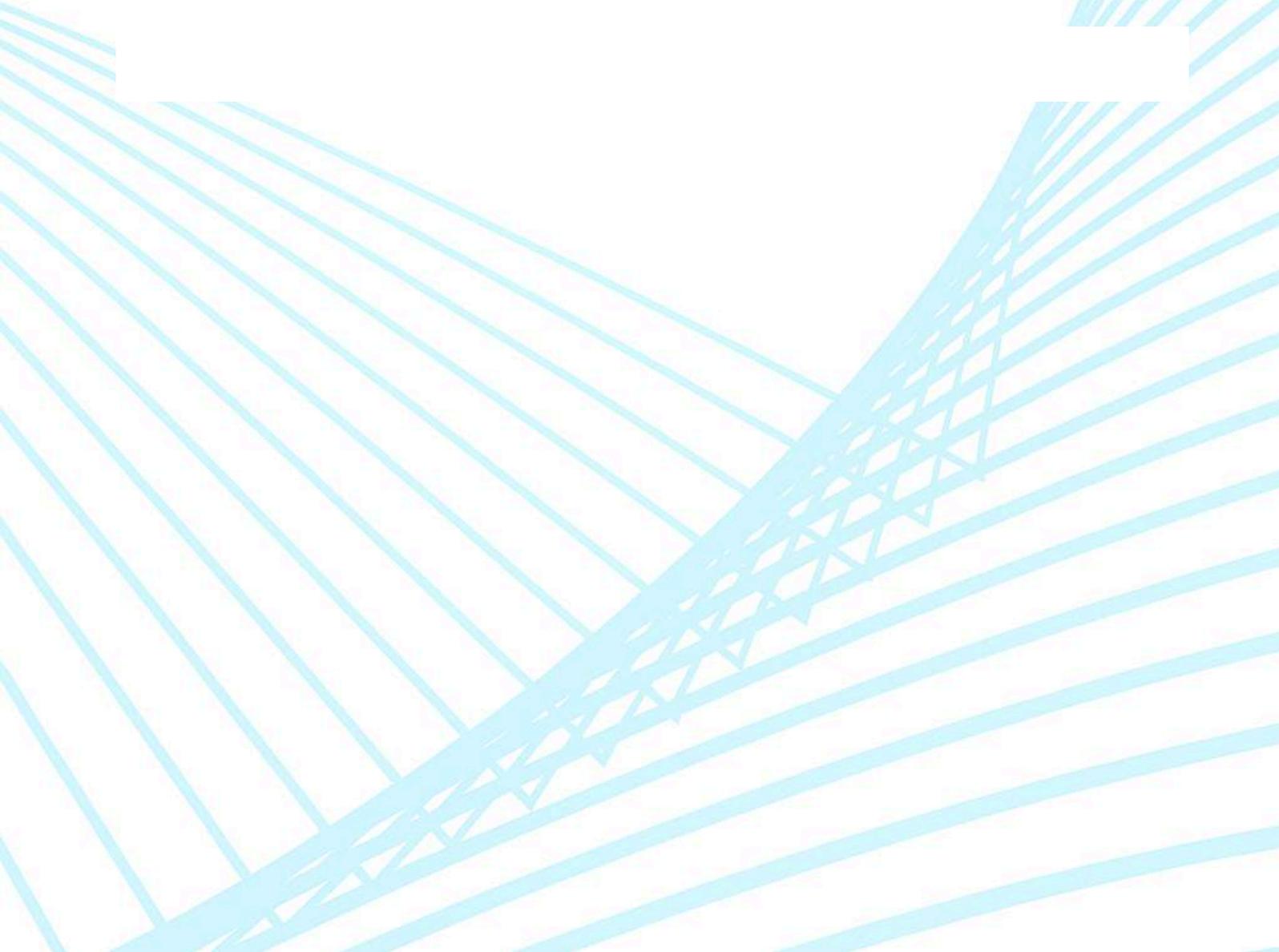
Professor Dr Winnie Chee Siew Swee

*Director, Institute of Research, Development & Innovation (IRDI)
IMU University, Malaysia*

Professor Winnie Chee Siew Swee is a Professor of Nutrition and Dietetics at the School of Health Sciences, International Medical University (IMU), Malaysia, and serves as Director of the IMU Research in Diabetes Institute (IRDI). She holds a PhD in Food Science, a Master's degree in Food Science and Nutrition, and a Bachelor's degree (Hons) in Dietetics from Universiti Kebangsaan Malaysia.

Professor Winnie is a Fellow of the Malaysian Dietitians' Association and an international member of the Academy of Nutrition and Dietetics. Her research expertise spans clinical nutrition, diabetes management, glycaemic index, body composition, malnutrition, sarcopenia, frailty, and nutrition interventions across the life course. She has led and collaborated on numerous competitive research grants, including large-scale longitudinal studies on type 2 diabetes and precision health in Malaysia, as well as industry-funded randomized controlled trials.

An active researcher and supervisor, Professor Winnie has published extensively in high-impact journals and contributed to books on nutrition and health in Asia. Her work bridges research, clinical practice, and policy, with a strong focus on improving nutrition outcomes and evidence-based care in diverse populations.



Professor Mette Juel Rothmann

*Director, Institute of Research, Development & Innovation (IRDI)
IMU University, Malaysia*

***Professor Mette Juel Rothmann** is Programme Leader for Diabetes Care and User and Public Involvement at Steno Diabetes Center Odense, and a Senior Researcher at the Centre for Innovative Medical Technology (CIMT), Odense University Hospital and the University of Southern Denmark. She is also a Clinical Nurse Specialist in the outpatient clinic at Steno Diabetes Center Odense, with more than two decades of experience in diabetes care and endocrinology since 2003.*

Professor Rothmann's research focuses on empowering people with type 1 and type 2 diabetes to self-manage their condition, particularly through the use of technology and the implementation of research evidence into clinical practice. A central pillar of her work is Patient and Public Involvement, using Participatory Design to actively involve patients, relatives, and healthcare professionals in the co-creation of new services and technologies.

Since 2018, she has led the research programme "Diabetes Care, User Involvement, and Technology" at Steno Diabetes Center Odense, addressing key life transitions in diabetes, including vulnerable adolescents, young adults and women with type 2 diabetes during pregnancy, and interventions to reduce diabetes distress. Her work spans qualitative research, participatory design, systematic reviews, and randomized controlled trials.

Professor Rothmann is also Principal Investigator of several major studies, including a recent randomized controlled trial on digitally supported empowerment interventions, and has held an Honorary Associate Professorship at Deakin University since 2018.