



**Malaysian Dietitians' Association**  
**Virtual Conference 2021**

📅 20 - 21 June, 2021

Organised by:



Persatuan Dietitian Malaysia

**Dietetics in Aging and Elderly**

# Improving Nutrition Care Outcomes



## WELCOME MESSAGE

It is my great pleasure to welcome you again to MDA's National Conference which is entering into our 26th year of organising another round of updates and sharing. The theme this year is extremely relevant – Dietetics in Aging and the Elderly. In light of the latest developments of the COVID-19 pandemic, the Organising Committee has decided to convert the 26th Malaysian Dietitians' Association Conference into a virtual conference. The conference will be held on 20 – 21 June 2021. The decision is made in the interest of safety for all. This will be the first time the Malaysian Dietitians' Association Conference is held virtually and we are very excited that this will bring a whole new experience to participants!

The Malaysian population of older adults is predicted to grow rapidly over the next decade. Simultaneously, advancements in medical care and improved awareness of healthy lifestyles have led to longer life expectancies. Dietitians play a pivotal role in providing the right nutrition care to promote healthy and functional living among older adults.

Hence, our scientific programme will be filled with relevant topics that will enhance dietetics practices when providing medical nutrition therapy for the elderly with both chronic and acute diseases. We also will discuss topics related to diet and lifestyle management that will impact the aging process across the lifespan. We will have plenary lectures, symposiums and skills workshops as well as both oral and poster free paper presentations and case studies.

**Do REGISTER EARLY and SEE YOU AT OUR 1st MDA VIRTUAL CONFERENCE!**



**PROFESSOR DR WINNIE CHEE SIEW SWEE**  
**President**  
**26th MDA National Conference**



## Day 1 – 20 JUNE 2021 (SUNDAY)

Time	Programme	
0845 - 0855	<b>Welcoming Speech &amp; Opening Ceremony</b>	
0900 - 0935	<b>Keynote Lecture</b> <i>Chairperson: Associate Professor Dr Hazreen Abdul Majid</i>	
	Aging in Malaysia: Are We Ready? <b>Dr Noraliza Nordin Marican</b>	
0940 - 1015	<b>Plenary 1</b> <i>Chairperson: Associate Professor Dr Hazreen Abdul Majid</i>	
	Novel Nutritional Solutions to Prevent and Manage Sarcopenia <b>Professor Robin Daly</b>	
1015 - 1030	<b>Break</b>	
1030 - 1130	<b>Symposium 1A: Chronic Diseases in Elderly</b> <i>Chairperson: Professor Dr Winnie Chee Siew Swee</i>	<b>Symposium 1B: Behaviour Change</b> <i>Chairperson: Mr Georgen Thye</i>
	Diabetes Self-Management in Adults: Do We Need Different Strategies for Older People? <b>Dr Tan Ming Yeong</b>	Behaviour Change in the Elderly: Is it Possible? <b>Dr Jamilah Hanum</b>
	CKD in the Older Adult <b>Dr Maria Chan</b>	Using Digital Technology to Support Eating Behaviour Change in Older Adults <b>Ms Masfara Wahidah Abdul Rahman</b>
1130 - 1230	<b>Booth Visit / Poster Sessions</b>	
1230 - 1330	<b>Sponsored Symposium</b> <i>Chairperson: Associate Professor Dr Nik Shanita Safii</i>	
	Turning back the clock : The Ageing Immune System <b>Professor Dr Shahrul Bahyah Kamaruzzaman</b>	
1330 - 1430	<b>Lunch Break</b>	
1430 - 1500	<b>Plenary 2</b> <i>Chairperson: Dr Nurul Huda Razalli</i>	
	Managing Malnutrition in Elderly with Respiratory Failure <b>Dr Elizabeth Weekes</b>	
1500 - 1600	<b>Symposium 2A: Exercise and Aging</b> <i>Chairperson: Associate Professor Dr Nik Shanita Safii</i>	<b>Symposium 2B: Managing Malnutrition in Acute Illness</b> <i>Chairperson: Associate Professor Dr Hazreen Abdul Majid</i>
	Protein and Exercise for Optimal Muscular Skeletal Health in the Elderly <b>Professor Robin Daly</b>	Determining Energy Requirements in Hospitalised Older Adults <b>Dr Elizabeth Weekes</b>
	Current Recommendations for Exercise in Elderly (in Clinical Setting) <b>Dr Arimi Fitri Mat Ludin</b>	Multidisciplinary Approach in Managing Elderly Patients <b>Professor Tan Maw Pin</b>

## Day 2 – 21 JUNE 2021 (MONDAY)

Time	Programme	
0900 - 0935	<b>Plenary 3</b> <i>Chairperson: Associate Professor Dr Barakatun Nisak Mohd Yusuf</i>	
	Elderly Nutrition in Malaysia <b>Professor Dr Suzana Shahr</b>	
0935 - 1000	<b>Break</b>	
1000 - 1100	<b>Free Paper 1: Student Case (6 papers)</b> <i>Chairperson: Georgen Thye</i>	<b>Free Paper 2: Student Case (6 papers)</b> <i>Chairperson: Dr Nurul Huda Razalli</i>
	<b>Sponsored Symposium</b> <i>Chairperson: Datin Farah Diba Khan</i>	
1100 - 1200	<b>The Impact of Perioperative Immuno-nutrition in Gastrointestinal Cancer Surgery</b> <b>Dr Mohammad Shukri Jahit</b>	
1200 - 1300	<b>Booth Visit / Poster Sessions/Lunch Break</b>	
1300 - 1400	<b>Free Paper 3: Dietitians/Postgraduate Case Study</b> <i>Chairperson: Dr Ng Ai Kah</i>	<b>Free Paper 4: Dietitians/Postgraduate Research Paper</b> <i>Chairperson: Ms Mushidah Zakiah Mohd Akran</i>
	<b>Symposium 3A: Cognitive Function &amp; Nutrition</b> <i>Chairperson: Ms Nurul Huda Ibrahim</i>	
1400 - 1500	Nut Intake and Cognitive Function in Older Adults <b>Dr Tan Sze Yen</b>	Team Approach In Managing Stroke Patients - Experiences From Sunway Dietitian <b>Ms Tong Shue Mei</b>
	Cognitive Related Diseases and Nutritional Management <b>Dr Hakimah Mohammad Sallehuddin</b>	Treatment Approaches and Principles for Patients with Dysphagia <b>Mr Azmarul Aziz</b>
	<b>Symposium 3B: Stroke &amp; Dysphagia</b> <i>Chairperson: Dr Nurul Huda Razalli</i>	
1500 - 1530	<b>Workshop 1</b> <i>Chairperson: Professor Dr Winnie Chee Siew Swee</i>	<b>Workshop 2</b> <i>Chairperson: Associate Professor Dr Barakatun Nisak Mohd Yusuf</i>
	NFPE in Elderly Patients <b>Dr Chen Seong Ting</b>	Texture Modification: What Dietitians Should Know <b>Ms Chong Chin Weun &amp; Mr Azmarul Aziz</b>
1530 - 1600	<b>Closing Ceremony</b>	



## PROFESSOR TAN MAW PIN



Tan Maw Pin is Professor in Geriatric Medicine at the University of Malaya. She qualified from the University of Nottingham, United Kingdom and worked as an house officer in Derby and a Senior House Officer at the Nottingham City Hospital before moving up north to Newcastle upon Tyne to pursue her higher specialist training in geriatric medicine. She worked briefly as a consultant geriatrician at the Royal Victoria Infirmary and Freeman Hospital before returning home to Malaysia. She is the Principal Investigator of the Transforming Cognitive Frailty into Later Life Self-Sufficiency (AGELESS) programme which is funded by a Ministry of Higher Education Long Term Research Grant Scheme. Prof Tan is also the Honorary Secretary of the Malaysian Society of Geriatric Medicine and the College of Physicians of Malaysia. She is Academic Editor to PLOS ONE and Associate Editor to Frontiers in Medicine. In addition, she has founded the University of Malaya spin-off, ACT4Health Sdn Bhd, and as Medical Director of the Genting Dementia Day Care Centre and Aged Care Services Sdn Bhd

## DR TAN SZE YEN



Dr Tan Sze-Yen is an Advanced Accredited Practising Dietitian (Australia), Senior Lecturer, and the Deputy Course Director of Bachelor of Nutrition Science at Deakin University, Australia. He completed his Bachelor of Dietetics at Universiti Kebangsaan Malaysia, Masters and PhD degrees at the University of Wollongong (Australia), and post-doctoral training at Purdue University (USA). Dr Tan conducts clinical trials and epidemiological studies to identify effective food and dietary strategies that promote healthy body weight and optimal metabolic health. His current research focuses on understanding the health benefits of nuts in older adults. Dr Tan has published over 40 peer-reviewed research articles, and he currently serves as an editorial board member of Nutrition & Dietetics, the official journal of the Dietitians Australia, as well as Scientific Reports.



## ASSOCIATE PROFESSOR JAMILAH HANUM ABDUL KHAIYOM



Dr. Jamilah Hanum currently serves as an Assistant Professor in the Department of Psychology, International Islamic University Malaysia (IIUM). She also provides psychological services at the Psychology Services Unit in the department. She is a recipient of many research grants such as the Transdisciplinary Research Grant Scheme (TRGS), Fundamental Research Grant Scheme (FRGS), Knowledge Transfer Programme (KTP), International Institute of Islamic Thought (IIIT), and Research Initiative Grant Scheme (RIGS). She has presented her work at many international conferences, and her work has been published in high refereed journals. In addition, she has published five books, and the most recent one is *Spiritual Therapy: An Islamic Perspective*. Numerous organizations regularly invite her to conduct workshops in her area of specialization (i.e., Cognitive Behaviour Therapy, Relaxation Training, and Mindfulness-based Intervention). She is currently focusing much of her time promoting Cognitive Behavior Therapy with Mindfulness to manage chronic illnesses such as diabetes, overweight, and obesity.

## MS MASFARA WAHIDAH BINTI ABDUL RAHMAN



Masfara Wahidah Abdul Rahman is a borneo-born Dietitian graduated from UKM and young entrepreneur who has been listed in the Encyclopedia for Successful People (3rd Edition) in Malaysia by British Media Publishing. Professionally as a dietitian and previously written about medical nutrition therapy on her personal website where she found a passion of being a dietitian through writing and eventually turned into a business, where various clients came to her website for dietary consultation, especially from Brunei.

On 2017, she discovered the opportunity to build a virtual platform for dietitian's consultations, but was still figuring out the business model.

2 years later, she founded Diet Ideas in 2019. Winning 2 awards as the Best Online Diet Consultancy Company and the Best Mobile Nutrition Therapy company by Natural Health Reader's Choice Awards. Her entrepreneurship goal is to enhance Dietitian & Nutritionist skills for a healthier Malaysia, where she has invested into DNA Testing & Technology for a personalized intervention and as a preventive measure for Malaysians to achieve a better outcome towards a healthier life. As a dietitian, Masfara has consulted more than 6000 (as of May 2021) clients virtually and physically, from Malaysia, Singapore, Brunei, Indonesia, Bangladesh as well as India. She has a total of 5 years experience in the industry. She has a vast experience in managing clients as young as 3 years old to 89 years old. As she transition from the traditional dietitian consultation to mobile & virtual, she realised there are significant difference in term of clients behaviour to the nutrition outcome especially to the older adult, where 90% clients that she has handled has managed to improve their nutrition outcome through technology and contemporary approach way of consultation.



## DR HAKIMAH MOHAMMAD SALLEHUDDIN



Dr Hakimah Mohammad Sallehuddin is an Internal Medicine Consultant and Geriatrician from University Putra Malaysia (UPM). She graduated in 2007 with a Medical Bachelor and Bachelor of Surgery (MBBS) from Jordan University of Science and Technology, Jordan and later awarded a Membership of Royal Colleges of Physicians (MRCP), United Kingdom, to practice as an Internal Medicine Specialist in 2014. She completed her subspecialty training in Geriatric Medicine with clinical experiences both in Malaysia and the United Kingdom. She is a researcher in the Malaysian Research Institute on Ageing (MyAgeing<sup>TM</sup>) and a council member of Fragility Fracture Network Malaysia. She pioneers the Geriatric Service in University Putra Malaysia Teaching Hospital (HPUPM).

Her previous projects were developing a Malaysian Undergraduate Geriatric Medicine Curriculum and a nationwide survey on teaching provision of geriatric medicine in medical schools across the country. She was a task force member in developing the “Interim Recommendations for the COVID-19 Pandemic for Private, Public and NGO Residential Aged Care Facilities” in Malaysia. She is the co-author for the Malaysian Education Certificate (SPM) Vocational Subject’s textbook “Gerontologi dan Geriatrik Asas: Tingkatan 4 & 5” and a book on dementia care “Dementia: A Caregiver’s Guide”. She has ongoing research on dementia, malnutrition, frailty, medical education and bone health among older adults.

## PROFESSOR ROBIN M. DALY, PHD FSMF FASBMR



Dr Robin Daly is a Professor within the Institute for Physical Activity and Nutrition (IPAN) at Deakin University in Melbourne, Australia where he co-leads the Preventing and Managing Chronic Diseases research domain and is Head of the Musculoskeletal Health and Mobility group. His research focuses on conducting clinical and translational randomized controlled trials to understand how nutrition and exercise approaches can prevent and manage diseases such as osteoporosis, sarcopenia, falls and fractures, type 2 diabetes, certain cancers and cognitive related disorders. His work has led to the implementation of evidence-based, community exercise programs and nutritional products to optimise musculoskeletal health, body composition, cognitive function and manage type 2 diabetes. He is also interested in the role of digital technology (telehealth) as a model of service delivery for the prescription of evidence-based self-management lifestyle programs for older adults and those with chronic conditions. He has published 3 books and over 190 peer-reviewed papers. He is immediate-Past President of the Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR), a member of the medical and scientific advisory committee of Osteoporosis Australia, a board member of the International Federation for Musculoskeletal Research Societies and a Fellow of Sports Medicine Australia and the American Society for Bone and Mineral Research.



## MS TONG SHEUE MEI



Tong Sheue Mei, Alice received her credential in Master of Dietetics from Deakin University, Australia. She is a Certified Nutrition Support Clinician (CNSC®). She is currently a member of the Malaysian Dietitians' Association (MDA), Singapore Nutrition and Dietetics Association (SNDA) and Dietitians Association of Australia (DAA). Alice started her career as a clinical dietitian in a tertiary hospital in Singapore and across various disciplines. She is also clinical instructor for dietetics students. Currently, as a clinical dietitian at Sunway Medical Centre, she provides diet counselling, medical nutrition therapy including enteral and parenteral nutrition for patients with different diseases such as obesity, diabetes mellitus, kidney disease, heart disease, cancer, critical care unit and others. Apart from working as a clinical dietitian, she is also actively involved in projects, including conducting public health talks and workshops for the community. She also has strong interests in medical nutrition therapy for critically ill, surgical, gastro health and diabetes.

## MS CHONG CHIN WEUN



Clinical Dietitian with 14 years of working experience, currently working at Hospital Sultan Ismail, Johor Bahru. Obtained Master of Medical Science from University of Malaya, 2019 with the research topic of Randomized Controlled Trial of Nutrition Intervention for Stroke Patients during Post-Acute Rehabilitation Phase. Engaged as the core team in commissioning Hospital Rehabilitasi Cheras in 2011 and worked there from 2011-2015. Also actively involved in the implementation of modified-consistencies diet in government hospital particularly Hospital Rehabilitasi Cheras besides conducted series of quality improvement studies in order to improve patients' compliance and acceptance towards modified consistencies diet. Her keen interest and vigorous work in dysphagia diet management would add a great value to the implementation of global standard, International Dysphagia Diet Standardisation Initiatives (IDDSI) in Malaysia



