

# Annual Congress POMSS2026

Capacity Building for Obesity Management  
Shaping obesity care in Pakistan- Be part of it!



FEBRUARY 12-14 2026 NISHAT HOTEL LAHORE



## Workshop

### Obesity and Metabolic-Bariatric Surgery Dietetic

This workshop is to learn about the preparation and management of patients before and after metabolic-bariatric surgery by dietitians

**Thursday 12-02-26 | 14:00PM - 17:30PM**

**Venue:** Darsgah room (Imperial Ballroom A), The Nishat Hotel, Johar Town, Lahore

14:00 - 14:05	<b>Welcoming note</b>	Dr. Tahir Yunus
14:05 - 14:15	<b>Course overview and objectives</b>	Ms. Tasnim Ali
14:15 - 14:25	<b>Pre-workshop Kahoot Quiz</b>	Ms. Kiran Mehboob

#### D1W1S1 Session: Introduction to the Metabolic-Bariatric Surgery Dietetic Roles

<b>Moderator:</b>	Ms. Gulnaz Saif Bariatric Coach Brigadier Shafiq Ahmad Khan Niazi Hospital	
<b>Chair:</b>	Prof. Ghazala Pervez Zaman Board member PFA, Former HOD, Nutrition Department CHE Lahore Chapter Head PNDS	
<b>Co-chair</b>	Mr. Fayaz Danish MS Consultant Dietitian Abbas Institute of Medical Sciences AIMS, AJK Chapter Head PNDS	
14:25 - 14:40	<b>Pathophysiology of Obesity</b>	Dr. Asim Khan
14:40 - 14:55	<b>Types of Metabolic-Bariatric Surgeries and changes in the anatomy and physiology</b>	Dr. Sana Sharafat
14:55 - 15:05	<b>The role of a Dietitian in preparing metabolic-bariatric surgery (MBS) patients</b>	Ms. Rebecca Tariq
15:05 - 15:20	<b>Postoperative Diet stages and customizing according to patient needs</b>	Ms. Amna Amar Butt
15:20 - 15:45	<b>Tea Break</b>	

#### D1W1S2 Session: Managing Postoperative Challenges in Metabolic-Bariatric Surgery Patients

<b>Moderator:</b>	Ms. Rashidah Javed Nutritionist UCHS and The Children's Hospital Lahore	
<b>Chair:</b>	Prof. Dr. Atta-ur-Rehman, Chairman Signs, Former HOD, Clinical Nutrition, SKMH, Shifa Hospital, and National Guard Hospital, KSA.	
<b>Co-chair</b>	Prof Dr Beenish Israr Director HIS, Chair-NPH,PKNC (University of Agriculture, Faisalabad)	
15:45 - 16:00	<b>Managing proteins and nutrients in patients after bariatric surgery to avoid muscle loss</b>	Ms. Tasnim Ali
16:00 - 16:15	<b>Managing dysphagia and drinking difficulties</b>	Ms. Samra Tariq
16:15 - 16:30	<b>Working with a psychologist to overcome eating behavior disorders</b>	Ms. Huda Farooq
16:30 - 16:45	<b>Managing dumping syndrome, flatulence, constipation and other road bumps during recovery</b>	Dr. Shahbaz Kasi
16:45 - 17:00	<b>Managing vitamin intake compliance difficulties</b>	Ms. Perrin Mama
17:00 - 17:15	<b>Post-workshop Kahoot quiz</b>	Ms. Kiran Mehboob
17:15 - 17:30	<b>Closing, souvenirs and photos</b>	

#### Audience:

Dietitians, Obesity Physicians

#### Learning Objectives:

- To understand the types of metabolic-bariatric surgeries and changes in anatomy/physiology
- To understand the role of a dietitian before and after metabolic-bariatric surgery
- To learn about the management of problems patients may face after metabolic-bariatric surgery

#### WORKSHOP REGISTRATION FEES:

Registration Category	Before 05 <sup>th</sup> Feb, 2026	After 05 <sup>th</sup> Feb, 2026	Group discount for Pakistan Nutrition and Dietetic Society members: Group of 10 will be charged PKR 15,000/-
Delegate	PKR 3000	PKR 5000	
POMSS Dietitian Members	Complementary		

**Note:** The POMSS Congress Inauguration Ceremony and Dinner at 18:30 on 12-02-26 will be complimentary for attendees

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