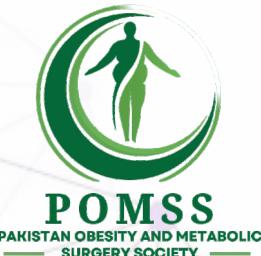


# Annual Congress **POMSS2026**

**Capacity Building for Obesity Management**

Shaping obesity care in Pakistan - Be part of it!



**FEBRUARY 12-14 2026** **NISHAT HOTEL LAHORE**



## Workshop

### Advanced Obesity Multi-disciplinary Management

This workshop will enable participants to create a multidisciplinary team for treating obesity.

They will learn about the multiple facets of a chronic relapsing disease - obesity.

**Saturday 14-02-26 | 09:00AM - 16:00PM**

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

#### **Moderator:**

Dr. Abid Mushtaq  
Dr. Asim Khan

#### **Audience:**

General Physicians, Family Practitioners, Endocrinologists, Obesity Physicians  
Dietitians, Psychologists, Surgeons, Nurses, Trainees

#### **Learning Objectives:**

- ▶ Understand obesity as a chronic relapsing disease
- ▶ Perform a comprehensive obesity assessment using validated tools
- ▶ Identify appropriate candidates for lifestyle, pharmacologic, and surgical treatment
- ▶ Apply MDT pathways for optimal care coordination
- ▶ Recognize psychological contributors and eating disorders
- ▶ Develop an MDT-based workflow for obesity management in hospitals

#### **WORKSHOP REGISTRATION FEES:**

Registration Category	Before 05 <sup>th</sup> Feb, 2026	After 05 <sup>th</sup> Feb, 2026
Delegate	PKR 5000	PKR 8000

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#### WORKSHOP PROGRAM

Time	Topic	Speaker
09:00 - 09:05	Welcome note	Dr. Abid Mushtaq FCPS (Internal Medicine, Pakistan)
09:05 - 09:15	<b>Opening address:</b> Overview of workshop format, objectives, and participant expectations.	Dr. Tariq Mahmood Mian President FamilyCon, Pakistan
<b>OM-S1: Understanding Obesity Disease Pathophysiology and Clinical Implications</b>		
<b>Moderator:</b>	Dr. Abid Mushtaq	
<b>Chair:</b>	Dr. Javed Raza	
<b>Co-Chair:</b>	Dr. Zafar Gondal	
<b>Expert Panel:</b>	Dr. Tariq Mahmood Mian Dr. Daryl Chia, Dr. Dr. Mateen Hotiana, Dr Khawar Iqbal, Dr. Ali Madeeh Hashmi, Dr. Mumtaz Maher, Ms. Maryam Tariq	
09:15 - 09:30	<b>Pathophysiology of Obesity</b> <i>Review of the mechanisms of the disease and treatment opportunities</i>	Dr. Daryl Chia MBBS (Surgeon, Singapore)
09:30 - 09:45	<b>Cardio-metabolic, Pulmonary impacts of obesity</b>	Dr. Khawar Abbas Chaudhry MRCP, FRCP, FCCP (Intensivist, Pakistan)
09:45 - 10:00	<b>Impact of Obesity on Reproductive Health and Oncological Risks</b>	Dr. Mateen Hotiana DABEDM (Endocrinologist, USA/Pakistan)

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10:00 - 10:15	<b>Psychological Drivers &amp; Eating Behavior</b> <i>Understanding the interplay of psychological conditions and obesity and how to assess and treat</i>	Dr. Ali Madeeh Hashmi ABPN (Psychiatrist, Pakistan)
10:15 - 10:30	<b>Comprehensive Assessment of the patient with obesity and Screening Tools</b> <i>How to assess patients with obesity and screen for conditions</i>	Dr. Abid Mushtaq FCPS (Internal Medicine, Pakistan)
10:30 - 10:45	<b>Overview of Obesity Treatment options: Lifestyle, Medicines and Surgery</b>	Dr. Tanseer Asghar MS Surgery (Surgeon, Pakistan)
10:45-11:00	<b>How to talk to patients about obesity without stigma</b> <i>“people-first language”, avoiding weight stigma, motivational interviewing basics, handling resistant or emotional patients, culturally sensitive communication</i>	Ms. Maryam Tariq (Psychologist, Pakistan)
11:00 - 11:30	Tea Break	

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#### WORKSHOP PROGRAM

##### OMS2: Interventions and Practical Management of Obesity

Moderator	Dr. Ahsan Ali Ghumman	
Moderator	Dr. Ahsan Ali Ghumman	
Chair	Dr. Farooq Afzal	
Co-Chair	Dr. Tahir Shah	
Expert Panel	Dr. Ali Jawa, Dr. Murtaza Shafqat, Dr. Asma Ahmad, Dr. Awais Masood, Dr. Kiran Chaudhry, Dr. Farooq Afzal, Dr. Tahir Yunus, Dr. Asim Shabbir, Dr. Irum Aamer	
11:30 - 11:45	<b>Nutrition Foundations &amp; Practical Physical Activity Counseling</b> <i>Focus: Customizing diet plans and physical activity</i>	Dr. Ali Jawa FACP (Endocrinologist, Pakistan)
11:45 - 12:00	<b>How Obesity Management Medications Work</b> <i>Focus: Understanding the pharmacological agents available to manage obesity</i>	Dr. Murtaza Shafqat (Endocrinologist, Pakistan)
12:00 - 12:15	<b>Practical Prescribing: Dose selection, titration, side-effects, affordability</b> <i>Focus: How to get comfortable with prescribing obesity management medications</i>	Dr. Asma Ahmad MRCP (Endocrinologist, Pakistan)
12:15 - 12:30	<b>Managing Comorbid Illnesses During Weight Loss</b> <i>Balancing the effects of obesity management medicines with other medications and adjusting the treatments for other conditions as weight loss happens</i>	Dr. Awais Masood DABEDM (Endocrinologist, USA/Pakistan)
12:30 - 12:45	<b>Pediatric Obesity: Causes and Management</b> <i>Understanding how to approach childhood and adolescent obesity</i>	Dr. Kiran Chaudhry DABPE (Peds Endocrinologist, Pakistan)

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#### WORKSHOP PROGRAM

	<b>Back to the Bariatric Surgeon</b>	DABS, DABOM (Surgeon, Pakistan)
13:15 - 13:30	<b>The Weight Maintenance &amp; Relapse Prevention Challenge. How to manage recurrent weight gain?</b>	Dr. Asim Shabbir FRCS (Surgeon, Singapore)
13:30 - 13:45	<b>Peri-operative Management of Eating Disorders</b>	Dr. Irum Aamer FCPS (Psychiatrist, Pakistan)
13:45 - 14:30	Lunch and prayer break	

#### OMS3: MDT Skills and Team-Based Practice

<b>Moderators for 6 MDT tables:</b>	<b>Dr. Shahzad Alam Shah, Dr. Shehryar Niazi, Dr. Mian Waleed, Dr. Mohsin Mumtaz, Dr. Gulfam Sulehri, Dr. Naveed Malik</b>	
14:30 - 14:40	<b>How to Run an Multi-Disciplinary Team Obesity Practice</b>	Dr. Shehryar Niazi FCPS (Surgeon, Pakistan)
14:40 - 15:15	<b>Hands-On Case Workshops (5 scenarios).</b> Each hospital team will receive 5 standardized cases covering medication decisions, surgical referral, nutritional risk, psychological factors, and relapse prevention.	Individual hospital MDT groups with a clinical master trainer
15:15 - 15:30	<b>Role of POMSS: defining our identity and shaping our future</b>	Dr. Shahzad Alam Shah FCPS (Surgeon, Pakistan)
15:30 - 15:45	<b>Final Discussion, Group Photo &amp; Certificate Distribution</b> <b>Closing remarks by moderator and faculty</b>	Dr. Tahir Shah FRCS (Surgeon, Pakistan)