

Annual Congress POMSS2026

Capacity Building for Obesity Management

Shaping obesity care in Pakistan- Be part of it!



POMSS

PAKISTAN OBESITY AND METABOLIC
SURGERY SOCIETY

FEBRUARY **12-14** 2026

NISHAT HOTEL LAHORE

A Spring of Growth, Knowledge & Innovation



Scientific Program

Capacity Building for Obesity Management

Conference Secretariat:

Evercare Hospital Lahore
NESPAK-1 Housing Scheme,
Lahore, Pakistan

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Contact us

Chief Coordinators:

Dr. Rana Umar Rizwan

+92 321 7011432

Dr. Asim Khan

+92 306 0855520

abstract@pomssevents.com

POMSS Annual Congress 2026

Conference Theme: Capacity Building for Obesity Management

Organized by the **Pakistan Obesity & Metabolic Surgery Society (POMSS)**
Affiliated with the **International Federation for the Surgery of Obesity (IFSO)**

Dates:  **February 12-14, 2026**

Venue: The Nishat Hotel, Johar Town, Lahore

Location: 4th Floor Event Halls

Hall	Hall Title	Purpose
Hall A and B	Sponsors Palace	Sponsors and Refreshments
Hall C	Baithak Hall	Main plenary hall
Hall D	Dastarkhwan Hall	Lunch and Dinner area
Imperial Ballroom A	Darsgah Room	Parallel Sessions room
Imperial Ballroom B	Mehman Khana	Speakers area

Entry: Main entrance opposite Emporium Mall Gate 6

Parking: On-site & Emporium Mall parking available

Friday Prayers: 1:30 pm, rooftop prayer area

Nearby Landmark: Directly adjacent to Emporium Mall





Main Plenary Sessions

Venue: Baithak Hall

Theme of the Day: Mastering Bariatric Surgery Through Video-Based Learning

Day 1: Thursday 12 Feb 2026, POMSS Congress

Time	Baithak Hall	Speaker
08:50 - 09:00	Recitation of the Holy Quran and National Anthem	<i>Dr. Asim Khan</i>
09:00 - 09:10	Welcome and Introduction to the Congress	<i>Dr. Tahir Yunus</i>
09:10 - 09:20	Opening address by the President of POMSS	<i>Dr. Ghulam Siddiq</i>
D1S1: Perfecting the Primary Procedures - Videos on techniques and pearls Target Audience: Surgeons, Trainees, Medical Students, Obesity team members Learning Objectives: <ul style="list-style-type: none"> • Understanding the steps for successful primary procedures • Understanding the errors that may lead to complications • Understanding how surgical anatomy contributes to successful weight loss 		
Moderator:	Dr. Tanveer Abbas	
Chair:	Dr. Sajida Qureshi	
Co-Chair:	Dr. Arshad Abro Hussain	
Expert Panel:	Dr. C K Huang, Dr. Khaled Gawdat, Dr. Ali Khammas, Dr. Antonio Torres, Dr. Mumtaz Maher, Dr. Alauddin Kakar, Dr. Altaf Talpur (Tando), Dr. Khawar Iqbal	
09:20 - 09:40	Mastering the Sleeve Gastrectomy <i>My Technique and pearls of wisdom</i>	<i>Dr. C K Huang (Taiwan)</i>
09:40 - 10:00	Perfecting the Roux-en-Y Gastric Bypass <i>The perfect pouch, the gastrojejunostomy and Jejunojunostomy anastomosis, closing the defects</i>	<i>Dr. Khaled Gawdat (Egypt)</i>
10:00 - 10:20	How to make a Perfect One Anastomosis Gastric Bypass? <i>Technical Pearls</i>	<i>Dr. Ali Khammas (UAE)</i>
10:20 - 10:40	Single Anastomosis Duodenoileostomy with Sleeve Gastrectomy surgery: Technique and pearls <i>Tips and Tricks</i>	<i>Dr. Antonio Torres (Spain)</i>
10:40 - 11:00	Discussion with expert panel	
11:00 - 11:30	Tea Break	



Day 1: Thursday 12 Feb 2026, POMSS Congress

D1S2: Video/Data Session on Bariatric Real-World Dilemmas

Format: What does the data say? What do the experts say? And what do the videos show?

Focus: Surgical complications of Metabolic-Bariatric Surgeries

Target Audience: Surgeons, Trainees, Medical Students, Obesity team members

Learning Objectives:

- Understanding the causes behind surgical complications
- Understanding how to manage complications
- Understanding how to avoid complications

Moderator	Dr. Nisar Ahmad	
Chair:	Dr. Muzafaruddin Sadiq	
Co-chair:	Dr. Muhammad Zarin	
Expert Panel:	Dr. Ahad Khan, Dr. Hayssam Fawal, Dr. Abdelrehman Nimeri, Dr. Siddique Ahmad, Dr. Maaz Ul Hassan, Dr Mushtaq Ahmad, Dr. Muhammad Imran Marwat	
11:30 - 11:45	How to handle sleeve leaks? <i>Endoscopic management and surgical options</i>	Dr. Ahad Khan (USA)
11:45 - 12:00	Handling a Double leak Roux-en-Y Gastric Bypass	Dr. Muhammad Zarin (Pakistan)
12:00 - 12:15	Mishaps with One Anastomosis Gastric Bypass procedures	Dr. Hayssam Fawal (Lebanon)
12:15 - 12:30	Optimizing Safety in One Anastomosis Gastric Bypass: Technical Modifications to Minimize Procedure-Specific Morbidity	Dr. Hayssam Fawal (Lebanon)
12:30 - 12:45	Recurrent weight gain after gastric bypass: Does the pouch size and limb lengths matter? <i>Small vs long pouch, Short vs. Long Bilio-pancreatic Limb. Does it make a difference in Gastric Bypass</i>	Dr. Abdelrehman Nimeri (USA)
12:50 - 13:00	Panel Discussion	
13:00 - 14:00	Lunch and prayers	



Day 1: Thursday 12 Feb 2026, POMSS Congress

D1S3: Robotic Surgery technique videos and debates

Format: What does the data say? What do the experts say? And what do the videos show?

Focus: This session will include structured pro-and-con discussions comparing robotic and laparoscopic approaches.

Target Audience: Surgeons, Trainees, Medical Students, Obesity team members

Learning Objectives:

Understanding the differences between robotic and laparoscopic platforms

Understanding how to use the robotic platform to perform bariatric surgery

Understanding the benefits of robotic platforms in complex cases

Moderator:	Dr. Muhammad Hasham	
Chair:	Dr. Farooq Afzal	
Co-chair:	Dr. Maaz Ul Hassan	
Expert Panel:	Dr. Asim Shabbir, Dr. Ahad Khan, Dr. Antonio Torres, Dr. Muhammad Usman, Dr. Mansab Ali, Dr. Asim Malik, Dr. Altaf Ahmad Talpur (Jamshoro)	
14:00 - 14:20	Robotic vs. laparoscopic bariatric surgery: a comparative perspective	Dr. Asim Shabbir (Singapore)
14:20 - 14:40	Robotic Roux-en-Y Gastric Bypass and Sleeve Plus Procedures	Dr. CK Huang (Taiwan)
14:40 - 14:50	The robotic platform in revising bariatric surgery. <i>Here's the game-changer</i>	Dr. Ahad Khan (USA)
14:50 - 15:10	Can the robot make the Single Anastomosis Duodenoileostomy with Sleeve Gastrectomy surgery and other complex procedures easier and safer? <i>Here's my opinion</i>	Dr. Antonio Torres (Spain)
15:10 - 15:30	Discussion with expert panel	
15:30 - 16:00	Tea Break	



Day 1: Thursday 12 Feb 2026, POMSS Congress

D1S4: Transit Bipartitions and Ileal Procedures

Format: Curated videos with expert recommendations

Focus: This session will discuss the emerging concepts of Ileal procedures for metabolic diseases and weight loss

Target Audience: Surgeons, Trainees, Medical Students, Obesity team members

Learning Objectives:

Understanding the concepts of transit Bipartitions

Understanding how ileal procedures are emerging as options for metabolic diseases

Understanding the outcomes of ileal procedures

Moderator	Dr. Sana Sharafat	
Chair:	Dr. Ghulam Siddiq	
Co-Chair	Dr. Tanseer Asghar	
Expert Panel:	Dr. CK Huang, Dr. Shahid Mehmood, Dr. Naeem Taj, Dr. Sohaib Khan, Dr. Antonio Torres, Dr. Khaled Gawdat, Dr. Shahid Mirani	
16:00 - 16:15	Duodenal Bipartition: A Complete Metabolic and Physiological Procedure	<i>Dr. Paulo Riess (Brazil) Online presentation</i>
16:15 - 16:30	Gastric Bipartition with Functional Duodenum Exclusion- Rational and preliminary results	<i>Dr. Victor Dib (Brazil) Online presentation</i>
16:30 - 16:45	Ileal Procedures: Is Gastro-esophageal Reflux Disease a real problem?	<i>Dr. Carlos Madalosso (Brazil) Online presentation</i>
16:45 - 17:00	The role of Ileal Procedures in the treatment of Metabolic disorders	<i>Dr. Antonio Torres (Spain)</i>
17:00 - 17:15	The current status of Transit Bipartition and Ileal procedures for Metabolic-Bariatric Surgery in IFSO	<i>Dr. Khaled Gawdat President of IFSO</i>
17:15 - 17:30	Expert Panel Discussions: The role of ileal procedures in Pakistan at this stage of developing metabolic-bariatric surgery	



Day 1: Thursday 12 Feb 2026, POMSS Congress

D1S5: Inauguration Ceremony		
Moderator:	Dr. Muhammad Bilawal Khan	
Chief Guests	Dr. Malik Mukhtar Ahmad Bharath, Mr. Khawaja Imran Nazeer, Mr. Salman Rafique , Mr. Irfan Khan	
18:30	Welcoming of Guests	Dr. Tahir Yunus Congress Secretary
18:35	Recitation of Holy Quran	Dr. Asim Khan
18:40	National Anthem	
18:45 - 18:50	Inauguration Address	Dr. Ghulam Siddiq, Congress President
18:50 - 19:10	Resilience Medicine	Irfan Khan, CEO Evercare Group
19:10 - 19:20	Obesity: A Public Health Concern	Dr. Farooq Afzal Chair, Scientific Committee
19:20 - 19:30	The role of POMSS and IFSO for prevention and treatment of Obesity	Dr. Mumtaz Maher Patron
19:30 - 19:40	Ministry of Health Address (Punjab - Primary & Secondary Health)	Mr Khawaja Imran Nazeer Minister for Primary and Secondary Health Punjab
19:40 - 19:50	Ministry of Health Address (Federal)	Dr. Malik Mukhtar Ahmad Bharath Minister of State for Health
19:50 - 20:00	Ministry of Health Address (Specialized)	Mr. Salman Rafique, Minister of Specialized Health Punjab
20:00	Dinner	



Day 2: Friday 13 Feb 2026, POMSS Congress

Theme of the Day: Multidisciplinary Excellence in Obesity Care

D2S1: Modern Pharmacotherapy for Obesity: Beyond Lifestyle, Beyond Surgery

Audience: Surgeons, physicians, endocrinologists, trainees

Learning Objectives:

- To understand the science and clinical application of modern anti-obesity medicines
- To define how pharmacotherapy complements bariatric surgery
- To provide real-world protocols relevant to South Asia

Moderator:	Dr. Farooq Khan	
Chair:	Dr. Shah Abbas	
Co-Chair:	Dr. Inayat Khan	
Expert Panel:	Dr. Murtaza Shafqat, Dr. Asim Shabbir, Dr. Awais Masood, Dr. Abdelrehman Nimeri, Dr. Abul Fazal Ali, Dr. Nader Saifullah, Dr. Javed Khan	
09:00 - 09:20	Plenary talk: Surgeon as a Leader: the evolution of bariatric surgery	Dr. Kelvin Higa (USA) Online talk
09:20 - 09:40	The New Era of Obesity Management Medicines <i>Mechanisms, efficacy, safety, and long-term expectations</i>	Dr. Awais Masood (Endocrinologist, Pakistan)
09:40 - 10:00	Managing Recurrent Weight Gain After Surgery: When and How to Use Medicines <i>Real-world post-bariatric pharmacotherapy strategies</i>	Dr. Murtaza Shafqat (Endocrinologist, Pakistan)
10:00 - 10:20	Recurrent Weight Gain after Obesity Management Medicines a reality, what is the best surgical approach	Dr. Asim Shabbir (Surgeon, Singapore)
10:20 - 10:40	Low-BMI Diabetes in South Asia: Surgery or Syringe? IFSO/ASMBS 2022 Guidelines <i>Learning focus: Is it safe to offer metabolic surgery for diabetes in Low-BMI patients</i>	Dr. Abdelrehman Nimeri (Surgeon, USA)
10:40 - 11:00	Panel Discussion: <i>Integrating Pharmacotherapy into Care Pathways</i>	
11:00 - 11:30	Tea Break	

Day 2: Friday 13 Feb 2026, POMSS Congress

D2S2: POMSS & Global Collaborations

Audience: Surgeons, society leaders, trainees, industry partners

Session Objectives

- To explore international collaboration models
- To identify opportunities in training, fellowships, registries, and research
- To position POMSS within the global obesity ecosystem

Moderator:	Dr. Tanseer Asghar	
Chair:	Dr. Ghulam Siddiq	
Co-Chair:	Dr. Farooq Ahmad	
Expert Panel:	Dr. Farooq Afzal, Dr. Mumtaz Maher, Dr. Khaled Gawdat, Dr. Ali Khammas, Dr. Asim Shabbir, Dr. Abdelrehman Nimeri, Dr. Abdul Majeed Chaudhry, Dr. Sajida Qureshi	
11:30 - 11:40	Recognizing Excellence: Presenting Lifetime Achievement Award	<i>Dr. Farooq Afzal</i> <i>Vice President POMSS</i>
11:40 - 11:50	The Journey of a Lifetime	<i>Dr. Mumtaz Maher</i> <i>Patron POMSS</i> <i>Past President POMSS, PSMBS</i>
11:50 - 12:00	The Role of POMSS in the Professional Development of MBS in Pakistan and Best Practise Guidelines	<i>Dr. Ghulam Siddiq</i> <i>President POMSS Congress {President</i>
12:00 - 12:15	The role of IFSO and the development of bariatric surgery in Pakistan	<i>Dr. Khaled Gawdat</i> <i>President IFSO</i>
12:15 - 12:30	POMSS Collaboration with IFSO-MENAC <i>Opportunities to collaborate with regional societies</i>	<i>Dr. Ali Khammas</i> <i>President IFSO-MENAC</i>
12:30 - 12:45	POMSS Collaborations with ELSA <i>Opportunities from the APC region</i>	<i>Dr. Asim Shabbir</i> <i>President of ELSA</i> <i>President IFSO-APC</i>
12:45 - 13:00	POMSS Collaboration with CSMBS (Chinese Society of Metabolic and Bariatric Surgery)	<i>Dr. CC Wang</i> <i>Past President CSMBS</i>
13:00 - 13:15	Panel Discussion: Leveraging on Global Partnerships for Local Capacity Development	
13:15 - 14:30	Prayers and Lunch	



Day 2: Friday 13 Feb 2026, POMSS Congress

D2S3: Anesthesia, Pulmonology & Peri-Operative Safety

Audience: Surgeons, anesthesiologists, pulmonologists, trainees

Session Objectives

To optimize pre-operative risk assessment

To manage Obstructive Sleep Apnea, obesity hypoventilation, and airway challenges

To reduce peri-operative complications through teamwork

Moderator:	Dr. Muhammad Mohsin	
Chair:	Dr. Moeed Iqbal Qureshi	
Co-Chair:	Dr. Mohsin Gilani	
Expert Panel:	Dr. Athar Mukhtar, Dr. Ateeq ur Rehman, Dr. Javed Raza, Dr. Nabil Tariq, Dr. Mian Umer Javed, Dr. Amjad Saeed Mian, Dr. Sultan Owaisi	
14:30 - 14:45	Airway, Positioning & Intra-Operative Anesthetic Challenges during Metabolic-Bariatric Surgery <i>Lessons learned and national guidelines</i>	Dr. Athar Mukhtar (Anesthesiologist, Pakistan)
14:45 - 15:00	Obstructive Sleep Apnea & Obesity Hypoventilation Syndrome <i>How to prepare for it? Role of Preoperative conditioning</i>	Dr. Ateeq ur Rehman (Anesthesiologist, Pakistan)
15:00 - 15:15	Portal Venous thrombosis after bariatric surgery: <i>Recommendations for Thromboprophylaxis</i>	Dr. Javed Raza (Surgeon, UAE)
15:15 - 15:30	Perioperative care of Chronic Renal Failure and Chronic Liver Disease patients for metabolic-bariatric surgery <i>Here's the expert opinion</i>	Dr. Nabil Tariq (Surgeon, USA)
15:30 - 15:40	Discussion with expert panel	
15:40 - 16:10	Tea Break	



Day 2: Friday 13 Feb 2026, POMSS Congress

D2S4: Emerging Therapies and Learning from Experiences

Audience: Surgeons, Gastroenterologists, Obesity Medicine Physicians, trainees

Session Objectives

- To learn about next-generation therapies, systems, and technologies
- To learn about procedure outcomes
- To learn about outcomes of endoscopic procedures in Pakistan

Moderator:	Dr. Muhammad Shahzeb Asghar	
Chair:	Dr. Manzar Ali	
Co-chair:	Dr. Imran Khokhar	
Expert Panel:	Dr. Hammad Ashraf, Dr. Asif Iqbal, Dr. Antonio Torres, Dr. Imran Abbas Dr. Naveed Akhtar, Dr. Fakhar Hameed, Dr. Ehsanullah	
16:10 - 16:25	Endoscopic Sleeve Gastropasty: Current Status & Local Experience	<i>Dr. Hamad Ashraf (Gastroenterologist, UK/Pakistan)</i>
16:25 - 16:40	Endoscopic magnetic Anastomosis: The new frontier, Magnetic Duodeno-Ileostomy	<i>Dr. Antonio Torres (Surgeon, Spain)</i>
16:40 - 16:55	The Real Deal on Bariatric Complications: Common-Sense Prevention & Evidence-Driven Solutions	<i>Dr. Asif Iqbal (Surgeon, Pakistan)</i>
16:55- 17:10	Bile Reflux and One Anastomosis Gastric Bypass, myths vs reality	<i>Dr. Hayssam Fawal (Surgeon, Lebanon)</i>
17:10 - 17:25	One Anastomosis Gastric Bypass in the adolescents: outcome after 4 years of follow up	<i>Dr. Hayssam Fawal (Surgeon, Lebanon)</i>
17:25 - 17:40	Active Bleeding after One Anastomosis Gastric Bypass	<i>Dr. Imran Abbas (Surgeon, UAE/Pakistan)</i>
17:40	Day 2 Closing Photo session	



Day 3: Saturday 14 Feb 2026, POMSS Congress

Theme of the Day: New frontiers in Obesity Care

D3S1: Obesity as a Multisystem Disease: Beyond Weight Loss

Audience: Surgeons, Gastroenterologists, Endocrinologists, Obesity Medicine physicians, Trainees

Session Objectives:

- To understand obesity as a driver of complex metabolic, hepatic, endocrine, and inflammatory diseases
- To define the role of metabolic–bariatric surgery within multidisciplinary disease management
- To align surgical decision-making with long-term organ health outcomes

Moderator:	Dr. Dilawaiz Mujahid	
Chair:	Dr. Zafar Ali Chaudhry	
Co-Chair:	Dr. Zeeshan Sarwar	
Expert Panel:	Dr. Abdelrehman Nimeri, Dr. Bilal Nasir, Dr. Nabil Tariq, Dr. Eren Taskin, Dr. Muhammad Nasir, Dr. Muhammad Armughan, Dr. Muslihuddin Misbah	
09:00 - 09:20	Plenary talk: The Next Decade of Metabolic Surgery: AI, Precision Medicine & Systems-Based Care	<i>Dr. Abdelrehman Nimeri (Surgeon, USA)</i>
09:20 - 09:40	Obesity and Non-Alcoholic Steatohepatitis, Non-alcoholic Fatty Liver Disease, Metabolic Associated Steato-Hepatitis	<i>Dr. Hamad Ashraf (Gastroenterologist, USA/Pakistan)</i>
09:40 - 10:00	Managing Metabolic Associated Steato-Hepatitis: Medical Therapy vs Metabolic–Bariatric Surgery	<i>Dr. Bilal Nasir (Gastroenterologist, Pakistan)</i>
10:00 - 10:20	Beyond FibroScan: When Metabolic Associated Steato-Hepatitis Histology Changes Metabolic-Bariatric Decisions	<i>Dr. Nabil Tariq (Surgeon, USA)</i>
10:20 - 10:40	Obesity & Connective Tissue Disorders: Surgical Considerations	<i>Dr. Eren Taskin (Surgeon, Turkey)</i>
10:40 - 11:00	Polycystic Ovarian, Male Infertility & Obesity: When Should Surgeons Intervene?	<i>Dr. Eren Taskin (Surgeon, Turkey)</i>
11:00 - 11:30	Tea Break	



Day 3: Saturday 14 Feb 2026, POMSS Congress

D3S2: Optimizing Outcomes: Psychiatry, Exercise & Behavioral Care

Audience: Surgeons, psychiatrists, dietitians, psychologists

Session Objectives:

- To address psychological readiness and eating behaviors
- To optimize nutrition before and after surgery
- To reduce Recurrent Weight Gain and improve long-term success

Moderator	Dr. Danish Ali	
Chair:	Dr. Maratab Ali	
Co-chair:	Dr. Javaid Iqbal	
Expert Panel:	Dr. Muhammad Irfan, Dr. Ali Jawa, Dr. Daryl Chia, Dr. Irum Aamer, Dr. Shahid Mehmood, Dr. Afsar Ali Bhatti, Dr. Ahsan Nasim, Dr. Khurram Niaz	
11:30 - 11:45	Enhanced Recovery After Bariatric Surgery Protocols: Where Surgeons & Anesthetists Must Align <i>Systems-based safety & recovery optimization</i>	Dr. Daryl Chia (Surgeon, Singapore)
11:45-12:00	Who Is Not Ready for Surgery? A Psychological Mayhem	Dr. Muhammad Irfan (Psychiatrist, Pakistan)
12:00 - 12:15	Peri-operative Management of Eating Disorders	Dr. Irum Aamer (Psychiatrist, Pakistan)
12:15 - 12:30	Nutrition Foundations & Practical Physical Activity Counseling	Dr. Ali Jawa (Endocrinologist, Pakistan)
12:30 - 12:45	Assessment of success of Metabolic-Bariatric surgery, three most important markers	Dr. Shahid Mehmood (Surgeon, Pakistan)
12:45 - 13:00	Panel Discussion <i>Surgery changes anatomy. MDT changes lives</i>	
13:00 - 13:15	Closing photo session	
13:15	Lunch	



Parallel Sessions and Workshops at POMSS Congress

Day 1: Thursday 12 Feb 2026, POMSS Congress Workshop

D1W1: Obesity and Metabolic-Bariatric Surgery Dietetic Workshop

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

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

Date: Thursday 12-02-26

Time: 14:00 - 17:30

Audience: Dietitians, Obesity Physicians

Contact Person: Ms. Sahar Asad

Contact number: +92 308 0855520

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

14:00 - 14:05	Welcoming note	Dr. Tahir Yunus
14:05 - 14:15	Course overview and objectives	Ms. Tasnim Ali

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

Moderator:	Ms. Gulnaz Saif Bariatric Coach Brigadier Shafiq Ahmad Khan Niazi Hospital	
Chair:	Prof. Ghazala Pervez Zaman Board member PFA, Former HOD, Nutrition Department CHE Lahore Chapter Head PNDS	
Co-chair	Mr. Fayaz Danish MS Consultant Dietitian Abbas Institute of Medical Sciences AIMS, AJK Chapter Head PNDS	
14:15 - 14:30	Pathophysiology of Obesity	Dr. Asim Khan
14:30 - 14:45	Types of Metabolic-Bariatric Surgeries and changes in the anatomy and physiology	Dr. Sana Sharafat
14:45 - 14:55	The role of a Dietitian in preparing metabolic-bariatric surgery (MBS) patients	Ms. Rebecca Tariq
14:55 - 15:10	Postoperative Diet stages and customizing according to patient needs	Ms. Amna Amar Butt
15:10 - 15:25	The Missing Link: Building Capacity For Long-Term Post-Bariatric Care	Dr. Amna Abbasi
15:25 - 15:50	Tea Break	



Day 1: Thursday 12 Feb 2026, POMSS Congress Workshop

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

Moderator:	Ms. Rashidah Javed Nutritionist UCHS and The Children's Hospital Lahore	
Chair:	Prof. Dr. Atta-ur-Rehman, Chairman Signs, Former HOD, Clinical Nutrition, SKMH, Shifa Hospital, and National Guard Hospital, KSA.	
Co-chair	Prof Dr Beenish Israr Director HIS, Chair-NPH, PKNC (University of Agriculture, Faisalabad)	
15:50 - 16:05	Managing proteins and nutrients in patients after bariatric surgery to avoid muscle loss	Ms. Tasnim Ali
16:05 - 16:20	Managing dysphagia and drinking difficulties	Ms. Samra Tariq
16:20 - 16:35	Working with a psychologist to overcome eating behavior disorders	Ms. Huda Farooq
16:35 - 16:50	Managing dumping syndrome, flatulence, constipation and other road bumps during recovery	Dr. Shahbaz Kasi
16:50 - 17:05	Managing vitamin intake compliance difficulties	Ms. Perrin Mama
17:05 - 17:20	BE-CARE Mindfulness based therapy for Binge eating Disorders	Ms. Amina Iftikhar
17:20 - 17:30	Post-workshop Kahoot quiz	Ms. Kiran Mehboob
17:30	Closing, souvenirs and photos	



Parallel Sessions and Workshops at POMSS Congress

Day 2: Friday 13 Feb 2026, POMSS Congress Parallel Sessions

D2W1: Obesity and Metabolic-Bariatric Surgery Behavioral Therapy Workshop

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

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

Date: Friday 13-02-26

Time: 10:00 - 13:00

Audience: Psychologists, Dietitians, Obesity Physicians

Contact Person: Ms. Sana Usman

Contact number: +92 339 0855538

Learning Objectives:

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

10:00 - 10:05	Welcoming note	Dr. Tahir Yunus
10:05 - 10:10	Course overview and objectives	Ms. Mariam Tariq

D2W1S1 Session: Introduction to the Metabolic-Bariatric Surgery Psychologist Roles

Moderator:	Ms. Huda Farooq	
Chair:	Dr. Muhammad Irfan	
Co-chair	Ms. Tahira Khalid	
10:10 - 10:25	Pathophysiology of Obesity and psychology	Dr. Asim Khan
10:25 - 10:40	Types of Metabolic-Bariatric Surgeries and changes in the anatomy and physiology	Dr. Zia Ullah
10:40 - 10:55	The role of a psychologist in preparing metabolic-bariatric surgery patients	Ms. Verda Zahid
10:55 - 11:10	Postoperative counselling according to patient needs	Ms. Huda Farooq
11:10 - 11:30	Tea Break	



Day 2: Friday 13 Feb 2026, POMSS Congress Parallel Sessions

D2W1S2 Session: Managing Postoperative Challenges in Metabolic-Bariatric Surgery Patients

Moderator:	Ms. Maryam Tariq	
Chair:	Dr. Muhammad Irfan	
Co-chair	Ms. Scheherzade Saadat	
11:30 - 11:45	Motivational interviewing for lifestyle change	Ms Faiza Khalid
11:45 - 12:00	Stress management and Emotional Regulation	Mr. Zeeshan Ali
12:00 - 12:15	Pain, Shame & Emotional Eating	Ms. Scheherzade Saadat
12:15 - 12:30	Who Is Not Ready for Surgery? A Psychological Mayhem	Dr. Muhammad Irfan
12:30 - 12:45	Working with patients suffering from PTSD	Ms. Maryam Tariq
12:45 - 13:00	Closing, souvenirs and photos	



Day 2: Friday 13 Feb 2026, POMSS Congress Parallel Sessions

D2P1: Young POMSS Session Top Six Videos, Parallel Session

Description: This Parallel Session is for POMSS members to showcase their videos
Venue: Darsgah room (Imperial Ballroom A), The Nishat Hotel, Johar Town, Lahore
Date: Friday 13-02-26
Time: 14:30 - 15:40
Audience: Surgeons, Trainees
Moderators: Dr. Rana Umar Rizwan, Dr. Zia Ullah
Contact number: +92 321 7011432

Learning Objectives:

- To understand the types of metabolic-bariatric surgical complications
- To learn about variations in surgical anatomy and their management
- To learn about different surgical approaches

Time	Video	Presenter
14:30 - 14:40		
14:40 - 14:50		
14:50 - 15:00		
15:00 - 15:10		
15:10 - 15:20		
15:20 - 15:30		
15:30 - 15:40		
15:40 - 16:10	Tea Break	



Day 2: Friday 13 Feb 2026, POMSS Congress Parallel Sessions

D2P2: Young POMSS Session Top Ten Abstract, Parallel Session

Description: This Parallel Session is for POMSS members to showcase their Scientific Papers
Venue: Darsgah room (Imperial Ballroom A), The Nishat Hotel, Johar Town, Lahore
Date: Friday 13-02-26
Time: 16:10 - 17:30
Audience: Surgeons, Trainees
Moderators: Dr. Umar Bashir, Dr. Amjad Umair
Contact number: +92 321 7011432

Learning Objectives:

- To learn about obesity research studies
- To learn about regional surgical outcome studies
- To learn about regional research studies in metabolic-bariatric surgery

Time	Video	Presenter
16:10 - 16:18		
16:18 - 16:26		
16:26 - 16:34		
16:34 - 16:42		
16:42 - 16:50		
16:50 - 16:58		
16:58 - 17:06		
17:06 - 17:14		
17:14 - 17:22		
17:22 - 17:30		



Parallel Sessions and Workshops at POMSS Congress

Day 3: Saturday 14 Feb 2026, POMSS Congress Workshop

D3W1: Advanced Obesity Multi-disciplinary Management Workshop

Description: 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.

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

Date: Saturday 14-02-26

Time: 09:00 - 16:00

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

Moderators: Dr. Asim Khan

Contact number: +92 306 0855520

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

Time	Topic	Speaker
09:00 - 09:05	Welcome note	Dr. Abid Mushtaq FCPS (Internal Medicine, Pakistan)
09:05 - 09:15	Opening address: Overview of workshop format, objectives, and participant expectations.	Dr. Tariq Mahmood Mian President FamilyCon, Pakistan



Parallel Sessions and Workshops at POMSS Congress

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OM-S1: Understanding Obesity Disease Pathophysiology and Clinical Implications

Moderator:	Dr. Abid Mushtaq	
Chair:	Dr. Javed Raza	
Co-Chair:	Dr. Zafar Gondal	
Expert Panel:	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	Pathophysiology of Obesity <i>Review of the mechanisms of the disease and treatment opportunities</i>	Dr. Daryl Chia MBBS (Surgeon, Singapore)
09:30 - 09:45	Cardio-metabolic, Pulmonary impacts of obesity	Dr. Khawar Abbas Chaudhry MRCP, FRCP, FCCP (Intensivist, Pakistan)
09:45 - 10:00	Impact of Obesity on Reproductive Health and Oncological Risks	Dr. Mateen Hotiana DABEDM (Endocrinologist, USA/Pakistan)
10:00 - 10:15	Psychological Drivers & Eating Behavior <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	Comprehensive Assessment of the patient with obesity and Screening Tools <i>How to assess patients with obesity and screen for conditions</i>	Dr. Abid Mushtaq FCPS (Internal Medicine, Pakistan)
10:30 - 10:45	Overview of Obesity Treatment options: Lifestyle, Medicines and Surgery	Dr. Tanseer Asghar MS Surgery (Surgeon, Pakistan)
10:45-11:00	How to talk to patients about obesity without stigma <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	



Parallel Sessions and Workshops at POMSS Congress

Day 3: Saturday 14 Feb 2026, POMSS Congress Workshop

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	Nutrition Foundations & Practical Physical Activity Counseling <i>Focus: Customizing diet plans and physical activity</i>	Dr. Ali Jawa FACP (Endocrinologist, Pakistan)
11:45 - 12:00	How Obesity Management Medications Work <i>Focus: Understanding the pharmacological agents available to manage obesity</i>	Dr. Murtaza Shafqat (Endocrinologist, Pakistan)
12:00 - 12:15	Practical Prescribing: Dose selection, titration, side-effects, affordability <i>Focus: How to get comfortable with prescribing obesity management medications</i>	Dr. Asma Ahmad MRCP (Endocrinologist, Pakistan)
12:15 - 12:30	Managing Comorbid Illnesses During Weight Loss <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	Pediatric Obesity: Causes and Management <i>Understanding how to approach childhood and adolescent obesity</i>	Dr. Kiran Chaudhry DABPE (Peds Endocrinologist, Pakistan)



Parallel Sessions and Workshops at POMSS Congress

Day 3: Saturday 14 Feb 2026, POMSS Congress Workshop

12:45 - 13:00	Bariatric Surgery Options & Indications <i>Which Bariatric Procedure to Refer For, Based on Patient Phenotype</i>	Dr. Sana Sharafat FCPS (Surgeon, Pakistan)
13:00 - 13:15	Post-operative Management & When to Refer the Patient Back to the Bariatric Surgeon	Dr. Tahir Yunus DABS, DABOM (Surgeon, Pakistan)
13:15 - 13:30	The Weight Maintenance & Relapse Prevention Challenge. How to manage recurrent weight gain?	Dr. Asim Shabbir FRCS (Surgeon, Singapore)
13:30 - 13:45	Peri-operative Management of Eating Disorders	Dr. Irum Aamer FCPS (Psychiatrist, Pakistan)
13:45 - 14:30	Lunch and prayer break	

OMS3: MDT Skills and Team-Based Practice		
Moderators for 6 MDT tables:	Dr. Shahzad Alam Shah, Dr. Shehryar Niazi, Dr. Mian Waleed, Dr. Mohsin Mumtaz, Dr. Gulfam Sulehri, Dr. Naveed Malik	
14:30 - 14:40	How to Run an Multi-Disciplinary Team Obesity Practice	Dr. Shehryar Niazi FCPS (Surgeon, Pakistan)
14:40 - 15:15	Hands-On Case Workshops (5 scenarios). 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	Role of POMSS: defining our identity and shaping our future	Dr. Shahzad Alam Shah FCPS (Surgeon, Pakistan)
15:30 - 15:45	Final Discussion, Group Photo & Certificate Distribution Closing remarks by moderator and faculty	Dr. Tahir Shah FRCS (Surgeon, Pakistan)

