



Medical Nutrition Therapy for Weight Management (Medical and Surgical)

23 & 25 January 2024

Introduction

This course is designed to provide foundational knowledge and evidence-based approach for managing adults who are seeking treatment for overweight/ obesity. The course includes scientific background and practical clinical information that allow Dietitians to have a systematic understanding of the nutrition care process in weight management. Participants will learn how to interpret and translate latest nutrition recommendations and guidelines into daily practice.

Target Audience

For practicing Dietitians only

Course Objectives

At the end of the course, dietitians will be able to :

- Understand the pathophysiology of overweight/ obesity
- Apply the current evidence-based recommendations for assessment and management of overweight/ obesity
- Understand the effectiveness of various dietary interventions, and the use of pharmacotherapy in weight management
- Implement appropriate nutrition-related care for pre- and post-bariatric surgery
- Understand physiological and metabolic changes associated with weight loss, causes of weight loss plateau and potential causes of weight regain
- Use appropriate behavioural modification strategies for successful weight loss

Course Outline

- 1) Overview of overweight/obesity- aetiology and health risk
- 2) Diagnosis and assessment
- 3) Medical and surgical weight management
- 4) Endoscopic bariatric procedures
- 5) Weight loss maintenance
- 6) Managing weight in specific situations: women planning pregnancy, people with diabetes and older adults
- 7) Behavioural modification strategies and counselling

Course Details

Date	: 23 January 2024 (Tue), 9.00 am – 1.00 pm 25 January 2024 (Thu), 1.30 pm – 5.30 pm
Duration	: 2 half days
Class size	: 20
Device required	: Laptop/ Desktop (with microphone, speaker and webcam)
Platform	: Zoom Cloud Meetings (Meeting details will be provided at a later date)
Fee	: S\$470 per pax (SingHealth) S\$520 per pax (Regular) (the prevailing GST applies)

Teaching Faculty

Ms. Tan Ai Shan is a Principal Dietitian at Singapore General Hospital. She graduated with a Masters in Nutrition and Dietetics from University of Wollongong, Australia. She has also completed her Master in Diabetes from University of Warwick, UK in 2018. She has numerous years of clinical experience working with overweight/obese patients with comorbidity such as diabetes. She is an essential member in multidisciplinary weight management team, and she provides continuous assessment and training to juniors and dietetics students.

Registration

To register (internet access is required), scan the QR code or click on the web link. Registration closes on **20 December 2023, Wednesday**.



<https://www.form.gov.sg/64a4d68c8148a30012417c3f>

Upon registration, you agree to PGAHI [Terms & Conditions](#).

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