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FACULTY OF MEDICINE UTM



# NUTRITION STRATEGIES TO OPTIMISE OUTCOMES DURING CRITICAL ILLNESS

Dr. Theevashini Krishnasamy, Dr. Zeti Rahayu A. Karim, Dr. Nora Julianna Osman, Dr. Suraya Othman, Assoc. Prof. Dr. Nor Faezan Abd Rashid, Dr. Mohd Fadhil Ahmad Nazlan, Dr. Muhammad Syamil Abd Hamid & Dr. Muhammad Fihmi Zainal Abidin

The Department of General Surgery, Faculty of Medicine & Hospital Al-Sultan Abdullah (HASA), successfully organised the Talk on Nutrition 2025, focusing on the role of clinical nutrition in accelerating patient recovery and improving treatment outcomes.

The keynote address was delivered by Professor Hon. Mette M Berger, an intensive care physician and a world-renowned clinical nutrition specialist from Lausanne University Hospital, Switzerland. Her presentation, titled “Nutrition Strategies to Optimise Outcomes during Critical Illness”, was based on the latest European Society for Clinical Nutrition and Metabolism (ESPEN) guidelines. She emphasised the impact of early and targeted nutritional therapy in reducing complications and shortening hospital stays, especially in critically ill patients.

The programme also featured a case study presentation by Dr. Fu Jing Hui, medical officer from University of Malaya Medical Centre (PPUM), on the topic “Refeeding Syndrome”. This session included a clinical discussion focused on the risks of underfeeding and



**MEMBER** of the audience asking a question.

the importance of careful nutritional management in malnourished patients.

Attended by HASA clinical staff and medical students, the event provided a platform for knowledge sharing, clinical discussion, and professional development. Participants gained valuable insights into evidence-based nutrition strategies and their practical application in hospital settings.

This initiative reflects HASA’s ongoing commitment to advancing patient care through continuous education and multidisciplinary collaboration.



**GROUP** Photo with the presenters.



**DOING** a hospital visit walkaround with our pharmacist and dietician.



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**PROFESSOR METTE BERGER** presenting her talk.