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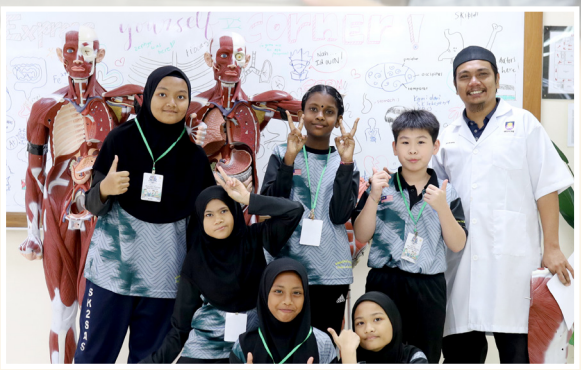
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MANAGING OBESITY-RELATED COMORBIDITIES - A MULTIDISCIPLINARY AND MULTIDIMENSIONAL COLLABORATIVE WORKSHOP

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Weight management is an essential aspect of general well-being and the inability to sustain a healthy fat-muscle balance contributes to multiple metabolic and physical limitations. Malaysia has one of the highest rates of obesity in this region, with the recent national health survey describing an almost 50% prevalence of overweight and obesity among adults[1]. Aiming to improve the perception and knowledge of healthcare practitioners regarding this condition, this one-day workshop organized by the Endocrine team of Hospital Al-Sultan-Abdullah UiTM was designed as an interactive case-based platform focusing on the emergent issues in weight-management care, delivered by key specialists, and moderated by endocrinologists. It was held in January 2026

PANEL clinical case discussion with moderator and key specialists.



and attended by 150 participants, including medical officers, masters' students, primary care specialists, physicians, and hospital support staff including nurses, physiotherapists and pharmacists.

The first session was an overview on the pathophysiology of obesity and co-morbidities, highlighting the inflammatory state and linkage with insulin resistance and mechanistic links to altered metabolism. This was followed by a panel case-based discussion on obesity and obstructive sleep apnoea, consisting of a respiratory physician, a family health



MEMBERS of the workshop, including the participants, panel members and organizers.

specialist and a health scientist.

The subsequent panel discourse was on the influence of weight on polyendocrine metabolic ovarian syndrome, with a panel of endocrinologists and a gynaecologist, focusing on a few cases on fertility and pregnancy issues. Next, a panel discussion on implementing a multi-disciplinary approach to obesity management in Malaysian practice, was conducted, contributed by a primary care physician, public health representative and a nursing coordinator, highlighting certain aspects on barriers and enablers to





INTERACTIVE lecture on overview and pathophysiology.

comprehensive care, role of primary care in coordinating management and integrating health navigators into the care model.

The penultimate session was a case-based discussion on the bidirectional effect of osteoarthritis and obesity, with a panel consisting of an orthopaedic specialist, sports science practitioner, physiotherapist and bariatric surgeon, conversing on the approach and management of obesity-related physical conditions. The final case-based discussion of this workshop concentrated on the metabolic organ complications of obesity, particularly heart failure and chronic kidney disease, with a panel of cardiologist, nephrologist and dietitian exploring the management of a clinical case requiring intricate fluid balance, medication titration and nutritional support, and the treatment of multiple comorbidities. Each panel discussion was followed by a question-and-answer session, with active engagement and contribution by the attendees.

The workshop was ended with a closing ceremony, receiving multiple positive feedbacks and requests for similar updates on a regular basis. The participants found that the scope of the topics discussed and the handling of the case-based discussions were helpful in their clinical practice, and improved information dissemination for better patient care.

References:

1. Subramaniyan V. Rising Obesity in Malaysia (1990-2023): A Comprehensive Analysis of Temporal Trends, Sex Inequalities, and Lifestyle Drivers. Public Health Rev. 2026 Jan 30;47:1609497. doi: 10.3389/phrs.2026.1609497.