

ANZMOSS IH Roadshow

Sydney 28 May 2021

Location – Sydney RACS room

Program

Topic 1: It's all about long-term – Learning from the experts

8.30am	Grab a coffee register and look at trade display – meet and greet networking	
9:00 – 9:05	Introduction and Welcome	Nazy Zarshenas Cathy Harbury
9:05 – 9:30	Setting the scene: Obesity is a chronic condition so its management should parallel the disease	Tony Brancatisano
9:30 – 9:45	Lived Experience – Living with a chronic condition	Lyn Keppler Andrew Wilson
9:45– 10:15	Psychological support and managing the challenges of the weight loss journey. Challenges and practical tools/advice on duty of care	Cal Paterson
10:15 – 10:45	Long term diet quality and the current evidence	Janet Franklin
10:45 – 11:15	Short break (BYO crunch and sip)	
11:15 - 11:45	Pharmacotherapy for weight management following bariatric surgery – What does partial non responders mean	Georgia Rigas
11:45 – 12:00	Surgical management of weight regain – Indication and contraindications	Michael Talbot
12:00 – 12:30	Case Study - Panel addressing beyond weight loss – changing the focus of our patients to optimise outcomes	All faculty
12.30 – 1.30	LUNCH BREAK Please take time to see the trade displays	

Topic 2: How can we improve our practice?

1:30 – 1:50	Managing surgical long-term surgical complications, red flags and what the IH team needs to know	Michael Talbot
1:50 – 2:40	Long term follow-up - What does the current state of long term follow up & how can we improve it? <ul style="list-style-type: none"> Address long term care with the integrated health team New follow up approaches – what does the research show 	Facilitator Cathy Harbury All faculty
2:40 – 3:00	Therapeutic alliance – PhD findings <ul style="list-style-type: none"> How to build a long-term relationship 	Annalisa Nagy
3:00 – 3:30	Looking after ourselves – avoiding compassion fatigue	Cal Paterson
3:30 – 3:50	Q & A	All faculty
3.50 – 4.00	Closing the meeting Nazy Zarshenas & Cathy Harbury	

Melbourne 30 July 2021

Location

TCC

Program

9am Grab a coffee – Register - Trade Display - Meet and Greet Networking

Topic 1: Preventing Micronutrient Deficiencies

9.30 – 9.35 <i>5min</i>	Morning session Introduction & Overview	Fiona Sammut
9.35 – 10.05 <i>30min</i>	Background & summary of guidelines <ul style="list-style-type: none">- Nutrients at risk and incidence of deficiency- Mechanisms for risk in bariatrics- Recommendations for prevention	Edo Aarts
10.05 – 10.20 <i>15min</i>	Monitoring protocols <ul style="list-style-type: none">- What and when to measure	Edo Aarts
10.20 – 10.40 <i>20min</i>	What is available in Aus/NZ for baseline prevention <ul style="list-style-type: none">- Comparison table of commonly available products	Fiona Sammut
10.40 – 11.00 <i>20min</i>	Compliance <ul style="list-style-type: none">- Summary of the literature & Psychology perspective	Leah Brennan

Leg stretch/toilet break

11.10 – 11.25 <i>15min</i>	Compliance <ul style="list-style-type: none">- Barriers & Solutions from our client survey	TBC
11.25 – 11.45 <i>20min</i>	Panel discussion	
11.45 – 11.50	Summary and morning session close	Fiona Sammut

Lunch

Trade Display - Meet and Greet Networking

Topic 2: Identification and Treatment of Deficiencies

1.00– 1.05 <i>5min</i>	Afternoon session introduction & Overview	Daniella DiBenedetto
1.05-2.00	Vitamin B12 & Folate	
1.05 – 1.25 <i>20min</i>	<ul style="list-style-type: none">- Mechanism of absorption/metabolism- Interpretation of biochem	Ken Sikaris
1.25 – 1.40 <i>15min</i>	<ul style="list-style-type: none">- Physical examination/clinical presentation- Summary of recommended treatment (literature v's clinical practice reality)- Preparations available Aus/NZ and practicalities	Daniella DiBenedetto
1.40 – 1.55 <i>15min</i>	Case study – B12 & Folate Multiple choice questions	Daniella DiBenedetto
1.55-3.00	Vitamin A	
1.55-2.15 <i>20min</i>	<ul style="list-style-type: none">- Mechanism of absorption/metabolism- Interpretation of biochem	Ken Sikaris
2.15 – 2.35 <i>15min</i>	<ul style="list-style-type: none">- Physical examination/clinical presentation- Summary of recommended treatment (literature v's clinical practice reality)- Preparations available Aus/NZ and practicalities	Fiona Sammut

2.35 – 2.50 15min	Case study – Vit A Multiple choice questions	Fiona Samut
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Leg stretch/toilet break

2.55 – 3.50	Zinc	
3.00 – 3.20 20min	<ul style="list-style-type: none"> - Mechanism of absorption/metabolism - Interpretation of biochem - interactions with iron and copper 	Ken Sikaris
3.20 – 3.35 15min	<ul style="list-style-type: none"> - Physical examination/clinical presentation - Summary of recommended treatment (literature v's clinical practice reality) - Preparations available Aus/NZ and practicalities 	Merril Bohn
3.35 – 3.50 15min	Case study – Zinc & Copper <ul style="list-style-type: none"> - Multiple choice questions 	Merril Bohn
3.50-4.00 10min	PANEL Discussion & Close <ul style="list-style-type: none"> - Clinical pathologists - Dietitians 	

Cost per location

ANZMOSS member \$180 in person including lunch, \$50 virtual

Non-ANZMOSS member \$220 in person including lunch, \$75 virtual

Working Party Members

Name	Affiliated organisation
Cathy Harbury	Surgery Central and Enlighten Nutrition
Daniella Di Benedetto	Daniella Di Benedetto Dietetics & Northwest Surgeons
Fiona Sammut	Darebin Weight Loss Surgery & Advanced Surgical
Kathy Benn	BENN- <i>efit</i> Nutrition & ANZMOSS Representative
Katie Lambert	Mercy Ascot Hospital, Auckland & ANZMOSS Representative
Leanne Wagner	Brisbane Nutrition Services
Merril Bohn	North Eastern Weight Loss Surgery & Melbourne Centre for Bariatric Surgery
Nazy Zarshenas	Shore Surgical
Dr Pennie Taylor	CSIRO
Sally-Anne Livock	Sally-Anne Livock & Assoc/Sunshine Coast Medical Weight Loss Centre

With special thanks to Dr Michael Talbot, Past President ANZMOSS for all his guidance and support, as well as all the working party members who have helped me put this together – Kathy Benn

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