DEPARTMENT OF NEPHROLOGY, JIPMER, PUDUCHERRY
(IN COLLABORATION WITH DEPARTMENT OF DIETETICS, JIPMER)

JIPMER NEPHROLOGY UPDATE 2026

CME THEME

NUTRITION IN HEMODIALYSIS

October 24 & 25, 2026

Mini Auditorium, JIPMER Academic Center





APPLIED FOR TNMC CME CREDIT HOURS

DEPARTMENT OF NEPHROLOGY, JIPMER, PUDUCHERRY

The Department of Nephrology at JIPMER, established in January 2010, is deeply committed to patient care, training and research. The department offers comprehensive and state-of-the-art patient care services, including Clinical Nephrology, Interventional Nephrology, Critical Care Nephrology, Dialysis, and Living and Deceased Donor Kidney Transplantation. It provides structured training for Nephrology Trainees and Dialysis technology students. The department's mission is to offer evidence-based, ethical, socially mindful patient care emphasising quality and safety, formulate innovations that will serve as a model for training in Nephrology, and engage in socially accountable original research relevant to regional and national health priorities.

ORGANISING CHAIRMAN



Dr Sreejith Parameswaran
Professor, Department of Nephrology, JIPMER

ORGANISING CO-CHAIRPERSON



Dr PS Priyamvada
Professor and Head, Department of Nephrology, JIPMER

ORGANISING SECRETARY



Dr Swathy Raju
Assistant Professor, Department of Nephrology, JIPMER

ORGANISING CO-SECRETARY



Mrs D Uma Sankari
Dietitian, Department of Dietetics, JIPMER

ORGANISING COMMITTEE



Dr S Sabarinath
Assistant Professor, Department of Nephrology, JIPMER

ORGANISING COMMITTEE



Dr Karthikeyan Manoharan
Assistant Professor, Department of Nephrology, JIPMER

ABOUT THE CME

Malnutrition in patients with chronic kidney disease is an under-addressed determinant of clinical outcomes, with a pooled prevalence of 56% in Indian patients. This is assessed and managed inconsistently in routine dialysis care. Structured teaching on nutritional assessment and management remains limited across most nephrology and postgraduate training curricula, despite its impact on hospitalization, quality of life, and survival. This program has been designed to equip nephrologists, physicians, and dietitians with a structured, evidence-based approach to nutritional assessment and management of ESRD. This program is endorsed by the Indian Society of Nephrology (ISN) and the Indian Association for Parenteral and Enteral Nutrition.

PROGRAMME HIGHLIGHTS

- Comprehensive coverage of nutritional assessment tools.
- Panel and case-based discussions on practical clinical dilemmas.
- A dedicated hands-on workshop on nutritional assessment and diet planning in pediatric and adolescent ESRD.
- Guidance on designing a South Indian renal diet, including food-label literacy and fluid management.
- Sessions on emerging areas: plant-based diets in hemodialysis, sarcopenia and frailty, and the dialysis–nutrition–clearance relationship.

WHO CAN ATTEND THIS CME

- Nephrologists, Physicians, and MD/DM/DNB/DrNB residents who have a valid state/national medical council registration
- Allied health sciences: Nurses, Dialysis technicians, Dietitians, students (Dialysis technology and Dietetics)

DAY 1: OCTOBER 24TH

TIME	TOPIC	SPEAKER & CHAIRS
1:30 PM	INVOCATION	
1:35 PM	WELCOME ADDRESS & LAMP LIGHTING CEREMONY	**Dr Sreejith Parameswaran** All faculty
MALNUTRITION AND ASSESSMENT OF NUTRITIONAL STATUS IN HEMODIALYSIS PATIENTS		
1:50 PM	**Malnutrition in hemodialysis; malnutrition-inflammation-atherosclerosis (MIA) complex syndrome, lipid abnormalities, prevalence, and Indian perspective** (Didactic lecture) **Learning Points:** • Define the malnutrition-inflammation-atherosclerosis (MIA) complex and protein-energy wasting in patients on hemodialysis, and explain the pathophysiology of the chronic inflammatory state and the appetite-suppressing mechanisms specific to uremia. • Lipid abnormalities seen in HD patients: what is "reverse epidemiology"? • Prevalence and determinants of malnutrition among Indian patients undergoing maintenance hemodialysis and comparison with the global data	SPEAKER **Dr Avinash Ignatius** Senior Consultant Nephrologist and HOD, Department of Nephrology, Noble Hospitals and Research Centre, Pune CHAIRPERSONS **Dr Satish Balan** Senior Consultant, Nephrology, KIMSHEALTH, Thiruvananthapuram **Dr S Dineshbabu** Additional Professor, Department of General Medicine, JIPMER, Puducherry
2:20 PM	**Comprehensive Nutritional Assessment in Dialysis: Nutrition-Focused Physical Examination, Biomarkers, and Scoring Systems** (Didactic lecture) **Learning Points:** • How to perform a standardized Nutrition-Focused Physical Examination (NFPE) and anthropometry • Interpret biochemical markers for nutritional assessment • Compare relevant scoring systems for assessing malnutrition used in ESRD • When to assess and how frequently to reassess; what do the guidelines say?	SPEAKER **Dr K Sampathkumar** Senior Consultant Nephrologist and Head, Dept of Nephrology, Meenakshi Mission Hospital and Research Centre, Madurai CHAIRPERSONS **Dr N Murugesan** Senior Consultant Nephrologist, Chairman & Founder, East Coast Hospital, Puducherry **Dr Sreejith Parameswaran** Professor, Department of Nephrology, JIPMER, Puducherry

DAY 1: OCTOBER 24TH

TIME	TOPIC	SPEAKER & CHAIRS
2:55 PM	**The Role of Advanced Body Composition Analysis (BIA, DXA, and Imaging-CT, MRI, POCUS) in Evaluating Nutrition in ESRD** (Didactic lecture) **Learning Points:** • A brief summary of the technical aspects of each modality and their utility in ESRD. • Concept of BIA-derived phase angle as an independent prognostic marker of cell membrane integrity and nutritional status, distinct from lean mass alone. • Compare the accuracy, reproducibility, cost, and availability of each modality for detecting sarcopenia and tracking nutritional trends over time. • Which of these modalities can be adopted for routine clinical practice in the Indian context, versus which remain research tools?	SPEAKER **Dr PS Priyamvada** Professor and HOD, Department of Nephrology, JIPMER, Puducherry CHAIRPERSONS **Dr Jayaprakash Sahoo** Professor and HOD, Department of Endocrinology, JIPMER **Dr Avinash Ignatius** Senior Consultant Nephrologist and HOD, Department of Nephrology, Noble Hospitals and Research Centre, Pune
3:25 PM	**Dietary Assessment in ESRD: From Clinical History to Objective Protein Kinetics (nPNA)** (Didactic lecture) **Learning Points:** • How to take a structured dietary history on dialysis and non-dialysis days using methods like Recall, FFQ, and diary methods, or automated software, and know the pros and cons of each method with examples. • How to accurately measure a food portion size -a cup, spoon, katori, or bowl. • Role of objective kinetic method like normalised Protein Nitrogen Appearance (nPNA) to estimate dietary protein intake in anuric ESRD, and how to calculate it. and its limitations.	SPEAKER **Dr AJ Hemamalini** Professor and HOD, Department of Clinical Nutrition, SRFAHS, Sri Ramachandra Institute of Higher Education and Research, Porur, Chennai CHAIRPERSONS **Dr Karthikeyan Manoharan** Assistant Professor, Department of Nephrology, JIPMER **Ms Maghida Shanmugame** Chief Dietitian, Pondicherry Institute of Medical Sciences
3:55 PM	TEA BREAK	

DAY 1: OCTOBER 24TH

TIME	TOPIC	SPEAKER & CHAIRS
DIETARY TRANSITION AND RESTRICTION FOR A PATIENT ON HEMODIALYSIS		
4:10 PM	**Practical approach to dietary transitions (Panel discussion)** **Learning Points:** • The changes in the dietary requirements as a patient moves from pre-dialysis CKD to ESRD and after a successful kidney transplantation - what are the nutritional requirements and ideal diet in each stage? • How does pre-transplant nutritional status affect post-transplant outcomes? • What are the additional demands of an acute illness or hypercatabolic state while on dialysis? • Is there a difference in the dietary requirements if a patient on MHD is started on CRRT? • Modalities and advantages of enteral nutrition • Tube feeding, jejunostomy in ESRD, technique and monitoring	**SPEAKERS** **Dr Manish Lalwani** Associate Professor, Department of Nephrology, Christian Medical College, Vellore **Dr Apeksha Ekbote** Senior Chief Dietitian, Nephroplus **Dr Patta Radhakrishna** Head of Surgical Gastroenterology and Minimal Access Surgery, SIMS, Chennai **MODERATOR** **Dr S Sabarinath** Assistant Professor, Department of Nephrology, JIPMER
4:50 PM	**Restriction vs Liberalization with binders – Are potassium and phosphorus to be overrestricted? (Case-based discussion)** **Learning Points:** • Weigh the risk of hyperkalemia/hyperphosphatemia against the risk of overrestriction and malnutrition. • Can we liberalize diet with binders for potassium/phosphorus- what are the available options and evidence? • Phosphorus to protein ratio • Practically, how to prescribe a phosphate binder in ESRD, and what is a phosphate binder equivalent dose?	**SPEAKER** **Dr Satish Balan** Senior Consultant, Nephrology, KIMS Health, Thiruvananthapuram **CHAIRPERSONS** **Dr K Sampathkumar** Senior Consultant and HOD, Meenakshi Mission Hospital and Research Centre, Madurai, Tamil Nadu **Dr R Hemachandar** Professor, Nephrology, Mahatma Gandhi Medical College and Research Institute, Puducherry

DAY 1: OCTOBER 24TH

TIME	TOPIC	SPEAKER & CHAIRS
	DESIGNING A PERSONALISED DIET FOR A PATIENT ON HEMODIALYSIS	
5:20 PM	**Designing a South Indian Diet for a Patient on Hemodialysis** (Didactic lecture) **Learning Points:** • How to meet protein and energy targets while controlling potassium, phosphorus, sodium, and fluid intake with regionally familiar food items. • Attaining protein targets in a vegetarian diet. • Reading food labels for hidden phosphate additives and framing fluid and salt restriction advice in terms that patients can realistically sustain. • Practical methods for dietary restriction and formulation of a sustainable diet for ESRD patients.	SPEAKER **Ms Merina Elizabeth Alex** Assistant Manager Dietetics, The Madras Medical Mission, Chennai CHAIRPERSONS **Dr C Vasudevan** Associate Professor, Institute of Nephrology, Madras Medical College, Chennai **Mrs D Umasankari** Dietitian, Department of Dietetics, JIPMER
6:00 PM	**ORAL FREE PAPER SESSION**	
6:30 PM	**PG QUIZ** Written, individual quiz for MD / DNB / DM / DrNB residents	QUIZ MASTER **Dr S Sabarinath** Assistant Professor, Department of Nephrology, JIPMER
7:00 PM	**DINNER**	

DAY 2: OCTOBER 25TH

TIME	TOPIC	SPEAKER & CHAIRS
DIET IN PAEDIATRIC/ADOLESCENT ESRD - PRACTICAL ASPECTS - WHAT MORE TO CONSIDER		
8:00 AM	**Pediatric and Adolescent ESRD: Nutritional Assessment and Practical Aspects of Diet Design (Workshop)** **Learning Points:** • Recognize how the primary nutritional endpoints vary in children, compared to adults. • Identify and correct metabolic acidosis and CKD-mineral bone disease as growth-limiting factors. • Estimate age-appropriate protein/energy needs and recognize when oral nutritional supplements or enteral/tube feeding are needed to meet them. • Address adolescent-specific issues — transition planning, body image, and diet adherence. • The indications for recombinant growth hormone therapy in Paediatric ESRD.	**SPEAKERS** **Dr Arpana Iyengar** Professor, Department of Pediatric Nephrology, St. John's National Academy of Health Sciences, Bangalore, India **Dr Bobbity Deepthi** Associate Professor, Department of Paediatrics, JIPMER **Dr Meenakshi Bajaj** Dietitian, Tamil Nadu Govt, Multi-Speciality Hospital, Chennai **Dr Sukanya Govindan** Consultant Pediatric Nephrologist, Dr Mehta Hospitals, Chennai **CHAIRPERSONS** **Dr Sriram Krishnamurthy** Professor, Department of Paediatrics, JIPMER, Puducherry **Dr Manasi Garg** Professor, Department of Pediatrics, Mahatma Gandhi Medical College and Research Institute, Puducherry
10:00 AM	**TEA BREAK**	

DAY 2: OCTOBER 25TH

TIME	TOPIC	SPEAKER & CHAIRS
	MICRONUTRIENTS AND DIETARY PATTERNS IN PATIENTS ON HD	
10:15 AM	**Micronutrients in Hemodialysis** (Didactic lecture) **Learning Points:** • Water-soluble vitamin losses during a dialysis session • Clinical features of micronutrient deficiencies in adult ESRD • Evidence-based and practical thresholds for supplementing micronutrients in maintenance HD. • Indiscriminate multivitamin use — fat-soluble vitamin toxicity	**SPEAKER** **Dr Anjana Gopal** Assistant Professor, Department of Nephrology, Amrita Institute of Medical Sciences, Kochi **CHAIRPERSONS** **Dr K Narayanan** Director, Pondicherry Kidney Center **Dr Little Flower Augustine** Assistant Professor (Public Health Nutrition), JIPMER International School of Public Health, JIPMER
10:40 AM	**Plant-Based Diets in Hemodialysis** (Didactic lecture) **Learning Points:** • Nutrient bioaccessibility, benefits, and problems associated with a plant-based diet Evidence for plant-dominant dietary patterns in dialysis patients • What is Potential Renal Acid Load (PRAL)? • Cultural and practical acceptability in indian dialysis patients	**SPEAKER** **Ms Archana Sinha** Senior Dietitian, Department of Dietetics, Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow **CHAIRPERSONS** **Dr Sukanya Govindan** Consultant Pediatric Nephrologist, Dr Mehta Hospitals, Chennai **Mrs M Harinee** Assistant Dietitian, Department of Dietetics, JIPMER, Puducherry

DAY 2: OCTOBER 25TH

TIME	TOPIC	SPEAKER & CHAIRS
11:10 AM	**Progressive weight loss in ESRD: sarcopenia and frailty in HD - assessment, Treatment goals beyond diet – exercise** (Case-based discussion) **Learning Points:** • Definition of sarcopenia, frailty, and protein-energy wasting in ESKD, and how they overlap without being synonymous. • Know the "obesity paradox" (reverse epidemiology) in dialysis survival, and an important exception — sarcopenic obesity. • Apply bedside screening tools for detecting frailty and sarcopenia in the dialysis unit, and which is the best one in the indian scenario Discuss the role of exercise as an adjunct to diet in this population. • The feasibility and evidence for intradialytic resistance exercise programs as a practical way to deliver exercise during dialysis time	**SPEAKER** **Dr Dharshan Rangaswamy** Professor and Head, Department of Nephrology, Kasturba Medical College, Manipal **CHAIRPERSONS** **Dr PS Priyamvada** Professor and HOD, Department of Nephrology, JIPMER, Puducherry **Dr Anjana Gopal** Assistant Professor in Nephrology, Amrita Institute of Medical Sciences, Kochi
11:40 AM	**Nutritional considerations in an elderly diabetic patient on hemodialysis** (Case-based discussion) **Learning Points:** • Specific problems in diagnosing and monitoring diabetic patients on HD, limitations of Hba1c • Identify why the hypoglycemic risk is increased in ESRD • What are the specific problems pertaining to elderly diabetic ESRD, and how to tackle them? • Role for appetite stimulants and melatonin. • Role of palliative care: How long to continue HD in this population?.	**SPEAKER** **Dr C Vasudevan** Associate Professor, Institute of Nephrology, Madras Medical College, Chennai **CHAIRPERSONS** **Dr K Kumar** HOD, Department of Nephrology, IGGGH&PGI, Puducherry **Dr Maneesha Regati** Assistant Professor, Department of Geriatrics, JIPMER, Puducherry

DAY 2: OCTOBER 25TH

TIME	TOPIC	SPEAKER & CHAIRS
	DIALYSIS AND NUTRITIONAL STATUS	
12:10 PM	**Clearance, appetite, and muscle: The mechanistic link between dialysis quality and nutritional status** (Didactic lecture) **Learning Points:** • The mechanistic link between dialysis quality — clearance, treatment time, and modality — and nutritional status. • Quantify dialysis itself as a catabolic stressor independent of clearance adequacy. • The comparative evidence for hemodiafiltration (HDF) versus conventional HD. • Practical steps to optimize the HD prescription to support nutritional targets.	**SPEAKER** **Dr Balaji Kirushnan** Senior Consultant, Kauvery hospital, Alwarpet, Chennai **CHAIRPERSONS** **Dr P Ravikumar** Professor and Head of Nephrology, Sri Manakula Vinayagar Medical College and Hospital, Puducherry **Dr Manish Lalwani** Associate Professor, Department of Nephrology, Christian Medical College, Vellore
	ENTERAL AND PARENTERAL NUTRITION - PRACTICAL ASPECTS	
12:40 PM	**Practical aspects of enteral and intradialytic parenteral nutrition** (Didactic lecture) **Learning Points:** • Define indications for intradialytic parenteral nutrition (IDPN) • Practical aspects — patient selection, monitoring, and criteria for stepping down or stopping IDPN. • Administration and monitoring of a patient on IDPN • Available renal safe formulas for enteral nutrition.	**SPEAKER** **Mrs Sharmila Parthiban** Assistant Manager, Training and Development, Fresenius kabi India Pvt Ltd **CHAIRPERSONS** **Dr Dharshan Rangaswamy** Professor and Head, Department of Nephrology, Kasturba Medical College, Manipal **Dr N Ramachandran** Assistant Professor, Nephrology, Pondicherry Institute of Medical Sciences

DAY 2: OCTOBER 25TH

TIME	TOPIC	SPEAKER & CHAIRS
1:00 PM	**A practical protocol for assessment of nutritional status in hemodialysis units: JIPMER protocol**	**SPEAKER** **Dr Karthikeyan Manoharan** Assistant Professor, Department of Nephrology, JIPMER **CHAIRPERSON** **Dr Sreejith Parameswaran** Professor, Department of Nephrology, JIPMER, Puducherry
1:20 PM	**PRIZE DISTRIBUTION AND VOTE OF THANKS**	
1:30 PM	**NETWORKING LUNCH**	

SCAN FOR THE WEBSITE

jipmernephroupdate2026.com

Programme, venue, travel and accommodation information

Queries: jipmernephroupdate@gmail.com