

CICO PROGRAM-2026

Welcome Address: OSSI President

3/1/26, Saturday

TOPIC
OVERVIEW Of Obesity – Need for CICO
Linking Obesity and Metabolic Syndrome: Pathophysiology – Do We Understand It Well?
Obesity Treatment Guidelines

4/1/26

TOPIC
Clinical Evaluation and Lab Tests for Obesity
Obesity Assessment and Sarcopenia

10/1/26

TOPIC
Nutritional Assessment for Obesity
Dietary Management of Obesity - Fat Vs Fad Diet –
Mental Health and Obesity

11/1/26

TOPIC
Physical Training in The Management of Obesity
Group Activity

17/1/26

TOPIC	
Obesity Management Medications (OMM)	
Adolescent Obesity and Treatment Plan	
Group Activity	

18/1/26

TOPIC
History of Surgical Treatment of Obesity, Mechanism and Careful Patient Selection
Nurses' Role in the Continuum of Care for Obesity and Metabolic Bariatric Surgery

24/1/26

TOPIC
Benefits Of Weight Loss On Diabetes, Obstructive Sleep Apnea, Osteoarthritis, Neurological, Immunity Parameters and Infertility in Medical and Surgical Contexts
Perioperative Management of Patients Undergoing Metabolic Bariatric Surgery

25/1/26

TOPIC
Common Nutritional Concerns After Metabolic Bariatric Surgery
Preparing Patients for Life After Metabolic Bariatric Surgery
Role Of Protein in Weight Management and Post-MBS

31/1/26

TOPIC
Weight Regain
Panel Discussion- Integrating Obesity Management Medications Before and After Metabolic Bariatric Surgery: A New Paradigm
Rare Case and Nutritional Management- Group Discussion

1/2/26

Holistic Approach and Biological Clock in Weight Management	
1/2/26	Moderator: Sarfaraz Baig, Richa Jaiswal
Case capsules-1	TOPICS
	Gastric Oesophageal Reflux Disease (GERD) Sub-Optimal Clinical Response Diabetes Chronic Kidney Disease (CKD) Adolescent Obesity Iron Deficiency Pregnancy
7/2/26	Moderator: Sarfaraz Baig, Richa Jaiswal
Case capsules-2	TOPICS
Algorithm for Management of Obesity- A Guide for Clinicians	
	Alopecia Bone Health Sarcopenia/Protein Energy Malnutrition (PEM) Small Intestine Bacterial Overgrowth (SIBO) Steatorrhea Pancreatic Enzyme Deficiency Dumping Syndrome

8/2/26- Online Exam

Attend the 23rd Annual Conference - OSSICON 2026 from 25-28 February 2026 for the CICO convocation, if possible.