

THE AUSTRALIA-ASIA-PACIFIC ERAS+ CONFERENCE

Modifying patient risk (prehabilitation) and reducing variability in care (ERAS)

26-29 October 2023

Park Hyatt Melbourne

#ERASMEL23

#PREHABMEL23

-  CPET testing
-  Surgery School
-  Exercise
-  Nutrition
-  Psychologic Support
-  ERAS

PRE-CONFERENCE - PRIMER WORKSHOPS

Thursday 26 October

8am-12pm

A Primer in Cardiopulmonary Exercise Testing (CPET)	A Primer in ERAS®	Wound healing and Stoma Care workshop
Informing perioperative risk stratification and exercise prescription for prehabilitation Lead: Dr Emily Traer & Dr Hilmy Ismail, Australia	Guidance by the experts on establishing a local program Lead: Dr Kwang Yeong How, Singapore	A combined ISWCAP and ERAS meeting Lead: Associate Professor Kylie Sandy-Hodgetts, Australia
CPET workshop (Early bird) \$300.00 CPET workshop (after Early bird) \$345.00 CPET workshop (allied health, nursing and students) \$210	A Primer in ERAS workshop (Early bird) \$300.00 A Primer in ERAS workshop (after Early bird) \$345.00 A Primer in ERAS workshop (allied health, nursing and students) \$210	Wound healing workshop (Early bird) \$300.00 Wound healing workshop (after Early bird) \$345.00 Wound healing workshop (allied health, nursing and students) \$210

In association with:

- International Prehabilitation Society®
- ERAS Society®
- Peter MacCallum Cancer Centre



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PREHABILITATION - DAY 1

Thursday 26 October

All times are listed in AEDT

12-1pm	Registration	
1-1.15pm	Welcome and acknowledgement of the traditional custodians	Chair: Professor Bernhard Riedel and Professor Shelley Dolan, Australia
1.15-3pm	Lecture session 1: Cost of complications and need for risk stratification	Chair: Professor Shelley Dolan, Australia
1.15-1.35pm	The hidden pandemic: Morbidity and mortality after major surgery and Safer Care Victoria initiatives	Professor David Watters, Australia
1.35-1.55pm	Postoperative quality of recovery - an ongoing challenge	Dr Andrea Bowyer (virtual), Australia
1.55-2.15pm	The value proposition of perioperative care	Professor Mike Grocott, United Kingdom
2.15-2.35pm	The high risk patient: Leveraging artificial intelligence for risk modelling	Professor Ismail Gögenur, Denmark
2.35-3pm	Q&A with the panel: Deeper dive into the burning platform	
3-3.30pm	Afternoon tea	
3.30-4.10pm	Pro/Con debate: Objective functional testing (CPET, 6MWT, etc.) for preoperative risk assessment prior to major surgery is obsolete? Disrupting and scaling risk assessment	Pro: Professor Bernhard Riedel, Australia Con: Associate Professor Malcolm West, United Kingdom
4.10-5.30pm	Lecture session 2: Prehabilitation - The evidence	Chair: Professor David Watters, Australia
4.10-4.30pm	Addressing modifiable risk: What is the evidence for prehabilitation?	Dr Hilmy Ismail, Australia
4.30-4.50pm	What do we understand from 'universal prehabilitation'?	Professor Linda Denehy, Australia
4.50-5.10pm	The exercise dilemma: What is the right type of exercise?	Dr Lara Edbrooke, Australia
5.10-5.30pm	Q&A with the panel: Deeper dive into optimisation	

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PREHABILITATION - DAY 2

Friday 27 October

All times are listed in AEDT

7.15-8am	Registration and coffee	
8-9.40am	Lecture session 3: Prehabilitation - The evidence (continued)	Professor Linda Denehy
8-8.20am	Sarcopaenia and frailty: Addressing the hidden challenge	Professor David Story, Australia
8.20-8.40am	Perioperative nutritional considerations for improved surgical outcomes	Associate Professor Nicole Kiss, Australia
8.40-9am	More bang for the buck – the health economics behind prehabilitation	Dr Ianthe Boden, Australia
9-9.20am	The effectiveness of different prehabilitation modalities	Associate Professor Daniel Steffens, Australia
9.20-9.40am	Q&A with the panel: Deeper dive into optimisation	
9.40-10.15am	Morning tea	

10.15-11.15am: Choose one of lecture session (A), or workshop (B) or workshop (C)

10.15-11.15am	
A. Lecture session 4: Prehabilitation in cancer patients (20 min inclusive of Q&A) Chair: Dr David Speakman	
Prehabilitation of the immune system	Dr Julia Dubowitz, Australia
Cardiac: Protecting the heart with exercise during neoadjuvant and adjuvant therapy	Associate Professor André La Gerche, Australia
Prehabilitation during immunotherapy and at end-of-life	Professor Sandy Jack, United Kingdom

10.15-11.15am
B. Establishing baseline modifiable risk: DAS1, 6MWT, STS, TUG, Grip, CPET principles, MST/ PONS/SGA, PHQ4 to inform the McMillan prehab strategy
Workshop facilitators: Dr Lara Edbrooke, Ms Anna Beaumont, Dr Emily Traer

10.15-11.15am
C. Establishing motivation, setting home goals, doing an exercise class, interacting with wearables, and establishing outcome measures
Workshop facilitators: Professor Linda Denehy, Dr Camile Short, Ms Amy Bowman, Dr Chris Swain,

CHANGEOVER TIME (10 MINUTES)

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PREHABILITATION - DAY 2

Friday 27 October

All times are listed in AEDT

11.25am-12.25pm Choose one of lecture session (A) or workshop (B) or workshop (C)

11.25am-12.25pm	
A. Lecture session 5: Prehabilitation and more (20 min inclusive of Q&A) Chair: Professor David Story	
Risk: A toolkit to optimise treatment pathways	Dr Mark Pauling, United Kingdom
Shared decision making (SDM): Is it integral to the preoperative pathway?	Dr Debra Leung, Australia
Prehabilitation and the digital era	Dr Hilmy Ismail, Australia

11.25am-12.25pm
B. Establishing baseline modifiable risk: DASL, 6MWT, STS, TUG, Grip, CPET principles, MST/PONS/SGA, PHQ4 to inform the McMillan prehab strategy
Workshop facilitators: Dr Lara Edbrooke, Ms Anna Beaumont, Dr Emily Traer

11.25am-12.25pm
C. Establishing motivation, setting home goals, doing an exercise class, interacting with wearables, and establishing outcome measures
Workshop facilitators: Professor Linda Denehy, Dr Camile Short, Ms Amy Bowman, Dr Chris Swain

12.25-1pm	Plenary lecture: Perioperative care in the UK: Where are we now?	Professor Mike Grocott, United Kingdom
1-2pm	Lunch	
2-3.20pm	Lecture session 6: Prehabilitation focused on organ systems	Chair: Dr Debra Leung
2-2.20pm	Anaemia: A practical approach to managing perioperative anaemia	Associate Professor Lachlan Miles, Australia
2.20-2.40pm	Diabetes: Is perioperative glycaemic optimisation important?	Professor Ketan Dhatarayia (virtual), United Kingdom
2.40-3.00pm	Cancer: Mechanisms for benefit from prehabilitation, including for tumour outcomes	Associate Professor Malcolm West, United Kingdom
3-3.20pm	Q&A with the panel: Deeper dive into optimisation	
3.20-4pm	Afternoon tea	
4-4.40pm	Pro/Con debate: Prehabilitation should be face to face in the hospital or the community to be effective Embracing the era of telehealth and wearable devices for scalability	Pro: Professor Sandy Jack, United Kingdom Con: Associate Professor Daniel Steffens, Australia
4.40-5.30pm	Lecture session 7: Scalability of prehabilitation services	Chair: Professor Sandy Jack
4.40-5pm	Leveraging the community to build a sustainable prehabilitation service	Dr John Moore (virtual), United Kingdom
5-5.20pm	Reporting endpoints in the prehabilitation literature: What is the state of play?	Professor Linda Denehy, Australia
5.20-5.30pm	Q&A with the panel: Deeper dive into scalability	
6-7.30pm	Welcome reception	

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ERAS - DAY 1

Saturday 28 October

All times are listed in AEDT

6.40-7.45am	3M Breakfast Education Session	Dr Hans de Boer, President of ERAS (Enhanced Recovery After Surgery), and Professor Nicholas Ralph
This will be held at the Park Hyatt. Please select your attendance when you register.		
7.30-8am	Registration and coffee	
8-8.20am	Welcome and acknowledgement of the traditional custodians (by People, for People, with People) Welcome by ERAS Society President	Professor Bernhard Riedel, Australia Dr Hans de Boer, Netherlands (President ERAS Society)
8.20-10am	Lecture session 1: ERAS - The why (evidence)	Chair: Professor Ben Thomson
8.20-8.40am	ERAS - The past, the present, and the future	Professor Olle Ljungqvist, Sweden
8.40-9am	The clinical and health-economic evidence for ERAS as standard of care	Dr Hans de Boer, Netherlands
9-9.20am	Systemwide implementation of ERAS in Alberta, Canada: Successes, challenges, and economic impact	Professor Gregg Nelson (virtual), Canada
9.20-9.40am	The role of centralised agency to improve care through ERAS and surgical quality improvement implementation	Ms Ellen Rawstron, Australia
9.40-10am	Q&A with the panel: Deeper dive into the why of ERAS?	
10-10.30am	Morning tea	

10.30-11.30am: Choose one of lecture session (A), or workshop (B) or workshop (C)

10.30-11.30am	
A. Lecture session 2: The how - Population experience (20 minutes inclusive of Q&A) Chair: Dr Kwang Yeong How, Singapore	
ERAS in Taiwan: A story of transforming teamwork to dream work	Dr Shu Lin Guo, Taiwan
ERAS in low-middle income countries (LMIC)	Dr Marianna (Nina) Sioson, Philippines
ERAS during the Covid-19 pandemic: Feasibility and overcoming disruptions	Dr Kwang Yeong How, Singapore

10.30-11.30am
B. ERAS coordinators workshop: Leveraging the multidisciplinary team, breaking down silos
Workshop facilitators: Ms Catherine Sinton, Ms Bec Fewster, Professor Olle Ljungqvist, Dr Hans de Boer

10.30-11.30am
C. Reducing postoperative pulmonary complications: Which risk tool, which bundle of care, what endpoint?
Workshop facilitators: Dr Ianthe Boden, Ms Nicola Burgess, Dr Rani Chahal

CHANGEOVER TIME (10 MINUTES)

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ERAS - DAY 1

Saturday 28 October

All times are listed in AEDT

11.40am-12.40pm Choose one of lecture session (A) or workshop (B) or workshop (C)

11.40am-12.40pm	
A. Lecture session 3: Supportive strategies within ERAS (20 minutes inclusive of Q&A) Chair: Dr Georgina Christelis	
Obstetrics: ERAS for the pregnant patient	Dr Sajidah Ilyas, Australia
Gynaecology: 2023 guidelines update	Professor Gregg Nelson (virtual), Canada
Pelvic dysfunction: Improving outcomes after major pelvic surgery	Dr Cori Behrenbruch, Australia

11.40am-12.40pm
B. ERAS coordinators workshop: Leveraging the multidisciplinary team, breaking down silos
Workshop facilitators: Ms Catherine Sinton, Ms Bec Fewster, Professor Olle Ljungqvist, Dr Hans de Boer

11.40am-12.40pm
C. Reducing postoperative pulmonary complications: Which risk tool, which bundle of care, what endpoint?
Workshop facilitators: Dr Ianthe Boden, Ms Nicola Burgess,

12.40-1.40pm	Lunch	
1.40-2.10pm	Plenary lecture: From efficiency to effectiveness - using the principles of implementation science to ensure sustainable perioperative care initiatives	Professor Jill Francis
2.10-3.30pm	Lecture session 4: ERAS within subspecialties	Chair: Dr Georgina Christelis
2.10-2.30pm	Delivering value-based healthcare: Next steps in the implementation process	Professor Christobel Saunders, Australia
2.30-2.50pm	New developments in perioperative patient blood management	Associate Professor Lachlan Miles, Australia
2.50-3.10pm	Nutritional support within ERAS pathways	Dr Marianna (Nina) Sioson, Philippines
3.10-3.30pm	Q&A with the panel: Deeper dive into the how of ERAS?	
3.30-4pm	Afternoon tea	
4-4.40pm	Pro/Con debate: Who should lead the ERAS+ program in hospitals?	Moderator: Associate Professor Lachlan Miles Allied Health - Dr Ianthe Boden Anaesthetist - Professor Mike Grocott Nurse - Ms Catherine Sinton Surgeon - Professor Olle Ljungqvist Implementation Scientist - Professor Jill Francis AI expert - Professor Ismail Gögenur
4.40-5.30pm	Lecture session 5: ERAS within subspecialties	Chair: Professor Ismail Gögenur
4.40-5pm	Postoperative wound healing for the ERAS patient; is this a missing piece of the ERAS journey?	Associate Professor Kylie Sandy-Hodgetts, Australia
5-5.20pm	Major colorectal surgery: ERAS principles and the unanswered questions	Associate Professor Malcolm West, United Kingdom
5.20-5.40pm	Abdominal surgical emergencies: ERAS based current best practice	Professor Varut Lohsiriwat, Thailand
5.40-6pm	Q&A with the panel: Deeper dive into the how of ERAS?	

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ERAS - DAY 2

Sunday 29 October

All times are listed in AEDT

7.30-8am	Registration and coffee	
8-10am	Lecture session 6: ERAS - The how: Perioperative medicine strategies	Chair: Dr Georgina Christelis
8-8.20am	Intraoperative principles: Where are we with goal directed therapy, fluid management, oxygen therapy	Professor Mike Grocott, United Kingdom
8.20-8.40am	Oncoanaesthesia: ERAS principles for the cancer patient	Professor Bernhard Riedel, Australia
8.40-9am	Beyond dichotomous postoperative care: Leveraging enhanced care units to move beyond ward or ICU/HDU care	Dr Ian Richardson, Australia
9-9.20am	Prehabilitation, ERAS and rehabilitation in Japan	Professor Tomoki Aoyama, Japan
9.20-9.40am	Rehabilitation- Embracing it within the Framework of Perioperative Medicine	Professor Fary Khan, Australia
9.40-10am	Q&A with the panel: Deeper dive into perioperative strategies	
10-10.30am	Morning tea	
10.30-11.15am	Panel discussion: Sustainability of ERAS+ (prehabilitation and ERAS): What are the policy and funding (medicare, insurance) opportunities?	Chair: Sonia Coleman; Government Departments: Ms Ellen Rawstron (NSW), Professor Ben Thomson and Naomi Bromley (Vic DoH) Hospital Executive: Professor Shelley Dolan Clinicians: Professor Mike Grocott and Professor Sandy Jack (UK) Associate Professor Alicia Martin (Australia) Dr Hilmy Ismail (Australia)

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ERAS - DAY 2

Sunday 29 October

All times are listed in AEDT

11.15am-12.15pm: Choose one of scientific abstract session (A) or workshops (B) or workshop (C)

11.15am-12.15pm

A. Abstract session - Oral presentation by finalists (6 minute presentation + 3 minutes questions and answer)
Chair: Dr Chad Oughton

Judges: Professor Linda Denehy, Dr Kwang Yeong How, Dr Vera Lim, Professor Olle Ljungqvist

11.15am-12.15pm

B. Optimising the microcirculation and preventing wound infections - The next focus for ERAS?

Workshop facilitators: Associate Professor Kylie Sandy-Hodgetts, Dr Marianna (Nina) Sioson, Professor Laurence Weinberg

11.15am-12.15pm

C. Encouraging the team, change management strategies, and sustainability strategies

Workshop facilitators: Dr Georgina Christelis, Dr Sajidah Ilyas, Dr Shu Lin Guo

CHANGEOVER TIME (10 MINUTES)

12.25-1.25pm: Choose one of lecture session (A) or workshop (B) or workshop (C)

12.25-1.25pm

A. Lecture session 8: Innovation in ERAS (20 minutes inclusive of Q&A)
Chair: Associate Professor Alicia Martin

Innovation in ERAS	Dr Hans de Boer, Netherlands
Leveraging the virtual emergency department experience to deliver ERAS+ and postdischarge care	Dr Loren Sher, Australia
Application of artificial intelligence and predictive analytics in ERAS+	Professor Mike Grocott, United Kingdom

12.25-1.25pm

B. Optimising the microcirculation and preventing wound infections - The next focus for ERAS?

Workshop facilitators: Associate Professor Kylie Sandy-Hodgetts, Dr Marianna (Nina) Sioson, Professor Laurence Weinberg

12.25-1.25pm

C. Encouraging the team, change management strategies, and sustainability strategies

Workshop facilitators: Dr Georgina Christelis, Dr Sajidah Ilyas, Dr Shu Lin Guo

1.25-1.35pm Conclusion of the meeting

Save the date:
World Prehabilitation Medicine Conference
4-6 October 2024
Brisbane, Australia

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- ERAS Society®
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