



Redesigning the Perioperative Process: Prehabilitation, ERAS, and Pain Management

November 4 – 6, 2016

Nemacolin Woodlands, Farmington, PA

For online registration, visit:

<https://ccehs.upmc.com/liveFormalCourses.jsf>

UPMC LIFE CHANGING MEDICINE

300 Halket Street
Suite 3510
Pittsburgh, PA 15213

Nonprofit Org.
U.S. Postage
PAID
Pittsburgh, PA
Permit No. 3834

Redesigning the Perioperative Process: Prehabilitation, ERAS, and Pain Management

November 4 – 6, 2016

Nemacolin Woodlands, Farmington, PA



Course Director

Jonathan Waters, MD
*Professor of Anesthesiology
Chief of Anesthesia Services
Magee-Womens Hospital of UPMC*

Course Co-Directors

Kathirvel Subramaniam, MD, MPH
Stephen Esper, MD
Steven Orebaugh, MD
Lois J. Pizzi, MSN, RN-BC
Tammy Flemming, RN, CRNP

UPMC

Sponsored by:
University of Pittsburgh School of Medicine
and the
Center for Continuing Education
in the Health Sciences

Overview

The anesthesia provider must maintain up-to-date knowledge regarding health care delivery. This program is intended to review and update the knowledge and skills of the anesthesia provider as it relates to current professional practice.

Objectives

At the conclusion of this course, the participant should be able to:

- Identify the health care drivers requiring the redesign of the perioperative process
- Discuss the concept of prehabilitation
- Review the concept of frailty and how it might impact perioperative outcome
- Discuss the role of the advanced practice provider in optimization of patients for surgery
- Define the concept of enhanced recovery after surgery
- Review new approaches to perioperative fluid management
- Describe current methods of regional anesthetic/analgesic techniques for acute and perioperative pain management
- Describe the effect of surgery, anesthesia, and perioperative care on the immune system and on oncologic and infectious outcomes
- Review complex persistent pain conditions
- Discuss recommendations for an “immune system preserving” approach to intraoperative and postoperative care
- Discuss patient satisfaction in pain management
- Achieve improved patient outcomes through the successful adoption of regional anesthesia practice

Target Audience

Physicians involved in the perioperative process, anesthesiologists, surgeons, anesthesia residents, anesthesia fellows, pharmacists, CRNAs, SRNAs, CRNPs, anesthesia assistants, nurses, medical students and other health care professionals involved with perioperative care.

Special Needs

Participation by all individuals is encouraged. Advance notification of any special needs will help us to provide better service. Please notify us of your needs at least two weeks in advance of the program by calling **724-816-2644**.

Continuing Education Credit

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of **15.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded **1.5** continuing education units (CEUs) which are equal to **15.0** contact hours.

Nursing Accreditation: An application for contact hours has been submitted to the PA State Nurses Association. More information about contact hours will be available soon.

Meeting Location

The conference will be held at the **Nemacolin Woodlands Resort**, 1001 LaFayette Drive, Farmington, PA 15437, Phone **724-329-8555**.

Lodging / Accommodations

This is the tenth year that the conference will be held at the **Nemacolin Woodlands Resort**, located at 1001 Lafayette Drive, Farmington, PA 15437.

The conference has contracted a limited number of hotel rooms at Nemacolin Woodlands for conference attendees. You may book a room by calling the hotel at **724-328-8555** or

1-800-422-2736 and asking for the *UPMC Anesthesia Meeting – Prehabilitation, ERAS, and Pain Management Conference* room block in order to receive our reduced rates. The special reduced rate is \$199 for a room at the Lodge or \$269 for the Chateau plus applicable taxes and fees per night.

Accommodations are not included in the registration fee. Room availability cannot be guaranteed beyond the contracted block end date of **October 4, 2016**.

For more information on the Nemacolin Woodlands Resort, please visit <http://www.nemacolin.com>.



Schedule — Friday, November 4, 2016 — Nursing Symposium

- 8:30 am Breakfast/Registration/Exhibits
- 9:00 am **Welcome and Introduction**
Jonathan Waters, MD
- 9:15 am **What is ERAS?**
Stephen Esper, MD
- 9:45 am **ERAS Protocols: What it Means in the Operating Room**
Jessica Erjavac, CRNA and Julie Ging, CRNA
- 10:30 am Break/Exhibitors
- 10:45 am **ERAS Protocols: What it Means for Pre- and Post-Operative Patients**
Darlene Lovasik, MSN, MN, CCRN-K
- 11:30 am Lunch

Afternoon Session: The ERAS Toolbox

- 12:15 pm **Multimodal Analgesia in ERAS Protocols**
Bruce Ben-David, MD
- 1:15 pm **ERAS: Implications for the Chronic Pain Patient**
Ajay Wasan, MD
- 1:45 pm **ERAS Outcomes at UPMC**
Steven Esper, MD
- 2:15 pm **Closing Comments and Course Evaluations**
Jonathan Waters, MD
- 2:30 pm Friday Adjournment

Schedule — Saturday, November 5, 2016

- 8:00 am Breakfast/Registration/Exhibits
- 8:30 am **Introduction**
Howard Gutstein, MD
- 8:40 am **Healthcare Transformations: Surthrival of the Fittest**
Steven Shapiro, MD
- 9:20 am **Multimodal Pain Therapy**
Robert Thiele, MD
- 10:00 am **The IMPACT Center: Impacting Preoperative Care**
Catalin Ezaru, MD
- 10:40 am Break with Exhibitors
- 11:00 am **Preoperative Evaluation and Optimization in an Era of Health Care Reform**
David Hepner, MD, MPH
- 11:30 am **The Role of Quality in the New World**
Tami Minnier
- Noon – 2:00 pm **Lunch – Redesigning the Perioperative Process**
Stephen Esper, MD

Listings of Saturday Afternoon Breakout Sessions A, B, and C follow on pages 6 and 7.



SATURDAY AFTERNOON BREAKOUT SESSIONS*

BREAKOUT SESSION A — PREHABILITATION*

Mary Kay Wisniewski, MT, MA Comm — Moderator

- 2:00 pm **Perioperative Echo Services**
Kathirvel Subramaniam, MD, MPH
- 2:30 pm **Iron Deficiency and Iron Deficiency Anemia**
Jonathan Waters, MD
- 3:00 pm **The Role of the Internist in Preoperative Optimization**
Franziska Jovin, MD
- 3:30 pm Break
- 3:50 pm **APP's as Surgical Coaches**
Benjamin Reynolds, CRNP
- 4:20 pm **Frailty: How it Impacts Surgical Outcomes and Perioperative Decision Making**
Daniel E. Hall, MD, MDiv, MHSc
- 4:50 pm Q & A
- 5:00 pm Breakout Sessions and Saturday Adjournment

BREAKOUT SESSION B — ERAS*

Natalie Dick — Moderator

- 2:00 pm **Perioperative Fluid Management**
Gerry Manecke, MD
- 2:30 pm **Opioid Sparing Anesthetic Techniques**
Brian Williams, MD, MBA
- 3:00 pm **Non-echo Applications of Ultrasonography to Perioperative Care**
Christopher Schott, MD, MS, RDMS, FACEP
- 3:30 pm Break
- 3:50 pm **Restoration of Gut Motility after Abdominal Surgery**
Jennifer Holder-Murray, MD
- 4:20 pm **What's in the Bag? Multimodal Analgesia**
Bruce Ben-David, MD
- 4:50 pm Q & A
- 5:00 pm Breakout Sessions and Saturday Adjournment

*Breakout Sessions A, B, and C run concurrently on Saturday from 2:00 pm to 5:00 pm.

Attendees are limited to one session or as space allows.

BREAKOUT SESSION C — PAIN MANAGEMENT*

Deborah Pesanka — Moderator

- 2:00 pm **NSAIDS and Bone Healing — A Good Union**
Rebecca L. Johnson, MD
- 2:30 pm **Peripheral Nerve Blocks and Improving Outcomes**
Steven Orebaugh, MD
- 3:00 pm **UPMC System Wide Efforts to Improve Pain Care, including ERAS**
Ajay Wassan, MD, MSc
- 3:30 pm Break
- 3:50 pm **The Wounded Warrior**
Michael Mangione, MD
- 4:20 pm **Regional Anesthesia in Trauma**
Nabil M. Elkassabany, MD
- 4:50 pm Q & A
- 5:00 pm Breakout Sessions and Saturday Adjournment

*Breakout Sessions A, B, and C run concurrently on Saturday from 2:00 pm to 5:00 pm.

Attendees are limited to one session or as space allows.

Schedule — Sunday, November 6, 2016 (limited to 30 participants)

- 7:45 am Breakfast/Registration/Exhibits
- 8:00 am **Ultrasound Overview**
Paul Bigleisen, MD
- 9:00 am **Ultrasound Workshop**
- 10:00 am **Hands on Ultrasound Workshop with Live Models**
Faculty: Steven Orebaugh, MD; Kathirvel Subramaniam, MD, MPH;
Rita Merman, MD; Charles Luke, MD; Beverly Pearce-Smith, MD;
Kristin Ondecko-Ligda, MD
- 11:30 am Break/Exhibitors
- 1:00 pm Conference Adjournment

Course Director

Jonathan Waters, MD

Professor of Anesthesiology
Vice Chair of Clinical Research
Director, Regional and Orthopedic
Fellowships
Director, Division of Acute
Interventional Perioperative
Pain and Regional Anesthesia
Department of Anesthesiology
University of Pittsburgh Medical Center
Director, Acute Interventional
Perioperative Pain
UPMC Presbyterian-Shadyside Hospitals

Course Co-Directors

Kathirvel Subramaniam, MD, MPH

Associate Professor of Anesthesiology
Director of Perioperative
Echocardiography

Stephen Esper, MD

Assistant Professor of Anesthesiology
Chief of UPMC Perioperative Services

Steven L. Orebaugh, MD

Professor of Anesthesiology
Co-Chair of Resident Curriculum
Committee

Tammy Flemming, MSN, ACNP-BC

APP Supervisor-Chronic Pain Division
UPP Anesthesia Department

Lois J. Pizzi, MSN, ACNS-BC, RN-BC

Clinical Nurse Specialist –
Pain Management
University of Pittsburgh School of Medicine

Guest Faculty

Paul Bigleisen, MD

Professor of Anesthesiology
University of Maryland
Baltimore, MD

Nabil Elkassabany, MD

Assistant Professor of Anesthesia
and Critical Care Medicine
University of Pennsylvania
Philadelphia, PA

David Hepner, MD, MPH

Staff Physician, Department of
Anesthesiology, Perioperative
and Pain Medicine
Associate Director, Weiner Center for
Preoperative Evaluation
Brigham and Women's Hospital
Associate Professor of Anaesthesia
Harvard Medical School
Boston, MA

Rebecca L. Johnson, MD

Senior Associate and Consultant
Department of Anesthesiology
Assistant Professor of Anesthesia
Mayo Clinic
Rochester, MN

Gerry Manecke, MD

Chair, Department of Anesthesiology
University of California, San Diego
San Diego, CA

Robert Thiel, MD

Assistant Professor
University of Virginia
Charlottesville, VA

Faculty

Bruce Ben-David, MD

Professor of Anesthesiology
University of Pittsburgh School of Medicine

Natalie Dick

Project Manager, UPMC

Jessica Erjavac, CRNA

UPMC Presbyterian-Shadyside

Catalin Ezaru, MD

Assistant Professor of Anesthesiology
University of Pittsburgh School of Medicine

Julie Ging, CRNA

UPMC Presbyterian-Shadyside

Howard Gutstein, MD

Professor and Chairman, Department of
Anesthesiology
University of Pittsburgh School of Medicine

Daniel E. Hall, MD

Associate Professor of Anesthesiology
University of Pittsburgh School of Medicine

Jennifer Holder-Murray, MD

Assistant Professor of Surgery
University of Pittsburgh School of Medicine

Franziska Jovin, MD

Hospitalist
UPMC Presbyterian

Darlene Lovasik, RN, MN, CCRN-K

Programmatic Nurse Specialist, UPMC

Charles Luke, MD

Assistant Professor of Anesthesiology
University of Pittsburgh School of Medicine

Michael Mangione, MD

Assistant Professor of Anesthesiology
University of Pittsburgh School of Medicine

Rita Merman, MD

Associate Professor of Anesthesiology
University of Pittsburgh School of Medicine

Tami Minnier

Chief Quality Officer, UPMC

Kristin Ondecko-Ligda, MD

Assistant Professor of Anesthesiology
University of Pittsburgh School of Medicine

Beverly Pearce-Smith, MD

Clinical Associate Professor of Anesthesiology
University of Pittsburgh School of Medicine

Deborah Pesanka

Improvement Specialist, UPMC

Benjamin Reynolds, CRNP

Director, Office of Advanced Practice
Providers, UPMC

Christopher K. Schott, MD, MS, RDMS, FACEP

Assistant Professor
Departments of Critical Care Medicine
and Emergency Medicine
University of Pittsburgh School of Medicine

Steven Shapiro, MD

Executive Vice President
President, Health Services Division, UPMC

Ajay D. Wasan, MD, MSc

Professor of Anesthesiology
University of Pittsburgh School of Medicine

Brian Williams, MD, MBA

Professor of Anesthesiology
University of Pittsburgh School of Medicine
VA Pittsburgh Healthcare System
Director of Ambulatory/Regional Anesthesia
and Preoperative Optimization

Mary Kay Wisniewski, MT, MA Comm

Improvement Specialist
UPMC

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

Agenda and speakers may be subject to change on short notice.

Faculty are affiliated with the University of Pittsburgh School of Medicine, Pittsburgh, Pennsylvania, unless noted otherwise.

Registration Information

Pre-registrations (due by November 3, 2016)

All pre-registrations are due one day prior to the beginning of the conference.

Registrations after this date are accepted only as on-site registrations.

Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.

1. Visit our online registration site at <https://ccehs.upmc.edu/home.jsf>
2. Click the *Registration* button and enter all the requested information (including an email address) and follow the prompts to submit your registration after entering your payment information.
3. Print the automatic electronic registration confirmation email sent to the email address you provided us when you registered.

Paper Registrations by Fax or Mail (see contact information below)

If you are unable to register online please submit a request for paper form. UPMC employees whose registration fee will be remitted via journal transfer must request the paper registration form. For a paper registration form, please contact mhewko@zoominternet.net or call **724-816-2644**.

A confirmation letter will be faxed or mailed if registration is completed through the mail or fax by the pre-registration deadline. If you register online, you will receive an immediate e-mail confirmation message.

*Please note: Registration is not complete until you receive this confirmation. If you do not receive this letter within 5-7 days of registration, please contact us at **724-816-2644**.*

You must bring this confirmation letter with you to the conference.

Cancellation

All cancellations must be in writing and sent to us via U.S. mail, e-mail or fax. Tuition for cancellations postmarked or date stamped before **November 1, 2016** will be completely refunded. After **November 1, 2016** a \$35 administrative fee will be assessed. No refunds will be made after **November 4, 2016**.

Conference Contact for Cancellation Requests

Email: mhewko@zoominternet.net

The UPMC Center for Continuing Education in the Health Sciences reserves the right to cancel this program if sufficient registrations are not received. In the case of cancellation, the department will fully refund registration fees. However, other costs incurred by the registrant, such as airline or hotel penalties, are the responsibility of the registrant.

Registration Fees

	Early Fee Before Oct. 1	Late Fee After Oct. 1
UPMC RN (Friday only)	\$50	\$50
Non-UPMC RN (Friday only)	\$70	\$70
UPMC MD, DO, PhD (Friday and Saturday)	\$400	\$450
Non-UPMC MD, DO, PhD (Friday and Saturday)	\$475	\$500
UPMC Residents and Fellows (Saturday)	\$0	\$100
UPMC APP (Saturday)	\$200	\$200
Non-UPMC APP (Saturday)	\$250	\$300
UPMC MD, DO, PhD, CRNA (Sunday only)*	\$150	\$200
Non-UPMC MD, DO, PhD, CRNA (Sunday only)*	\$175	\$225

*Limited to 30 participants

Registration fee includes:

- Continuing education credit
- Registration and course materials
- Continental breakfast, lunch, and conference break refreshments

For additional information, contact:

Maureen Hewko, MBA

Email: mhewko@zoominternet.net

