



Enhanced Recovery after Surgery: Benefits, Challenges and Solutions for Implementation

06-07 November

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MILAN (IT)

IN PARTNERSHIP WITH



Enhanced Recovery after Surgery: Benefits, Challenges and Solutions for Implementation

Chairs:

Sergio Sandrucci, *S. Giovanni Battista Hospital, University of Turin, Turin, IT*

Luigi Beretta, *San Raffaele Hospital Milan, IT*

Marco Braga, *San Raffaele Hospital, Milan, IT*

Co-Chairs:

Geerard Beets, *Maastricht University Medical Center, Maastricht, NL*

Kees Dejong, *Maastricht University Medical Center, Maastricht, NL*

Faculty Members

Nicolas Demartines, *Centre Hospitalier Universitaire Vaudois, Lausanne, CH*

Roberta Monzani, *Humanitas Hospital, Rozzano, IT*

Nicolò Pecorelli, *San Raffaele Hospital, Milan, IT*

Ajit Pothen, *Utrecht University Medical Center, Utrecht, NL*

Danilo Radrizzani, *Hospedale Civile, Legnano, IT*

Stefano Turi, *San Raffaele Hospital, Milan, IT*

Aim of the course

The course will address issues related to the organization of enhanced recovery (ERAS) programs for gastrointestinal and oncological surgery.

ERAS is a multimodal perioperative care programme which replaces traditional practices concerning parenteral analgesia, intravenous fluids and nutrition, bed rest and postoperative drain care with evidence-based best practices, covering all areas of the patient's surgical journey.

The ERAS programme can reduce care time by more than 30% and postoperative complications by up to 50%, if all the professionals involved in perioperative care work as a well-coordinated team.

The course is designed for the whole multidisciplinary team that wants to initiate an enhanced recovery after surgery (ERAS) program in their hospital.

Participants profile

- Surgeons
- Anesthesiologists
- Nurses and allied health professionals interested in how to improve patient outcomes and shorten patient stays

Educational Methods

- Interactive discussions
- Plenary lectures

Course Venue

San Raffaele Hospital
Via Olgettina 60
20132 Milan
Italy

Course coordination

Ana Galán
European Society of Surgical Oncology (ESSO)
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Application Procedure

Please go to www.essoweb.org (education/projects & courses) to complete your application and apply for the course.

Participation fee

The participation fee is 400€ for ESSO members and 550€ for non-members. It includes registration to the 2-day course, catering and a social dinner.

Accreditation

An application for accreditation has been submitted to the European Accreditation Council for CME (EACCME) of the European Union of Medical Specialists (UEMS).

Programme

Friday 06 November

13:30-13:45	Introduction <i>S. Sandrucci, G. Beets</i>
13:45-14:05	Overview of the enhanced recovery program: philosophy and team working <i>K. Dejong</i>
14:05-14:35	Reducing metabolic stress in elderly and frail surgical patients <i>M. Braga</i>
	Preoperative care <i>Chair: M. Braga</i>
14:35-14:55	Counselling and prehabilitation <i>N. Pecorelli</i>
14:55-15:15	Pre-operative nutritional assessment and analysis of sarcopenia <i>A. Pothen</i>
15:15-15:35	Avoiding preoperative dehydration: overnight fasting and bowel preparation <i>G. Beets</i>
15:35-16:05	Discussion
16:05-16:20	Coffee break
	Anaesthesia <i>Chair: D. Radrizzani</i>
16:20-16:40	Pre-anesthesia medication and anesthetic protocols <i>R. Monzani</i>
16:40-17:10	Body temperature and fluid balance maintenance <i>L. Beretta</i>
17:10-17:30	Prevention of post operative nausea and vomiting <i>K. Dejong</i>
17:30-18:00	Discussion
18:00-18:15	Coffee break
	Surgery <i>Chair: S. Sandrucci</i>
18:15-18:35	Minimally-invasive surgery protocols <i>N. Demartines</i>
18:35-18:55	Surgical drains and NG tubes: are they really necessary? <i>K. Dejong</i>
18:55-19:30	Discussion

Saturday 07 November

Pain control

Chair: L. Beretta

09:00-09:20

Mid thoracic epidural before surgery
D. Radrizzani

09:20-09:40

Alternatives for regional anaesthesia
R. Monzani

09:40-10:00

Drug selection to optimize outcomes
D. Radrizzani

10:00-10:20

The role of the Acute Pain Service
S. Turi

10:20-10:40

Discussion

10:40-11:00

Coffee break

Postoperative care

Chair: K. Dejong

11:00-11:20

Urinary catheterization and the need for gastric tube reinsertion
G. Beets

11:20-11:40

Early oral feeding: timelines, safety and benefits
N. Pecorelli

11:40-12:00

Early mobilization
A. Pothen

12:00-12:20

Postoperative ileus and the indications for artificial enteral or parenteral nutrition
N. Demartines

12:20-12:40

Discussion

12:40-13:45

Lunch

Approaching the end of the ERAS journey

Chair: N. Demartines

13:45-14:05

Objective criteria for discharge
N. Pecorelli

14:05-14:25

Audit
S. Sandrucci

14:25-14:45

Difficulties and bottlenecks in setting up a full ERAS service
N. Demartines

14:45-15:15

Discussion

15:15-15:30

Closing summary: outcomes, health costs and savings, perspectives
M. Braga

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