

**PERI OPERATIVE PROGRAMME PÉRI-OPÉRAIRE**

**VIRTUAL WORKSHOP ON  
SURGICAL PREHABILITATION  
TO IMPROVE POSTOPERATIVE OUTCOME**

**SATURDAY, NOVEMBER 28, 2020**

**COURSE DIRECTORS:**

**Franco Carli, Enrico M. Minnella  
& Anh Thy Le Quang**

**Register on-line at:**

<https://muhc-cme.mcgill.ca/PREHABNOV2020>

**Registration Information**

Physicians: \$350

Residents/Fellows: \$275

Kinesiologists: \$275

Physiotherapists: \$275

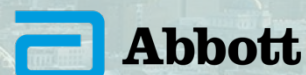
Dieticians: \$275

Nurses: \$275

This workshop will be given in English/ Cet atelier sera donné en anglais  
Support is provided by the Peri Operative Programme (POP) Foundation and Abbott



PERI OPERATIVE PROGRAMME PÉRI-OPÉRAIRE





# VIRTUAL WORKSHOP ON SURGICAL PREHABILITATION

Saturday, November 28<sup>th</sup>, 2020



Welcome to our first virtual workshop.

This virtual workshop will deal in depth with specific components of prehabilitation using a case-based format or problem-based format. The virtual video workshops, filmed at the McGill University Health Centre (MUHC) Prehabilitation Clinic will be available to participants on a platform with password protected access for one month before and one month after November 28<sup>th</sup>. This will provide an opportunity for participants to peruse all the aspects of the prehabilitation program conducted at the MUHC.

On the 28<sup>th</sup> of November there will be a 3-hour Zoom meeting (13:00 – 16:00 EST) with participants and faculty in attendance. This will give an opportunity for the participants to ask questions and exchange views and practices. There will be also a discussion on the management of two cases.

## Virtual Video Workshop Topics

Prehabilitation at the McGill University Health Centre - **Franco Carli**

## HOT TOPICS IN SURGICAL PREHABILITATION

Moderator: Celena Scheede-Bergdahl

- What is the Prehabilitation Clinic - **Franco Carli**
- Medical screening at the Preoperative Clinic - **Gabriele Baldini**
- What is the Prehabilitation Pathway - **Enrico M. Minnella**

## PATIENT SCREENING AND ASSESSMENT

- Physical Screening and Assessment - **Anh Thy Le Quang & Vanessa Ferreira**
- Cardiopulmonary Exercise Test - **Gabriele Baldini & Miquel Coca Martinez**
- Nutritional Screening and Assessment - **Popi Kasvis**

## PREOP PILLARS

- Smoking Cessation - **Catia Mosca**
- Education and Engagement - **Debbie Watson**

## INTERVENTIONS

- Endurance Training and Prescription - **Anh Thy Le Quang**
- Resistance Training and Prescription - **Anh Thy Le Quang**
- Nutritional Optimization - **Popi Kasvis**
  
- Psychology Strategies - **Isabel Shuster**
- Funding Prehabilitation - **Mary Guay**
- Patient Testimonials

Conclusion - **Franco Carli**

## FACULTY

Rashami **Awasthi**, M.Sc., FKQ  
Gabriele **Baldini**, MD  
Franco **Carli**, MD, MPhil  
Miquel **Coca-Martinez**, MD  
Kenneth **Drummond**

Linda **Edgar**, PhD  
Vanessa **Ferreira**, M.Sc., FKQ  
Mary **Guay**, BA  
Popi **Kasvis** M.Sc., RD  
Anh Thy **Le Quang**, B.Sc., FKQ  
Enrico M. **Minnella**, MD, PhD

Catia **Mosca**, RRT  
Hamza **Qureshi**, B.Sc., FKQ  
Celena **Scheede-Bergdahl**, PhD  
Isabel **Shuster**, RN  
Bhagya Lakshmi Ramappa **Tahasildar**, MD  
Debbie **Watson**, B.Sc., MN

