



PERI OPERATIVE PROGRAMME PÉRI-OPÉRATEUR

**SURGICAL PREHABILITATION WORKSHOP
TO IMPROVE POSTOPERATIVE OUTCOME**

SATURDAY, MARCH 28, 2020

COURSE DIRECTORS:

**Franco Carli, Enrico M. Minnella
& Rashami Awasthi**

Register on-line at:

<https://muhc-cme.mcgill.ca/PREHABMAR2020>

Registration Information

Physicians: \$350

Residents/Fellows: \$275

Kinesiologists: \$275

Physiotherapists: \$275

Dieticians: \$275

Nurses: \$275

This workshop is given in English/ Cet atelier sera donné en anglais
Maximum capacity / capacité maximum: 20

Support is provided by the Peri Operative Programme (POP) Foundation and Abbott



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WORKSHOP OUTLINE

This hands-on workshop will deal in-depth with specific areas of surgical prehabilitation using a case or problem-based format. The Faculty consists of invited speakers and McGill University Faculty, all with extensive experience in their respective fields.

Scientific evidence supports the value of a multidisciplinary approach to identify therapeutic strategies with the intention to improve outcomes and accelerate recovery.

Saturday, March 28, 2020

07:30 – 08:00 Registration & Continental Breakfast
The Montreal General Hospital
1650 Cedar Ave, Montreal, Qc
E10-117

08:00 – 08:20 What is the Prehabilitation Clinic?
- **Franco Carli**

HOT TOPICS IN SURGICAL PREHABILITATION

Moderator: Celena Scheede-Bergdahl

08:20 – 08:40 Medical Screening at the Preop Clinic - **Gabriele Baldini**

08:40 – 9:00 What is the Prehabilitation Pathway
- **Enrico M. Minnella**

09:00 – 09:20 Panel Discussion

09:20 – 09:45 Coffee Break



Session A: PATIENT SCREENING AND ASSESSMENT WORKSHOPS – 25 minutes each

09:45 – 11:00

WS01 Cardiopulmonary Exercise Test

- **Enrico M Minnella &**

- **Miquel Coca Martinez**

WS02 Physical Screening & Assessment

- **Anh Thy Le Quang &**

- **Vanessa Ferreira**

WS03 Nutritional Screening & Assessment

- **Popi Kasvis &**

- **Teodora Cioteanu**

11:00 – 11:50

WS04 Smoking Cessation - **Catia Mosca**

WS05 Funding - **Mary Guay**

12:00 – 13:00: Lunch (Provided)

Session B: INTERVENTIONS WORKSHOPS

- 25 minutes each

13:00 – 14:15

WS06 Endurance Training & Prescription

- **Do Jun Kim &**

- **Andreas Lyberopoulous**

WS07 Resistance Training & Prescription

- **Hamza Qureshi &**

- **Anh Thy Le Quang**

WS08 Nutritional Optimization

- **Popi Kasvis &**

- **Teodora Cioteanu**

14:15-15:05

WS09 Psychological Strategies

- **Isabel Shuster &**

- **Linda Edgar**

WS10 Education & Engagement

- **Debbie Watson &**

- **Celena Scheede-Bergdahl**

15:15 – 16:00 Final Case Discussions

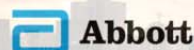
FACULTY

Rashami **Awasthi**, M.Sc., FKQ
Gabriele **Baldini**, MD
Franco **Carli**, MD, MPhil
Miquel **Coca-Martinez**, MD
Linda **Edgar**, PhD

Vanessa **Ferreira**, M.Sc., FKQ
Mary **Guay**, BA
Do Jun **Kim**, M.Sc., PT
Popi **Kasvis**, M.Sc., RD
Anh Thy **Le Quang**, B.Sc., FKQ

Sender **Lieberman**, MD
Sarah-Eve **Loiselle**, M.Sc., RD
Andreas **Lyberopoulous**, B.Sc., FKQ
Enrico M. **Minnella**, MD, PhD
Catia **Mosca**, RRT
Hamza **Qureshi**, B.Sc., FKQ

Lauren **Richer**, M.Sc., RD
Celena **Scheede-Bergdahl**, PhD
Isabel **Shuster**, RN
Marisa **Sorgente**
Bhagya Lakshmi Ramappa **Tahasildar**, MD
Debbie **Watson**, B.Sc., MN



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