

PERI OPERATIVE PROGRAMME PÉRI-OPÉRAIRE

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

SATURDAY, MARCH 27, 2021

COURSE DIRECTORS:

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

Register on-line at:

<https://muhc-cme.mcgill.ca/PREHABMAR2021>

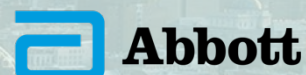
Registration Information

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, March 27th, 2021



Welcome to our second 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 March 27th. This will provide an opportunity for participants to peruse all the aspects of the prehabilitation program conducted at the MUHC.

On the 27th of March 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**, B.Sc.

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

