

ERAS SOCIETY® 10th ANNIVERSARY – WORLD DAY
Where knowledge is today on perioperative care

14th November 2020

Welcome to the ERAS® Society's 10th Anniversary World Day webinar! Wherever you work around the world, whatever your speciality, we are all united in one goal – to improve the perioperative care of our patients.

We have a packed day of world experts in their fields delivering short lectures on “hot topics” and also expert analysis of the most influential relevant papers for ERAS®. We are very grateful to all our faculty, our friends at [3M](#) who have provided sponsorship for the meeting and our event organisers at [Goose](#).

For those of you who are new to the ERAS® Society, please visit our website <https://erassociety.org/>, on twitter [@ErasSociety](#) or our [YouTube channel](#).

We have recently published a major text book “**Enhanced Recovery After Surgery A Complete Guide to Optimizing Outcomes**” edited by Professors Olle Ljungqvist, Nader Francis and Richard Urman and is available to order on the [Springer website](#).



This book provides a broad and comprehensive overview of ERAS® with expert opinions from leaders in the field and is the first comprehensive, authoritative book on the subject that covers the patient journey and the science behind such a programme. It is designed to help those delivering ERAS® care within centres with established programmes and also outlines causes of deviation and failure and suggesting modifications that may be necessary.

If you are not a member of the ERAS® Society, do please join us. You will be entitled to online subscriptions to four internationally renowned journals: the World Journal of Surgery, the European Journal of Anaesthesiology, Current Opinion in Critical Care and Current Opinion in Anaesthesiology and also a 25% rebate on the above textbook, with reduced registration fee to the Annual Congress (see below). You will be sent updates and information first hand from the ERAS® Society and much more.

Finally, our next face to face meeting is our 8th ERAS® World Congress, held jointly with 4th ERAS USA Congress in New Orleans, USA, 7-9th July 2021.



With our very best wishes to you all and thank you for joining us!

Professor Olle Ljungqvist
Chairman ERAS® Society

Professor William Fawcett
Webinar Organiser

TIME ZONE 1:
Australasia Melbourne 6:00pm-8:00pm (Singapore 3:00pm – 5:00 pm, CET 8:00 – 10:00 am,
GMT 7:00pm – 9:00 am)

https://us02web.zoom.us/join/wn_yrNyHf6tTjKX4kSqjftBaA

Hosts: Dr Kwang Yeong How (Singapore) / Professor Bernhard Riedel (Australia)

First session (60 minutes)

| Time | Speaker | Title |
|---------|---|--|
| 10 mins | Dr Georgina Christelis & Ms Catherine Sinton (Australia) | Initiating ERAS in a Virtual World |
| 10 mins | Dr Li-Tserng Teo (Singapore) | Venous Thrombo-Embolism in Asians – A Myth or Unrecognised Reality? |
| 10 mins | Professor Nicolas Demartines (Switzerland) | ERAS for HPB |
| 10 mins | Professor Mike Grocott (UK) | Prehabilitation |
| 10 mins | Q&As. Co-Chairs: Professor Bernhard Riedel (Australia) and Dr Kwang Yeong How (Singapore) | Discussion |

Interval (15 minutes)

Second session (60 minutes) - key ERAS® papers

| Time | Speaker | Title |
|---------|---|--|
| 15 mins | Professor Andy Klein (UK) | PREVENTT - randomised controlled trial of intravenous iron before major abdominal surgery |
| 15 mins | Professor Mike Scott (USA) | Fluid and Blood pressure management within ERAS |
| 15 mins | Professor Dileep Lobo (UK) | Bowel preparation: where are we and where are we going |
| 15 mins | Q&As. Co-Chairs: Professor Bernhard Riedel (Australia) and Dr Kwang Yeong How (Singapore) | Discussion |

SPEAKERS and CHAIRS

Dr Kwang Yeong How (Singapore)

Dr How Kwang Yeong is a consultant surgeon in the Colorectal Service of the General Surgery Department, Tan Tock Seng Hospital.

He specializes in minimally invasive surgery, including endoscopic, laparoscopic and robotic techniques for the treatment of colon and rectal conditions. He also completed a fellowship for advanced and recurrent pelvic cancers. Dr How is a strong advocate for ERAS. He played a key role in establishing the ERAS program in Tan Tock Seng Hospital, which is one of only 2 Centres of Excellence in recognized in Asia by the international ERA® Society. He is currently Chairperson of the TTSH ERAS program. Dr How is also program director for the Surgery-In-General Program, deputy director of the endoscopy unit in his hospital and president elect of the Society of Parenteral and Enteral Nutrition (Singapore).



Professor Bernhard Riedel (Australia)

Bernhard is the Director of the Department of Anesthesia, Perioperative and Pain Medicine at the Peter MacCallum Cancer Centre, Professorial Fellow at the University of Melbourne, and Clinical Associate Researcher at the Cancer & Neural-Immune Research Laboratory, Monash Institute of Pharmaceutical Sciences, Australia. Bernhard's research interests have improved the understanding of perioperative factors that contribute to complications following major surgery—with strategies for enhanced risk stratification (including measuring functional capacity with cardiopulmonary exercise testing) and preoperative optimization (including prehabilitation with exercise therapy) to reduce complications after surgery. Specific to the field of onco-anaesthesia, Bernhard's research collaborative investigates the interaction of perioperative adrenergic-inflammatory response and anaesthetic technique on tumor-progression signaling on the potential long-term postoperative complication—cancer recurrence.



Dr Georgina Christelis (Australia)

Dr Georgina Christelis is an anaesthesiologist at the Peter MacCallum Cancer Centre, Melbourne. She is the lead Anaesthetist for Enhanced Recovery and joint lead for Pre Anaesthetic Clinic. She has a specialist interest in perioperative assessment, optimisation and management of the high risk surgical cancer patient. She strives for best multidisciplinary collaboration to achieve readiness for patients prior to surgery, their return to intended oncologic treatment and best outcomes.



**Ms Catherine Sinton
(Australia)**

Catherine Sinton BNurs *Deakin*, GDipNP *Melb* has been in the role of ERAS Liaison Nurse at the Peter MacCallum Cancer Centre Melbourne, Australia for 2 years. She has been practising nursing as a clinical nurse specialist and associate nurse unit manager for over 20 years, and has an extensive background in anaesthetics, recovery and intensive care nursing. She has special interest in prehabilitation, specifically patient optimisation and education



**Prof Teo Li Tserng
(Singapore)**

Dr. Teo Li-Tserng is a practicing Trauma and General Surgeon in Tan Tock Seng Hospital (TTSH). He has been involved in trauma and acute surgical care in Tan Tock Seng Hospital since 2005. Other than trauma and acute care surgery, his other subspecialty interest is in colorectal surgery. He was appointed Chief of Trauma and Acute Care Surgery in 2013 and subsequently the Director of Trauma Service in TTSH and Director, Central Region Trauma Services, Singapore in 2019. In addition to improving clinical trauma and acute care in the hospital, he has instituted formal trauma audits and trauma teaching. In 2006, during the Yogyakarta Earthquake, he led a combined civilian and military specialist surgical team to supplement humanitarian efforts. He has co-ordinated medical evacuations and humanitarian relief missions that Tan Tock Seng Hospital was involved in.



**Professor Nicolas Demartines
(Switzerland)**

Nicolas Demartines obtained his MD degree at the University of Geneva in 1985, and achieved his board of Surgery in 1990 at the University of Basel Medical School, Switzerland. He has been Professor of Surgery, and Chairman of the Department for Visceral Surgery at the University Hospital CHUV in Lausanne, Switzerland, since 2006. His clinical and surgical activities are focused on oncologic surgery, mainly hepato-pancreatico-biliary and colorectal surgery and Upper GI. He is a former Treasurer to the ERAS® Society and Chairman of the ERAS Implementation Program.



Professor Mike Grocott

(UK)

Mike Grocott is the Professor of Anaesthesia and Critical Care Medicine at the University of Southampton, UK, director designate of the Southampton NIHR Biomedical Research Centre (2020-2025) and an NIHR Senior Investigator. He is the UK NIHR Clinical Research Network national specialty lead for Anaesthesia Perioperative Medicine and Pain (2015-21) and an adjunct professor of Anesthesiology at Duke University School of Medicine in North Carolina (USA) and an honorary professor at University College London and King's College London. He is vice-chair of the board of the new national multidisciplinary Centre for Perioperative Care (CPOC) and an elected council member of the Royal College of Anaesthetists (2016-22). He chairs the board of the National Institute of Academic Anaesthesia (2018-21) and is joint editor-in-chief of *Perioperative Medicine*.



Professor Andy Klein

(UK)

Paper:

Richards T, Baikady RR, Clevenger B and Klein AA. Preoperative intravenous iron to treat anaemia before major abdominal surgery (PREVENTI): a randomised, double-blind, controlled trial. *The Lancet*. 2020;396:1353-61

Andrew Klein is a Cardiothoracic Anaesthetist at Royal Papworth Hospital in Cambridge, UK. He is the Editor-in-Chief of *Anaesthesia* and is on the Board and Council of the Association of Anaesthetists, the membership organisation for > 11,000 anaesthetists in Great Britain and Ireland. He sits on the Board and Council of the National Institute of Academic Anaesthesia (NIAA), which manages research grant funding in the UK and is also a member of the research committee for the Australian and New Zealand College of Anaesthetists (ANZCA). Andrew's main research area is pre-operative anaemia and the effects of iron replacement therapy. Andrew is a keen cricket supporter and member of the Marylebone Cricket Club (MCC) at Lord's in London, and a lifelong and long-suffering West Ham United Football Club season ticket holder.



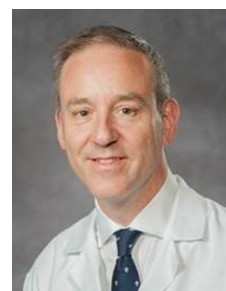
Professor Mike Scott

(USA)

Paper:

Salmasi V, Maheshwari K, Yang D, Mascha EJ, Singh A, Sessler DI, Kurz A. Relationship between intraoperative hypotension, defined by either reduction from baseline or absolute thresholds, and acute kidney and myocardial injury after noncardiac Surgery A retrospective cohort analysis. *Anesthesiology*. 2017;126:47-65.

Mike undertook his undergraduate medical training in the UK and Postgraduate training in the UK and Australia. He trained in internal medicine before doing anesthesiology and critical care medicine and has Fellowships with the Royal College of Physicians, Royal College of Anaesthetists and Faculty for Intensive Care Medicine. Mike moved to the USA from the UK at the end of 2016 to take up a clinical position and Professor in anaesthesia and intensive care medicine at VCU, Richmond, VA. He is currently Division Chief Surgical & Neuroscience Critical Care Medicine, Medical Director PENN E-LERT, Department of Anesthesiology and Critical Care Medicine at the University of Pennsylvania School of Medicine. Mike is co-author for some of the ERAS Society



Consensus Guidelines, Chair of the ERAS Education Committee and sits is on the ERAS Society Executive Committee. He was a member of the WHO Education Committee and Member and author of the World Health Organisation LIFEBOX Project Pulse Oximetry Manual and algorithms.

**Professor Dileep Lobo
(UK)**

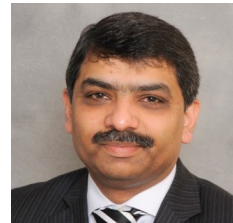
Papers

Rollins KE, Lobo DN. The Controversies of Mechanical Bowel and Oral Antibiotic Preparation in Elective Colorectal Surgery. *Annals of Surgery*. 2020

and

Rollins KE, Javanmard-Emamghissi H, Acheson AG, Lobo DN. The role of oral antibiotic preparation in elective colorectal surgery: a meta-analysis. *Annals of Surgery*. 2019;270:43-58

Dileep N Lobo is Professor of Gastrointestinal Surgery and Consultant Hepatopancreaticobiliary Surgeon at Nottingham University Hospitals, UK. He was awarded a DM degree with distinction by the University of Nottingham for his work on fluid and electrolytes and is a recipient of the Sir David Cuthbertson Medal and the Hunterian Professorship for his contributions to the field of Nutrition and Metabolism. He has been awarded the prestigious James IV Society of Surgeons Traveller's Award and the Moynihan Fellowship. His clinical interests focus surgery of the pancreas and biliary tree. His research interests include surgical nutrition and metabolism, fluid and electrolyte balance and pancreatic cancer. He is currently Associate Editor of *Clinical Nutrition* and has been Clinical Editor of *Surgery (Oxford)* and Associate Editor of the *European Journal of Clinical Nutrition*. He is Chair of the Scientific Committees of the ERAS Society and the European Society for Clinical Nutrition and Metabolism. He was Honorary Secretary of the Society of Academic and Research Surgery and President of the International Association for Surgical Metabolism and Nutrition.



TIME ZONE 2:
Africa 12:00pm – 2:00 pm, CET 11:00 - 13:00, GMT 10 - noon)
https://uso2web.zoom.us/webinar/register/WN_nkoKwrz8Q2mcu87IulcZ9Q

Hosts: Professor William Fawcett (UK) /Professor Olle Ljungqvist (Sweden)/ Dr Ravi Oodit (South Africa)

First session (60 minutes)

| Time | Speaker | Title |
|---------|--|---|
| 10 mins | Professor Olle Ljungqvist (Sweden) | Why ERAS is more important than ever |
| 10 mins | Dr Ravi Oodit (South Africa) | Implementing ERAS in LMICs |
| 10 mins | Dr David Humes (UK) | How safe is Surgery during CV-19? |
| 10 mins | Ms Angie Balfour (UK) | Preoperative Education |
| 10 mins | Mr Tom Wainwright (UK) | The current status of ERAS in Orthopaedic Surgery |
| 10 mins | Q&As. Chair: Professor William Fawcett (UK) | Discussion |

Short Interval (15 minutes)

Second session (one hour) key ERAS® papers

| Time | Speaker | Title |
|---------|---|---|
| 15 mins | Professor Gregg Nelson (Canada) | An international survey of ERAS practices in gynecologic oncology |
| 15 mins | Dr Hans D de Boer (Netherlands) | Postoperative complications and post-surgical pain |
| 15 mins | Dr Ane Abad-Motos (Spain) | POWER 1 and 2 studies |
| 15 mins | Q&As. Chair: Professor Olle Ljungqvist (Sweden) | Discussion and closing remarks |

SPEAKERS and CHAIRS

Professor Olle Ljungqvist (Sweden)

Olle Ljungqvist is a professor of Surgery at Örebro University and Karolinska Institutet Sweden. He co-founded the ERAS Society and is currently serving as the Chairman of its Executive Committee. He invented the idea of preoperative oral carbohydrates instead of fasting before elective surgery and has published more than 300 original papers, book chapters and reviews on surgical nutrition, surgical metabolism, surgical stress, and ERAS.



Professor William Fawcett (UK)

Bill is a Consultant in Anaesthesia and Pain Medicine, Royal Surrey County Hospital Guildford, UK. A major area of research interest has been the use of regional anaesthesia in patients undergoing liver and colorectal resections as well as respiratory physiology, and reversal of neuromuscular blockade. He has produced nearly 200 publications. He is an Editor for *BJA Education*, a National Assessor and chapter writer for The Confidential Enquiries into Maternal Mortality (MBBRACE-UK). Closely involved with ERAS® he has held appointments at The Department of Health, UK and latterly as Executive Committee member and a website editor for the ERAS® Society. He is currently Vice President of The Association of Anaesthetists of Great Britain and Ireland, and their Featherstone Professor.



Dr Ravi Oodit (South Africa)

Ravi Oodit is a general surgeon, Cape Town, South Africa. He has an interest in surgical gastroenterology, laparoscopic surgery and the Enhanced Recovery After Surgery (ERAS) Program. He is the African lead for the ERAS program and the Perioperative lead in the Global Surgery Unit at University of Cape Town. He is passionate about extending the ERAS program to LMIC's. To this end he has worked with the ERAS Society and leaders in South American and the Asia. He has partnered with the Southern Africa Development Community, the World Bank and the Global Surgery Foundation to improve perioperative care with the vision to develop a collective, innovative, locally relevant perioperative care platform for LMIC's.



Dr David Humes
(UK)

David is an Associate Professor of Surgical Epidemiology and Honorary Consultant Colorectal Surgeon at the University of Nottingham School of Medicine, UK. His research interests focus on the use of routinely collected data to study the epidemiology of surgical disease. His current projects include work on surgical training, diverticular disease and venous thromboembolism. His clinical interests are surgery for colorectal and anal cancer.



Ms Angie Balfour
(UK)

Angie Balfour has been involved in ERAS® for over 15 years as the lead ERAS Nurse and Senior Research Nurse in Edinburgh, Scotland. She is also the chair of the ERAS® Nursing & AHP section of the ERAS® Society. Her main interests include education and training both for staff but also for patients about the benefits of ERAS®. She is also very interested in research within the nursing profession, specifically examining common themes and nurses perceptions about ERAS® and how we can improve the overall understanding of why the surgical process is ever-changing



Mr Tom Wainwright
(UK)

Tom is a physiotherapist, clinical academic and quality improvement specialist. He is Associate Professor in Orthopaedics and Deputy Head of the Orthopaedic Research Institute at Bournemouth University. He has a broad range of orthopaedic and musculoskeletal related research interests and is internationally recognised for his work on ERAS® protocols within orthopaedics.



**Professor Gregg Nelson
(Canada)**

Paper:

Bhandoria GP, Bhandarkar P, Ahuja V,...Nelson G. Enhanced Recovery After Surgery (ERAS) in gynecologic oncology: an international survey of peri-operative practice. International Journal of Gynecologic Cancer. 2020; 30:1479-1479

Professor Gregg Nelson is Chief of Gynecologic Oncology at the Tom Baker Cancer Centre in Calgary, Alberta, Canada. He holds the position of Surgical Lead, ERAS Alberta and leads the international group that published the ERAS® Guidelines for Gynecologic/Oncology Surgery. Professor Nelson is the Secretary of the ERAS® Society.



**Dr Hans D de Boer
(Netherlands)**

Paper:

Willingham M, Rangrass G, Curcuru C, Abdallah AB, Wildes TS, McKinnon S, Kronzer A, Sharma A, Helsten D, Hall B, Avidan MS. Association between postoperative complications and lingering post-surgical pain: an observational cohort study. British Journal of Anaesthesia. 2020;124:214-21.

Hans D de Boer, is a staff anesthesiologist and Pain Specialist in the Department of Anesthesiology, Pain Medicine and Procedural Sedation and Analgesia at the Martini Hospital in Groningen, The Netherlands. He has researched into neuromuscular management, perioperative management and patient safety, innovations in anesthesiology and legal issues in perioperative patient care. Furthermore, he is active in the ERAS ® Society as treasurer and Chairman of the Dutch ERAS ® Society, implementing evidence based medicine in colorectal surgery, urologic and gynaecologic surgery and implementing opioid free/opioid sparing anesthesia techniques programs.



**Dr Ane Abad-Motos
(Spain)**

Papers: The POWER studies:

Ripollés-Melchor J, Ramírez-Rodríguez JM, Casans-Francés R, Aldecoa C, Abad-Motos A, Logroño-Egea M, García-Erce JA, Camps-Cervantes A, Ferrando-Ortolá C, de la Rica AS, Cuellar-Martínez A.

Association between use of enhanced recovery after surgery protocol and postoperative complications in colorectal surgery: the Postoperative Outcomes Within Enhanced Recovery After Surgery Protocol (POWER) study. JAMA Surgery. 2019;154:725-36.

And

Ripollés-Melchor J, Abad-Motos A, Díez-Remesal Y, Aseguinolaza-Pagola M, Padin-Barreiro L, Sánchez-Martín R, Logroño-Egea M, Catalá-Bauset JC, García-Orallo S, Bisbe E, Martín N. Association Between Use of Enhanced Recovery After Surgery Protocol and Postoperative Complications in Total Hip and Knee Arthroplasty in the Postoperative Outcomes Within Enhanced Recovery After Surgery Protocol in Elective Total Hip and Knee Arthroplasty Study (POWER2). JAMA surgery. 2020;155:e196024-.

Ane is a Consultant in Anaesthesia and Critical Care, Infanta Leonor University Hospital, Madrid, Spain. Member of the *Spanish Society of Multimodal Surgical Rehabilitation* (GERM). She coordinated and co-authored POWER 1 (Postoperative outcomes within an Enhanced Recovery After Surgery protocol in colorectal surgery) and POWER 2 (Postoperative outcomes within an ERAS protocol in Total Knee or Hip Replacement), published in JAMA Surgery in 2019 and 2020.



TIME ZONE 3
LATAM Argentina 10:00am – 11:30 am (8:00-9:30 EST, 2pm-3.30 pm CET,
1:00pm-2.30pm GMT)
https://uso2web.zoom.us/webinar/register/WN_iDqRqE2IQNqPTTU5gDtbrQ

Host: Professor Adrian Alvarez (Argentina)

Only session (90 minutes - one hour with key ERAS papers)

| Time | Speaker | Title |
|---------|---|--|
| 15 mins | Professor Adrian Alvarez (Argentina) | Developing and Sustaining ERAS in LATAM |
| 15 mins | Dr Alfie Adiamah (UK) | Immunonutrition within ERAS |
| 15 mins | Dr Kevin Elias (USA) | Research Methods within ERAS |
| 15 mins | Dr Santiago McLoughlin (Argentina) | A Global Research Network based on Eras Resources: The Latam experience |
| 15 mins | Professor Luiz Falcao (Brazil) | New Online Implementation Program in LATAM |
| 15 mins | Q&As. Chair: Professor Olle Ljungqvist (Sweden) | Discussion and closing remarks |

SPEAKERS and CHAIRS

**Professor Olle Ljungqvist
(Sweden)**

Olle Ljungqvist is a professor of Surgery at Örebro University and Karolinska Institutet Sweden. He co-founded the ERAS Society and is currently serving as the Chairman of its Executive Committee. He invented the idea of preoperative oral carbohydrates instead of fasting before elective surgery and has published more than 300 original papers, book chapters and reviews on surgical nutrition, surgical metabolism, surgical stress, and ERAS.



**Professor Adrian Alvarez
(Argentina)**

Adrian is a general surgeon and anesthesiologist. He works as a staff anesthesiologist Hospital Italiano de Buenos Aires. His major achievements include Founder President of Perioperative Care of the Obese Patient (ISPCOP) www.ispcop.org, and founder and president ERAS LATAM. (ERAS Society Latinamerican Chapter, <https://www.eraslatam.org>), Vice President of Implementation, ERAS® Society



**Dr Alfie Adiamah
(UK)**

Alfie is a past NIHR Academic Clinical Fellow and Specialty Registrar in General Surgery. He is currently enrolled on a doctoral programme at the University of Nottingham, UK, investigating postoperative outcomes using epidemiological study design. His other research interest is on the potential role of nutrition and nutritional adjuncts on surgical outcomes. He spends his free time, supporting Leicester Tigers and Manchester United football club.



**Dr Kevin Elias
(USA)**

Kevin is Assistant Professor, Obstetrics, Gynecology and Reproductive Biology, Harvard Medical School and Director, Gynecologic Oncology Laboratory, Division of Gynecologic Oncology, Brigham And Women's Hospital, Boston, USA. His laboratory focuses on the prevention, diagnosis, and treatment of women with gynecologic cancers. The group includes a mixture of gynecologic oncology fellows, post-doctoral PhDs, technicians, and support staff. The thrust of their work is devoted to the early diagnosis of ovarian cancer, novel treatment approaches based on polymer chemistry, and in vivo models of gynecologic malignancies, including choriocarcinoma and ovarian cancer.



**Dr Santiago Mc Loughlin
(Argentina)**

Santiago is a Staff anesthesiologist at Hospital Italiano de Buenos Aires, Argentina.



**Professor Luiz Falcao
(Brazil)**

Luiz is an Associate Professor at Dept. of Anesthesiology, Pain and Critical Care Medicine, Paulista Medical School - Federal University of Sao Paulo (EPM-UNIFESP) and Professor, Lisbon University, Portugal, He is also Scientific Director, São Paulo Society of Anesthesiologists, SAESP Board of directors, International Society of Perioperative Care for Obesity Patient, ISPCO

