



WHAT'S UP AT POP ?

Peri Operative Program Péri-Opérateur (POP)

Newsletter

July 2016

2016 POP TEAM AT THE MONTREAL GENERAL HOSPITAL



2016 saw many additions and departures from the POP Team. Through all the changes, the team remained a cohesive and copacetic group of professionals. Those that remain and continue through the changes, Dr. Carli (Lead Researcher), Rashami Awasthi (Research Coordinator and kinesiologist), Sarah-Ève Loiselle (nutritionist), Laura Plante (nutritionist), and Mary (administrator) are continually working on updating the POP program to maximize the benefits for the patients that follow the program. Papers are continually being published, lectures being given, explaining the exciting results we are achieving in terms of

encouraging outcomes as a result of the prehabilitation program.

We said goodbye to Enrico Minnella, MD, a resident from the National Cancer Centre of Milan, Italy, who had been with us for the year. He studied the effects of the prehabilitation program with lung cancer patients as well as studying the effects of a three-day per week in-house exercise training program for people awaiting colorectal surgery. We are all hoping that he will return next year after finishing his residency program in Italy to pursue his Master program in experimental surgery, and hopefully enroll in his PhD. Guillaume Bousquet-Dion MD will take up an anesthesia residency at McGill on July 1, so will leave our ranks then, but will continue to complete his Master of Science on prehabilitation. He has been working on administering the POP program to Frail patients. We wish him well in his residency. Alex Schram, a Masters student, will be focusing on her Masters in Kinesiology this coming year and helping us out when needed. Vanessa Ferreira, recent graduate with a B.Sc. in Kinesiology, has joined us to work 2 days a week during the summer and then will concentrate on her Masters in Kinesiology at McGill with us thereafter. Mitra Vaezi, MD from Iran, while waiting to write her equivalency exams to be able to practice here in Canada, is helping us with our research studies on prehabilitation. Victoria Greco, a recent graduate with a B.Sc in Kinesiology, will join us for 3 days a week during the summer and then will work with us full time as of September 1, 2016. Ibbly Shuster has joined us as a volunteer part-time to provide patients with relaxation therapies to reduce stress and anxiety. Sarah-Ève Loiselle and Laura Plante continue to give nutritional advice to all patients. Mary Guay continues to take care of administration for POP. Professor Celena Scheede-Bergdhal from Kinesiology at McGill and Dr. Ann Gamsa, Psychologist at the MUHC pain centre continue to work closely with the POP program.

Rashami Awasthi has just completed her Master in Kinesiology. Congratulations Rashami! She coordinates our research program and still supervises some exercise sessions with our patients. Together with Alex Schram, Vanessa Ferreira, and Victoria Greco, Rashami schedules some 25 exercise sessions a week, some patients coming for in-house training 3 times a week, others, 1 time a week. We recruit approximately 5 new patients a week now, with patients coming for 4 appointments, including one at baseline, at pre-op, at 4 weeks after surgery, at 8 weeks after surgery.

PRESIDENT'S REPORT



Dr. Carli continues to pursue research on the effects of prehabilitation on patients facing the stress of major surgery. He supervises many Masters students doing research in the area of colorectal, lung, bladder and esophageal cancer as well as studying the effects of prehabilitation on frail patients in the colorectal area. He continues to attend seminars and conferences, speaking about the benefits of a prehabilitation program. His travels have taken him to China, Europe and the US. There is a growing interest in surgical prehabilitation and we at McGill are becoming a reference centre nationally and internationally.



Seminar Speakers



Seminar Speakers and Attendees

On November 6th and 7th, 2015, Dr. Carli and Dr. Julie Silver, an associate professor at Harvard Medical School in the Department of Physical Medicine and Rehabilitation hosted a group of specialists, in Montreal, who met to study and produce a consensus paper on Surgical Prehabilitation in Cancer Patients. Key speakers included an Anesthetist, Surgeon, Psychologist, Nutritionist, Pulmonologist, Medical Oncologist, Radiation Oncologist, Director of Rehab Services, Exercise Physiologist and a Health Care Researcher. In attendance were doctors and medical researchers from all over the world. It was a great success and provided a super forum for people to exchange ideas on the benefits of prehabilitation and the required program to achieve the desired results, i.e. enhancing patients' ability to contribute to their health and faster recovery after major surgery.

POP FUNDRAISING EVENTS IN 2016

Friends For The Cure (FFTC) Gala February 2016



The FFTC have done it again! They put on a stellar evening to benefit POP and the Cedars Cancer Centre. The gala has generated \$100,000 that will go directly to POP at the MGH and Frank Rana will be setting-up a fund of \$100,000 to be used toward a pre-habilitation program (POP), to be set up under the direction of Franco Carli, at the Cedars Cancer Center for patients at the Glen/Royal Victoria. The rest of the money (\$125,000) goes directly to Cedars Cancer Centre.

We are eternally grateful to those who organized the Gala, all of whom put in a tremendous amount of effort to make this event so successful. We would also like to thank our speakers, one of whom was a POP patient and the other was the daughter of a very special POP patient. What made this very special patient particularly happy was that a problem was detected by the POP team before she was to have surgery; the problem was taken care of (first surgery) before she had a second operation to fix her original problem. This demonstrates the importance of the POP program which tries to optimize a patient's health before they submit to major surgery.



POP Team with a very special patient

We want to thank all of you who bought tickets and/or contributed to the event. With the proceeds of the Gala, we can continue to deliver the excellent POP program to patients that really need help optimizing their health before major cancer surgery. Not only does the POP program deliver a prescribed program of exercise, nutritional and psychological counseling but it also pays special attention to the health status of the patients.

Scotia Bank Run



Meagan, Dr. Carli, Guillaume

Meagan Barrett-Bernstein (was research coordinator and is now a Masters student with POP) and Guillaume Bousquet-Dion raised \$870 and participated in the Scotia Bank run in April. The weather cooperated for them and they both succeeded in establishing very good times for the 21K race. We are grateful for their contribution to POP.

Texas Hold'Em Evening



Tony Panarello, one of our Advisory Committee members, held a fun-filled fundraising event at Le Rizz. Le Rizz was set up with a delicious buffet and a room filled with poker tables. Over 300 people attended and a fun time was had by all playing Texas Hold'Em poker. Thanks Tony for your dedication to POP and for holding such a great fundraising event to benefit POP.

POP'S OFFICES CHANGE LOCATION WITHIN THE ANESTHESIA DEPARTMENT

Our offices changed to now include a separate gym and an office for 8 people. Thanks to the generosity of two of our patients, we were able to add to the necessary equipment in our gym, a second set of BowFlex weights and a Workout Bench.

Thanks to a wonderful artist, Bonnie Stamos. She designed and made a fabulous sculpture to honour the POP program. She presented her work at the POP Board Meeting in June.

Bonnie Stamos was born and educated in Montreal. She is a graduate physiotherapist from McGill University. She worked at the Mackay Center and served as a consultant to the Baffin Regional Hospital, Nunavut. Upon her retirement she has pursued her deep interest in the arts through the unique creation of sculptures that reflect aboriginal life. She is recognized by the Métier d'art du Quebec.



In July 2015 Bonnie was a patient at the preoperative clinic and interviewed by Dr. Carli. She had mentioned that she recently retired and is now concentrating and following her artist interests. Dr. Carli spoke of the Peri-Operative Program (POP) and indicated that he would like to have a sculpture that reflects strength and hope displayed in the department. Being a physiotherapist she was very interested in this program and accepted the challenge to create a sculpture. It reflects the struggle, the despair that a man/woman awaiting surgery experiences prior to surgery and their pathway to climbing the mountain to a good recovery.

The sculpture represents the pathway to improved health through exercise. As the person reaches the first mountain, the prehabilitation stage, the sculpture shows a person exercising. Following this stage, the person slides into a silent phase (surgery) then gains strength again as he climbs the second mountain, the post-operative rehabilitation, and back to full health. The bottom of the sculpture is a darker green with black highlights followed by a darkened area signifying the immobility during surgery. As the levels rise the color becomes lighter representing growth and good health. The importance of diet is portrayed by the green color that represents the growth of vegetables/fruit.

Thanks to our most generous donors, Friends For The Cure and Frank Rana for allowing POP to continue to help many many cancer patients, The Louise and Alan Edwards Foundation (Jane Edwards) for providing funds for research in prehabilitation, Immunotec Inc. (John Molson) for providing the whey protein supplement for our research studies, Tony Panarello and all our appreciative patients for donation of equipment and for raising funds. As a result of this support we have been able to increase our patient load, further our research in patient care, add to our equipment to help patients reach their exercise goals and receive whey protein to help patients with their nutritional needs. We truly appreciate the support which allows POP to stay alive and expand.

**PLEASE CONTINUE TO SUPPORT POP. POP CAN ONLY EXIST WITH YOUR HELP.
BE GENEROUS!**