



PERI OPERATIVE PROGRAMME PÉRI-OPÉRATEUR

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

THURSDAY & FRIDAY, DECEMBER 8 – 9, 2022

COURSE DIRECTORS:

Celena Scheede-Bergdahl & Franco Carli

Discover how a Prehabilitation Clinic functions, step by step, from the referral by surgeons to the assessment and prescription of multimodal interventions.

<https://muhc-cme.mcgill.ca/PREHABDEC2022/>

This workshop will be given in English/ Cet atelier sera donné en anglais. Information: cme@muhc.mcgill.ca
Support is provided by the Peri Operative Programme (POP) Foundation



VIRTUAL INTERACTIVE WORKSHOP ON SURGICAL PREHABILITATION

Thursday & Friday, December 8th – 9th, 2022



Interested in learning more about prehabilitation? Looking to share ideas and find out about how prehabilitation can improve surgical outcomes for your patients? Have some questions that you would like to have answered? Come join us virtually on December 8 and 9, 2022!

The Peri-Operative clinic (POP), of The Montreal General Hospital, will be holding a 2 day workshop this year: on December 8, leading experts in prehabilitation will provide you with information and basic tools on topics such as nutrition, exercise, pre-surgical patient optimization, mental wellness, effective communication with patients and strategies for establishing and mitigating surgical risk. On the second day (December 9), you will have the opportunity to use what you have learned on day 1 and work in small groups to develop a prehabilitation program. On this day, we encourage discussion, sharing ideas and learning from others with various backgrounds in the field. Our experts will be there to assist and challenge you to think about how prehabilitation can work for you and your patients.

Looking forward to seeing you there!

Schedule

LECTURE TOPICS

VIRTUAL WORKSHOP TOPICS

THURSDAY, DECEMBER 8, 2022	FRIDAY, DECEMBER 9, 2022
11:45 – 12:00 LOGIN – Online via “Zoom”	11:45 – 12:00 LOGIN – Online via “Zoom”
12:00 – 12:05 Welcome and workshop description	12:00 – 12:05 Outline of the day
12:05 – 12:25 Prehab in preparation for surgery: What is it? History? – Celena Scheede-Bergdahl	The participants will be divided into groups and each assigned a Team Leader. Each group will move to a separate “room”, where as a group, you will prepare a treatment plan.
12:25 – 12:45 Surgical risk, stratification and mitigation – Gabriele Baldini	All groups will reconvene to present their treatment plan to everyone. Following the presentations the group as a whole will discuss the case.
12:45 – 12:50 Break	At the end of the day a patient will provide his experience with the Prehabilitation Clinic and will answer questions from the audience.
12:50 – 13:10 Conveying information to your patients – Debbie Watson	WORKSHOPS
13:10 – 13:30 Nutrition: why? Recommendations, needs of the pre-surgical patient – Chelsia Gilles	12:05 – 12:25 Putting together a prehab program
13:30 – 13:35 Break	12:25 – 13:00 Group work: design of prehab, justifications in programming
13:35 – 13:55 Exercise and physical activity: what is it? Why is it good for prehab? Effects? – Do Jun Kim	13:00 – 14:00 Presenting designs, sharing ideas
13:55 – 14:15 How to prescribe (FITT)? - Rashami Awasthi	14:00 – 14:20 Implementing prehab or elements of prehab in your own clinical setting, finding funding, future directions, challenges
14:15 – 14:20 Break	14:20 – 14:50 Patient perspectives - What do the patients say?
14:20 – 14:40 Mental wellness: importance for pre-surgical patient? Role in program adherence – Linda Edgar	14:50 – 15:00 Closing Remarks
14:40 – 15:00 Smoking cessation, blood glucose improvement, anemia correction, cognition assessment - Miquel Coca-Martinez	



PERI OPERATIVE PROGRAMME PÉRI-OPÉRATOIRE