Redesigning the Perioperative Process:
Prehabilitation, ERAS, and
Pain Management

November 4 – 6, 2016
Nemacolin Woodlands, Farmington, PA

Course Director
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Chief of Anesthesia Services
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Course Co-Directors
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Stephen Esper, MD
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For online registration, visit:
https://cceds.upmc.com/liveFormalCourses.jsf

Sponsored by:
University of Pittsburgh School of Medicine
and the
Center for Continuing Education
in the Health Sciences
Overview
The anesthesia provider must maintain up-to-date knowledge regarding health care delivery. This program is intended to review and update the knowledge and skills of the anesthesia provider as it relates to current professional practice.

Objectives
At the conclusion of this course, the participant should be able to:

• Identify the health care drivers requiring the redesign of the perioperative process
• Discuss the concept of prehabilitation
• Review the concept of frailty and how it might impact perioperative outcome
• Discuss the role of the advanced practice provider in optimization of patients for surgery
• Define the concept of enhanced recovery after surgery
• Review new approaches to perioperative fluid management
• Describe current methods of regional anesthetic/analgesic techniques for acute and perioperative pain management
• Describe the effect of surgery, anesthesia, and perioperative care on the immune system and on oncologic and infectious outcomes
• Review complex persistent pain conditions
• Discuss recommendations for an “immune system preserving” approach to intraoperative and postoperative care
• Discuss patient satisfaction in pain management
• Achieve improved patient outcomes through the successful adoption of regional anesthesia practice

Target Audience
Physicians involved in the perioperative process, anesthesiologists, surgeons, anesthesia residents, anesthesia fellows, pharmacists, CRNAs, SRNAs, CRNPs, anesthesia assistants, nurses, medical students and other health care professionals involved with perioperative care.

Special Needs
Participation by all individuals is encouraged. Advance notification of any special needs will help us to provide better service. Please notify us of your needs at least two weeks in advance of the program by calling 724-816-2644.

Continuing Education Credit
The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 15.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded 1.5 continuing education units (CEUs) which are equal to 15.0 contact hours.

Nursing Accreditation: An application for contact hours has been submitted to the PA State Nurses Association. More information about contact hours will be available soon.

Meeting Location
The conference will be held at the Nemacolin Woodlands Resort, 1001 LaFayette Drive, Farmington, PA 15437, Phone 724-329-8555.

Lodging / Accommodations
This is the tenth year that the conference will be held at the Nemacolin Woodlands Resort, located at 1001 Lafayette Drive, Farmington, PA 15437.

The conference has contracted a limited number of hotel rooms at Nemacolin Woodlands for conference attendees. You may book a room by calling the hotel at 724-328-8555 or 1-800-422-2736 and asking for the UPMC Anesthesia Meeting – Prehabilitation, ERAS, and Pain Management Conference room block in order to receive our reduced rates. The special reduced rate is $199 for a room at the Lodge or $269 for the Chateau plus applicable taxes and fees per night.

Accommodations are not included in the registration fee. Room availability cannot be guaranteed beyond the contracted block end date of October 4, 2016.

For more information on the Nemacolin Woodlands Resort, please visit http://www.nemacolin.com.
Schedule — Friday, November 4, 2016 — Nursing Symposium

8:30 am Breakfast/Registration/Exhibits
9:00 am Welcome and Introduction
   Jonathan Waters, MD
9:15 am What is ERAS?
   Stephen Esper, MD
9:45 am ERAS Protocols: What it Means in the Operating Room
   Jessica Erjavac, CRNA and Julie Ging, CRNA
10:30 am Break/Exhibitors
10:45 am ERAS Protocols: What it Means for Pre- and Post-Operative Patients
   Darlene Lovasik, MSN, MN, CCRN-K
11:30 am Lunch

Afternoon Session: The ERAS Toolbox

12:15 pm Multimodal Analgesia in ERAS Protocols
   Bruce Ben-David, MD
1:15 pm ERAS: Implications for the Chronic Pain Patient
   Ajay Wasan, MD
1:45 pm ERAS Outcomes at UPMC
   Steven Esper, MD
2:15 pm Closing Comments and Course Evaluations
   Jonathan Waters, MD
2:30 pm Friday Adjournment

Schedule — Saturday, November 5, 2016

8:00 am Breakfast/Registration/Exhibits
8:30 am Introduction
   Howard Gutstein, MD
8:40 am Healthcare Transformations: Surthrival of the Fittest
   Steven Shapiro, MD
9:20 am Multimodal Pain Therapy
   Robert Thiele, MD
10:00 am The IMPACT Center: Impacting Preoperative Care
   Catalin Ezaru, MD
10:40 am Break with Exhibitors
11:00 am Preoperative Evaluation and Optimization in an Era of Health Care Reform
   David Hepner, MD, MPH
11:30 am The Role of Quality in the New World
   Tami Minnier
Noon – Lunch – Redesigning the Perioperative Process
   Stephen Esper, MD

Listings of Saturday Afternoon Breakout Sessions A, B, and C follow on pages 6 and 7.
SATURDAY AFTERNOON BREAKOUT SESSIONS*

BREAKOUT SESSION A — PREHABILITATION*
Mary Kay Wisniewski, MT, MA Comm — Moderator

2:00 pm  Perioperative Echo Services
Kathirvel Subramaniam, MD, MPH

2:30 pm  Iron Deficiency and Iron Deficiency Anemia
Jonathan Waters, MD

3:00 pm  The Role of the Internist in Preoperative Optimization
Francis Jovin, MD

3:30 pm  Break

3:50 pm  APP’s as Surgical Coaches
Benjamin Reynolds, CRNP

4:20 pm  Frailty: How it Impacts Surgical Outcomes and Perioperative Decision Making
Daniel E. Hall, MD, MDiv, MHSc

4:50 pm  Q & A

5:00 pm  Breakout Sessions and Saturday Adjournment

BREAKOUT SESSION B — ERAS*
Natalie Dick — Moderator

2:00 pm  Perioperative Fluid Management
Gerry Manecke, MD

2:30 pm  Opioid Sparing Anesthetic Techniques
Brian Williams, MD, MBA

3:00 pm  Non-echo Applications of Ultrasonography to Perioperative Care
Christopher Schott, MD, MS, RDMS, FACEP

3:30 pm  Break

3:50 pm  Restoration of Gut Motility after Abdominal Surgery
Jennifer Holder-Murray, MD

4:20 pm  What’s in the Bag? Multimodal Analgesia
Bruce Ben-David, MD

4:50 pm  Q & A

5:00 pm  Breakout Sessions and Saturday Adjournment

BREAKOUT SESSION C — PAIN MANAGEMENT*
Deborah Pesanka — Moderator

2:00 pm  NSAIDS and Bone Healing — A Good Union
Rebecca L. Johnson, MD

2:30 pm  Peripheral Nerve Blocks and Improving Outcomes
Steven Orebaugh, MD

3:00 pm  UPMC System Wide Efforts to Improve Pain Care, including ERAS
Ajay Wassan, MD, MSc

3:30 pm  Break

3:50 pm  The Wounded Warrior
Michael Mangione, MD

4:20 pm  Regional Anesthesia in Trauma
Nabil M. Elkassabany, MD

4:50 pm  Q & A

5:00 pm  Breakout Sessions and Saturday Adjournment

*Breakout Sessions A, B, and C run concurrently on Saturday from 2:00 pm to 5:00 pm.
Attendees are limited to one session or as space allows.

Schedule — Sunday, November 6, 2016 (limited to 30 participants)

7:45 am  Breakfast/Registration/Exhibits

8:00 am  Ultrasound Overview
Paul Bigleisen, MD

9:00 am  Ultrasound Workshop

10:00 am  Hands on Ultrasound Workshop with Live Models
Faculty: Steven Orebaugh, MD; Kathirvel Subramaniam, MD, MPH;
Rita Merman, MD; Charles Luke, MD; Beverly Pearce-Smith, MD;
Kristin Ondoeko-Ligda, MD

11:30 am  Break/Exhibitors

1:00 pm  Conference Adjournment

*Breakout Sessions A, B, and C run concurrently on Saturday from 2:00 pm to 5:00 pm.
Attendees are limited to one session or as space allows.
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Improvement Specialist
UPMC

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Registration Information

Pre-registrations (due by November 3, 2016)
All pre-registrations are due one day prior to the beginning of the conference. Registrations after this date are accepted only as on-site registrations.

Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.
1. Visit our online registration site at [https://ccehs.upmc.edu/home.jsf](https://ccehs.upmc.edu/home.jsf)
2. Click the Registration button and enter all the requested information (including an email address) and follow the prompts to submit your registration after entering your payment information.
3. Print the automatic electronic registration confirmation email sent to the email address you provided us when you registered.

Paper Registrations by Fax or Mail (see contact information below)
If you are unable to register online please submit a request for paper form. UPMC employees whose registration fee will be remitted via journal transfer must request the paper registration form. For a paper registration form, please contact mhewko@zoominternet.net or call 724-816-2644.

A confirmation letter will be faxed or mailed if registration is completed through the mail or fax by the pre-registration deadline. If you register online, you will receive an immediate e-mail confirmation message.

*Please note: Registration is not complete until you receive this confirmation. If you do not receive this letter within 5-7 days of registration, please contact us at 724-816-2644.*

**You must bring this confirmation letter with you to the conference.**

Cancellation
All cancellations must be in writing and sent to us via U.S. mail, e-mail or fax. Tuition for cancellations postmarked or date stamped before November 1, 2016 will be completely refunded. After November 1, 2016 a $35 administrative fee will be assessed. No refunds will be made after November 4, 2016.

Conference Contact for Cancellation Requests
Email: mhewko@zoominternet.net

The UPMC Center for Continuing Education in the Health Sciences reserves the right to cancel this program if sufficient registrations are not received. In the case of cancellation, the department will fully refund registration fees. However, other costs incurred by the registrant, such as airline or hotel penalties, are the responsibility of the registrant.

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*Limited to 30 participants

Registration fee includes:
- Continuing education credit
- Registration and course materials
- Continental breakfast, lunch, and conference break refreshments

For additional information, contact:
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