







THE AUSTRALIAN ERAS+ CONFERENCE & 2024 World Congress of Prehabilitation and Perioperative Medicine

3-5 October 2024, RACV City Club, Melbourne

#ERASMEL24 #PREHABMEL24



-  CPET testing
-  Surgery School
-  Exercise
-  Nutrition
-  Psychologic Support
-  ERAS

DAY 1: THURSDAY 3 OCTOBER - THE WHY AND THE HOW?

7-8am	Registration	
8-8.15am	Welcome and Acknowledgement of Country Welcome by the iPOETTS President	Professor Bernhard Riedel, Australia Professor Denny Levett, United Kingdom
8.15-10.10am	Lecture session 1: Prehabilitation and enhanced recovery – The why (evidence)	Chair: Professor Bernhard Riedel
8.15-8.35am	The hidden pandemic of postoperative complications: The perspective from a clinician and a health economist	Professor Guy Ludbrook (Australia)
8.35-8.55am	The evidence for multimodal prehabilitation as standard of care	Professor Denny Levett (United Kingdom)
8.55-9.15am	Enhanced recovery programs as value-based care	Dr Kwang Yeong How (Singapore)
9.15-9.35am	ERAS+: The value proposition of perioperative medicine and the ANZCA framework.	Professor David Story (Australia)
9.35-9.50am	The ultimate reason: A patient story	Ms Gabrielle Prior
9.50-10.10am	Q&A panel discussion	
10.10-10.40am	Morning tea	
10.40am-12.20pm	Lecture session 2: Prehabilitation – the evidence for efficacy and effectiveness – What is prehab?	Chair: Dr Kwang Yeong How
10.40-11am	Universal prehabilitation: Surgery school - POQI	Professor Mike Grocott (United Kingdom)
11-11.20am	Psychology and behaviour change in the perioperative setting	Associate Professor Chloe Grimmett (United Kingdom)
11.20-11.40am	Nutrition and nutraceuticals as therapy in perioperative medicine	Assistant Professor Chelsia Gillis (Canada)
11.40am-12pm	Exercise as medicine in perioperative medicine	Professor Denny Levett (United Kingdom)
12-12.20pm	Q&A panel discussion	

DAY 1 CONTINUES NEXT PAGE

In association with





DAY 1 THURSDAY 3 OCTOBER - THE WHY AND THE HOW?

12.20-1pm	PLENARY LECTURE: The Greater Manchester experience in community-based prehabilitation	Dr John Moore and Ms Zoe Merchant (United Kingdom)
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1-2pm	Lunch	
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2-5pm A COMPENDIUM OF PRIMER WORKSHOPS AND MASTERCLASSES

PRIMER

Full fee \$150
Allied health/nursing/trainee fee \$100

**Cardiopulmonary exercise testing (CPET):
For risk stratification and exercise prescription**

Facilitators: Dr Emily Traer, Dr Jenny Mackney,
Dr Emma Tyson, Dr Chad Oughton, and Dr Rachel Shanks

PRIMER

Full fee \$150
Allied health/nursing/trainee fee \$100

**Enhanced recovery after surgery:
How to develop a local program**

Facilitators: Dr Kwang Yeong How,
Ms Catherine Sinton, Ms Rebecca Fewster, Dr Vera Lim
and A/Prof Gabriele Baldini

MASTERCLASS:

Full fee \$150
Allied health/nursing/trainee fee \$100

**Establishing a prehabilitation service:
Implementation science and toolkits**

Facilitators: Prof Kelly Mayson, Dr Geoff Schierbeck,
Dr Christina Prickett and Ms Zoe Merchant

MASTERCLASS:

Full fee \$150
Allied health/nursing/trainee fee \$100

Exercise testing and exercise prescription

Facilitators: Dr Lara Edbrooke, Prof Sandy Jack,
Prof Rob Newton, Dr Raquel Sebio and Dr Stephen Lim

MASTERCLASS:

Full fee \$150
Allied health/nursing/trainee fee \$100

**Nutrition, psychology and behaviour change
for prehabilitation**

Facilitators: A/Prof Chelsia Gillis, A/Prof Chloe Grimmett,
A/Prof Camille Short, Ms Steph Labourne and Ms Ella Sexton

MASTERCLASS:

Full fee \$150
Allied health/nursing/trainee fee \$100

Scaling prehabilitation in the digital era

Facilitators: Prof Ismail Gögenur, Prof Gerard Danjoux
(online), Prof Leah Avery (online), A/Prof Hilmy Ismail, Dr
Isaac Cano, Dr Loren Sher, Ms Ellie Bills and Professor Jane
Andrews (CALHN)



DAY 2: FRIDAY 4 OCTOBER 2024 - IMPLEMENTATION AND SUSTAINABILITY

7-8am	iPOETTS Board meeting	
7-7.45am	Breakfast session: Trials and tribulations of setting up a prehabilitation service	Associate Professor Daniel Santa Mina (Canada) and Raquel Sebio (Spain)
8-9.45am	Lecture session 3: Models of Care - Prehabilitation around the world - Current and future state	Chair: Professor Kelly Mayson (Canada)
8.00-8.15am	The Australian Experience: Community-based and telehealth based prehabilitation	Associate Professor Daniel Steffens (Australia)
8.15-8.30am	The English Experience: Prehabilitation in Southampton	Professor Sandy Jack (United Kingdom)
8.30-8.45am	The Spanish model of prehabilitation	Associate Professor Isaac Cano (Spain)
8.45-9.00am	The Dutch experience: Prehabilitation in Holland	Associate Professor Gerrit Slooter (Holland)
9.00-9.15am	The Italian Experience: Prehabilitation in Florence	Associate Professor Gabriele Baldini (Italy)
9.15-9.30am	The Canadian Experience: Prehabilitation in Canada	Professor Franco Carli (Canada) online
9.30-9.45am	Q&A panel discussion	
9.45-10.15am	Morning tea	
10.15-11.10am	Lecture session 4: Implementation	Chair: Professor Linda Denehy (Australia)
10.15-10.35am	Implementation science: The essential key to successful program (prehab and enhanced recovery) implementation	Professor Stephanie Best (Australia)
10.35-10.55am	Standardised measures: A framework for standardised measures and a core outcome dataset for prehabilitation	Associate Professor Malcolm West (United Kingdom) Dr Tom Parkington (United Kingdom)
10.55-11.10am	Q&A panel discussion	
11.10am-1pm	Lecture session 5: Scalability and sustainability	Chair: Professor David Watters (Australia)
11.10-11.30am	Prehabilitation: Implementation, scalability, and sustainability	Professor Kelly Mayson (Canada)
11.30-11.50am	Enhanced Recovery Programs: Implementation, Scalability, and Sustainability - A statewide experience	Professor Gregg Nelson (Canada) online
11.50am-12.10pm	Collaborate reform and system integration	Ms Sonia Coleman (Australia) Presenting on behalf of the The West Metro Health Services Partnership (WMHSP)



DAY 2: FRIDAY 4 OCTOBER 2024 - IMPLEMENTATION AND SUSTAINABILITY

12.10-1pm	<p>Panel discussion: Panel Discussion: Sustainability of ERAS+: What are the policy and funding (medicare, insurance) opportunities?</p> <p><i>Government Departments: Professor David Watters (SCV) Hospital Executives: Professor Shelley Dolan (CEO, Royal Melbourne Hospital), Ms Karen Fox (COO, Peter MacCallum Cancer Centre). Clinicians: Professor Mike Grocott (UK), Dr Kwang Yeung How (Singapore), A/Professor Gerrit Slooter (Holland); Health Economist - Professor Guy Ludbrook (Australia)</i></p>	Facilitator Professor Shelley Dolan
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1-2pm	Lunch
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2-3PM: ATTEND ONE OF (A) LECTURE SESSION, OR (B) WORKSHOP, OR (C) WORKSHOP

Lectures		A. Lecture session 6: Mechanisms of prehabilitation	Chair: Professor Ismail Gögenur (Denmark)
A	2-3pm	Exercise: Mechanisms for improved surgical and cancer outcomes	Professor Rob Newton (Australia)
		Exercise: The impact on gastrointestinal tumor biology	Associate Professor Malcolm West (United Kingdom)
		Prehabilitation of the microbiome and neoadjuvant therapy: The key to improved surgical and cancer outcomes	Associate Professor David Gyorki (Australia)
		What is the optimal perioperative nutritional program?	Assistant Professor Chelsia Gillis (Canada)

OR

Workshop 1 (choose 1 of 2)			
B	2-3pm	<p>B. Enhanced recovery - Program coordinators workshop: Leveraging the multidisciplinary team, breaking down silos</p> <p><i>Workshop facilitators: Dr Kwang Yeung How, Ms Catherine Sinton, Ms Rebecca Fewster, and Associate Professor Gabriele Baldini</i></p>	

OR

C	2-3pm	<p>C. Reducing postoperative pulmonary complications & standardised endpoints: Which risk tool, which bundle of care, what standardised endpoints?</p> <p><i>Workshop facilitators: Dr Ianthe Boden, Dr Rani Chahal</i></p>	
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DAY 2: FRIDAY 4 OCTOBER 2024 - IMPLEMENTATION AND SUSTAINABILITY

3-3.45pm	Plenary lecture: A TopMedTalk (TMT) interview with the iPOETTS presidents on the past, the present, the future: Zealots or visionaries?	Professor Denny Levett / A/Professor Gerrit Slooter (Co-Chairs iPOETTS)
3.45-4.15pm	Afternoon tea	
4.15-5.15pm	Lecture session 7: Prehabilitation and enhanced recovery programs in cancer	Chair: Dr Lara Edbrooke (Australia)
4.15-4.30pm	Haematologic cancers and therapies (Car-T, Bone Marrow)	Associate Professor Amit Khot (Australia)
4.30-4.45pm	Neoadjuvant and immunotherapies in lung cancer - Target 100	Associate Professor Gavin Wright (Australia)
4.45-5pm	Pelvic dysfunction following major surgery: Prehab/rehab?	Associate Professor Helena Frawley (Australia)
5-5.15pm	Q&A panel discussion	
5.15-6pm	Debate: The prehabilitation Olympics: Who is leading the race?	Moderator: Professor Shelley Dolan Dr Ianthe Boden (Australia) Assistant Professor Chelsia Gillis (Canada) Professor Ismail Gögenur (Denmark) Associate Professor Gerrit Slooter (Holland) Associate Professor Isaac Canto (Spain) Professor Denny Levett (UK)
6-7.30pm	Welcome reception	



DAY 3: SATURDAY 5 OCTOBER: WHERE TO NEXT?

7-8am	Solventum sponsored breakfast session, with Professor Anselm Braeuer (virtual) and Professor Paul Stewart	
8.00-8.30am	UK/Mcmillan Guidance Update: Discussions, outputs, adoption	Professor Mike Grocott (United Kingdom)
8.30-10.10am	Lecture Session 8: Prehab in 2030 - Leveraging digital strategies, the aging demographic	Chair: Associate Professor Hilmy Ismail (Australia)
8.30-8.50am	Artificial intelligence, registries, and omics for risk stratification and prehabilitation	Professor Ismail Gögenur (Denmark)
8.50-9.10am	Virtual strategies for community-based care: The virtual hospital/ward/ED	Dr Loren Sher (Australia)
9.10-9.30am	Digital prehabilitation: Patient choice, co-design and impact of social deprivation	Professor Gerard Danjoux (United Kingdom, online)
9.30-9.50am	CALHN MPP: A pragmatic digital implementation of grandma's advice	Professor Jane Andrews and Ms Ellie Bills (Australia)
9.50-10.10am	<i>Q&A panel discussion</i>	
10.10-10.40am	Morning tea	
10.40am-12.30pm	Lecture session 9: Breaking news (trials, guidelines) and upcoming multicentre studies	Chair: Professor Mike Grocott (United Kingdom)
10.40-10.55am	News Flash: The Prehabilitation Study: Secondary analyses and where to next?	Associate Professor Gerrit Slooter (Holland)
10.55-11.10am	News Flash: WestFit/SafeFit Trials	Professor Sandy Jack (United Kingdom)
11.10-11.25am	News Flash: Priority and Priority-Connect-2: Prehabilitation hubs	Associate Professor Daniel Steffens (Australia)
11.25-11.40am	News Flash: STARRS	Professor Linda Denehy (Australia)
11.40-11.55am	News Flash: AI in CPET-based risk prediction	Dr Jonas Alftian (Germany)
11.55am-12.10pm	News Flash: Precast: Risk prediction using AI	Associate Professor Hilmy Ismail (Australia)
12.10-12.30pm	<i>Q&A panel discussion</i>	
12.30-1.10pm	Plenary session: Preoperative risk prediction and perioperative interventions for improved surgical outcomes	Professor Duminda Wijesundera (Canada)
1.10-2pm	Lunch	



DAY 3: SATURDAY 5 OCTOBER: WHERE TO NEXT?

2-3.15PM: ATTEND ONE OF (A) LECTURE SESSION, OR (B) WORKSHOP, OR (C) WORKSHOP

Lectures		Lecture session 10: Nuances	Chair: Professor Sandy Jack (United Kingdom)
A	2.00–3.30pm	Prehabilitation for the 2030 demographic: The elderly, the frail, and the geriatric comprehensive assessment	Associate Professor Gabriele Baldini (Italy)
		Engaging older people living with frailty in physical activity intervention	Dr Stephen Lim (United Kingdom)
		ERAS+: Prehabilitation and ERAS for joint arthroplasty	Professor Phong Tran (Australia)
		Shared decision making: Aligning patient values and goals with evidence informed practice	Professor Alf Collins (United Kingdom)
		Respiratory optimisation: The wonders of breathing deeply	Dr Ianthe Boden (Australia)

OR

Workshop 2 (choose 1 of 2)		
B	2.00–3.30pm	Assessing modifiable risk: Screening tools and toolkits to inform the prehab strategy
		<i>Workshop facilitators: Dr Lara Edbrooke, Associate Professor Isaac Cano, Professor Kelly Mayson, Assistant Professor Chelsia Gillis</i>

OR

C	2.00–3.30pm	Interactive session: Let's get exercising: Motivation, goal-setting and outcome measures, and interacting with wearables
		<i>Workshop facilitators: Associate Professor Camille Short, Dr Emily Traer, Ms Amy Bowman, Dr Chris Swain, Dr Raquel Sebio, Associate Professor Chloe Grimmett</i>



DAY 3: SATURDAY 5 OCTOBER: WHERE TO NEXT?

3:30-4pm	Afternoon tea	
4-4.45pm	Scientific abstracts: Finalist session (the top 6)	Moderator: Dr Chad Oughton (Australia) Judges: Professor Mike Grocott (United Kingdom), Professor Duminda Wijeyesundera (Canada), Dr Ianthe Boden (Australia)
	Development and validation of a clinical prediction model for one-year mortality following elective colorectal cancer surgery	Dr Andreas Weinberger Rosen (Denmark)
	AI-Driven risk assessment and personalized treatment pathways in perioperative care	Dr Ilze Ose (Denmark)
	Impact of multimodal prehabilitation during neoadjuvant cancer therapy on preoperative nutritional and functional status	Associate Professor Gabriele Baldini (Italy)
	Implementation of ERAS protocols with an eHealth application improves patient outcomes	Dr Kari Clifford (New Zealand)
	Preoperative exercise training dose effect on WHODAS in cardiac surgery	Professor Ming Ho Kwok (Hong Kong)
	Psychometric properties of a new patient-reported outcome measure to assess recovery after abdominal surgery: The Recovery After Abdominal Surgery (RAAS) questionnaire	Associate Professor Julio F Fiore (Canada)
4.45-6pm	Lecture session 11: Rapid fire pro-con debate by the experts: The heavy weight bouts	Chair: Professor David Story (Australia)
4.45-5.05pm	Is the title "universal prehabilitation" dead?	Professor Mike Grocott vs. Professor Linda Denehy
5.05-5.25pm	Which program is essential and which is redundant: Prehabilitation vs. ERAS?	Associate Professor Gerrit Slooter vs. Professor Duminda Wijeyesundera
5.25-5.45pm	Unimodal respiratory vs. multimodal prehabilitation: Cost effectiveness vs. clinical effectiveness?	Dr Ianthe Boden vs. Professor Denny Levett
5.45-6pm	Q&A panel discussion	
6-6.15pm	Award for best scientific abstract and congress closure	Associate Professor Gerrit Slooter (iPOETTS Chair) and Professor Linda Denehy (Australia)