

# 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: Naomi Bromley
10.40-11am	Universal prehabilitation: Surgery school - POQI	Professor Denny Levett (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)

1-2pm      Lunch

**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 Taer, 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**

Change to Facilitators: Dr Kwang Yeong How,  
Ms Catherine Sinton, Ms Rebecca Fewster  
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 Dr John Moore

**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 and Ms Steph Labourne

**MASTERCLASS:**

Full fee \$150  
Allied health/nursing/trainee fee \$100  
**Scaling prehabilitation in the digital era**

Facilitators: Prof Ismail Gögenur, Prof Gerry Danjoux,  
A/Prof Hilmy Ismail, Dr Isaac Cano and Ms Zoe Merchant,  
Dr Loren Sher, Ms Ellie Bills and Professor Jane Andrew  
(CALHN)



**DAY 2: FRIDAY 4 OCTOBER 2024 - IMPLEMENTATION AND SUSTAINABILITY**

7-8am	iPOETTS Board meeting	
7-8am	Sponsored breakfast session – TBC	
<b>8-9.45am</b>	<b>Lecture session 3: Models of Care – Prehabilitation around the world – Current and future state</b>	<b>Chair: Professor Kelly Mayson (Canada)</b>
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	
<b>10.15-11.10am</b>	<b>Lecture session 4: Implementation</b>	<b>Chair: Professor Linda Denehy (Australia)</b>
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)
10.55-11.10am	Q&A panel discussion	
<b>11.10am-1pm</b>	<b>Lecture session 5: Scalability and sustainability</b>	<b>Chair: Professor David Watters (Australia)</b>
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	A Health Service Provider Network Experience of ERAS+: Key learnings from a systemwide implementation	Ms Sonia Coleman (Australia)



**DAY 2: FRIDAY 4 OCTOBER 2024 - IMPLEMENTATION AND SUSTAINABILITY**

12.10-1pm	Panel discussion: Panel Discussion: Sustainability of ERAS+: What are the policy and funding (medicare, insurance) opportunities?  <i>Government Departments: Professor Ben Thomson / Naomi Bromley (Vic DoH), Professor David Watters (SCV); Hospital Executive: Professor Shelley Dolan;                  Clinicians: Professor Mike Grocott (UK), Dr Kwang Yeung How (Singapore), A/Professor Gerrit Slooter (Holland); Health Economist - Professor Guy Ludbrook (Australia)</i>	Chair: Ms Sonia Coleman
-----------	---	-------------------------

1-2pm	Lunch
-------	-------

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

OR

<b>C</b>	2-3pm	C. Reducing postoperative pulmonary complications & standardised endpoints: Which risk tool, which bundle of care, what standardised endpoints?  <i>Workshop facilitators: Dr lanthe Boden, Dr Rani Chahal</i>
----------	-------	--



DAY 2: FRIDAY 4 OCTOBER 2024 - IMPLEMENTATION AND SUSTAINABILITY

3-3.45pm	Plenary lecture: The journey of prehabilitation: 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 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)
4.30-4.45pm	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	Sponsored breakfast session – TBC	
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	iPrepWell: Innovative digital-based prehabilitation; Prehabilitation in deprivation / health inequality settings	Professor Gerry Danjoux (United Kingdom)
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	Q&A panel discussion	
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	Q&A panel discussion	
12.30-1.10pm	Plenary session: Preoperative risk prediction and perioperative interventions for improved surgical outcomes	Professor Duminda Wijeyesundera (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 the surgical trajectory	Dr Debra Leung (Australia)
		Respiratory optimisation: The wonders of breathing deeply	Dr Ianthe Boden (Australia)
		Behaviour change & psychology: Why is it essential for prehabilitation?	Associate Professor Camille Short (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, Associate Professor Nicole Kiss, 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 5)	Moderator: Dr Chad Oughton (Australia) Judges: Professor Mike Grocott (United Kingdom), Professor Duminda Wijeyesundera (Canada), Dr Ianthe Boden (Australia)
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)