

# Enhanced Recovery After Surgery Symposium:

Implementing Change and New Standard of Care in Surgery

**FEBRUARY 12-13, 2018**

The University of Texas MD Anderson Cancer Center  
Dan L. Duncan Building (CPB), Floor 8, Rooms 1-8  
1155 Pressler Street, Houston, Texas



**ERAS<sup>®</sup> Society**  
Improving Perioperative Care Worldwide

THE UNIVERSITY OF TEXAS

**MDAnderson  
Cancer Center**

Making Cancer History<sup>®</sup>

## FOCUS

Enhanced recovery after surgery (ERAS) programs aim to hasten functional recovery and improve postoperative outcomes. ERAS programs are associated with shorter length of hospital stay, a reduction in overall health care costs, and improvements in patient satisfaction. The key to the success of an ERAS program involves preoperative, intraoperative, and postoperative strategies including; pre-admission counseling, avoidance of preoperative bowel preparation, use of opioid-sparing multimodal perioperative analgesia (including loco-regional analgesia), intraoperative goal-directed fluid therapy (GDT), and use of minimally invasive surgical techniques with avoidance of routine use of nasogastric tube, drains and/or catheters. Postoperatively, it is important to encourage early feeding, early mobilization, timely removal of tubes and drains, if present, and function oriented multimodal analgesia regimens. Successful implementation of an ERAS program requires a multidisciplinary team effort and active participation of the patient in their goal-oriented functional recovery program.

There is a demand by the surgical community to learn how to implement ERAS programs. The ERAS Gynecologic Oncology program has been extremely successful in that since its initiation in 2014, a total of 1,227 patients have undergone surgery and we have shown remarkable results including a 25% decrease in length of stay, an 80% reduction in opioid consumption in the postoperative period, and a significant improvement in Patient Reported Outcomes (PROs). There is a need to share this information with our surgeon colleagues so that they can implement the same program in their respective hospitals. The activity is designed to change the outcomes of patients undergoing surgery and the expected outcome is to see the implementation of ERAS programs in other centers with the goal of achieving a high level of compliance with all items of the ERAS guidelines. This conference will also open opportunities for surgeons to collaborate on future projects related to ERAS outcomes.



## EDUCATIONAL OBJECTIVES

After attending the symposium, participants should be able to:

- Utilize the basic principles of ERAS guidelines and the steps to implement such goals in their surgical program to improve patient care (*Knowledge, Competence, Performance, Patient Outcomes*);
- Assess the elements regarding preoperative patient education, carbohydrate loading and prehabilitation (*Knowledge, Competence*);
- Understand the principles of ideal anesthesia guidelines including use of total intravenous anesthesia, goal-directed fluid therapy, euvolemia and opioid reduction (*Knowledge*);
- Understand the assessment of Patient Reported Outcomes (PROs) in patients undergoing gynecologic surgery (*Knowledge, Competence, Performance, Patient Outcomes*);
- Understand how to create a database and integrate all elements of data collection, storage, and analysis (*Knowledge, Competence*).

## EDUCATIONAL METHODS

Lecture/Didactic • Skills-Based Training  
• Panel Discussions • Question/Answer Sessions

## TARGET AUDIENCE

This symposium should be of value to surgeons, anesthesiologists, preoperative- and postoperative nurses, dietitians and nutritionists, statisticians, pain management specialists, hospital administrators, and trainees.

## EVALUATION

A course evaluation form will provide participants with the opportunity to comment on the value of the program content to their practice decisions, performance improvement activities, or possible impact on patient health status. Participants will also have the opportunity to comment on any perceived commercial bias in the presentations as well as to identify future educational topics.

## ACCREDITATION/ CREDIT DESIGNATION

### PHYSICIANS

The University of Texas MD Anderson Cancer Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Texas MD Anderson Cancer Center designates this live activity for a maximum of 15.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## CME CERTIFICATES AND ATTENDANCE VERIFICATION CERTIFICATES

Certificates awarding *AMA PRA Category 1 Credit™* or certificates documenting attendance will be distributed to participants as they depart the symposium. To obtain a CME certificate, physicians must submit a completed

evaluation questionnaire and a CME Verification Form.

Upon request, a record of attendance (certificate) will be provided on-site to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

## ETHICS

The session entitled, **Pain Management in ERAS Program: Avoiding Opioids**, has been designated by The University of Texas MD Anderson Cancer Center for 2.25 *AMA PRA Category 1 Credits™* in medical ethics and/or professional responsibility.

## PHYSICIAN PAYMENTS- SUNSHINE ACT

MD Anderson complies with the Physician Payments Sunshine Act as part of the Affordable Care Act (ACA). Accordingly, we may be required to collect information on transfer of value provided to any covered recipient under the ACA.

## MD ANDERSON PLANNING COMMITTEE

**Pedro T. Ramirez, MD (Chair)**  
*Professor  
Director of Minimally Invasive  
Surgical Research & Education  
Gynecologic Oncology  
& Reproductive Medicine*

**Allison Baring, CMP**  
*Senior Conference Coordinator  
CME/Conference Management*

# Symposium Agenda

## MONDAY, FEBRUARY 12, 2018

7:00 am Registration and Continental Breakfast

### 8:00 Introduction and Welcome Remarks

Pedro T. Ramirez, MD  
Olle Ljungqvist, MD, PhD  
Karen H. Lu, MD  
Stephen G. Swisher, MD

### ERAS Program: Establishing the Tools and Foundation

Moderators: Sean C. Dowdy, MD, FACS and Gregg S. Nelson, MD, PhD, FRCSC

#### 8:15 MD Anderson Gynecologic Oncology ERAS: Program Overview

Pedro T. Ramirez, MD

#### 8:35 Implementation and Compliance: Developing a Process Map and Team

Larissa A. Meyer, MD

#### 8:55 Patient Education: The First Step and Key to Success

Nipa P. Sheth

#### 9:15 Data Collection: Essential Systems in Measurement of Metrics

Maria Iniesta-Donate, MD

#### 9:35 Discussion

10:00 Break

### Role of Anesthesia: A Key Component of All ERAS Programs

Moderators: Gabriel E. Mena, MD and Juan P. Cata, MD

#### 10:20 Anesthesia Team: Support and Integration an Essential Element

Javier Lasala, MD

#### 10:40 Goal Directed Fluid Therapy: Advantages of a Set Algorithm

Gabriel E. Mena, MD

#### 11:00 Anemia and Blood Volume: Impact of Anesthesia and ERAS Interventions

Michael Scott, MB, ChB

#### 11:20 Reducing Intraoperative Opioids: Downstream Effect

Vijaya Gottumukkala, MD

#### 11:40 Discussion

12:00 pm Lunch (provided)

### Perioperative Nutrition: Impact on Overall Outcomes and Recovery

Moderators: Franco Carli, MD, MPhil, FRCA, FRCPC and Olle Ljungqvist, MD, PhD

#### 1:00 Carbohydrate Loading and Immunonutrition: Standard of Care vs. Research

Olle Ljungqvist, MD, PhD

#### 1:20 Physiologic Impact of Focused Nutrition in Perioperative Functional Outcome

Franco Carli, MD, MPhil, FRCA, FRCPC



1:40 **Nutritional Counseling: The MD Anderson Model**

Christie Siebel, MS, RD, LD

2:00 **Discussion**

**Measuring and Analyzing Metrics in an ERAS Program**

Moderator: Olle Ljungqvist, MD, PhD and Gregg S. Nelson, MD, PhD, FRCSC

2:20 **ERAS: Interactive Audit System**

Gregg S. Nelson, MD, PhD, FRCSC

2:40 **REDCap Database: Key Elements in Establishing Data Collection**

Mark F. Munsell, MS

3:00 **Foot to the Ground: Optimizing Efforts and Resource on Data Entry**

Maria Iniesta-Donate, MD

3:20 **Optimizing Care Delivery by Outcome Situational Awareness**

Dionisios Vrochides, MD, PhD, CMEd, FACS, FRCSC

3:40 **Discussion**

4:00 Break

**Postoperative Care and Implementation of ERAS Program**

Moderator: Jamie N. Bakkum-Gamez, MD

4:20 **Barriers to Compliance: How to Implement the Guidelines**

Larissa A. Meyer, MD

4:40 **A Nursing Perspective: Gathering Support Among a Nursing Team**

Lakisha D. Washington

5:00 **Discussion**

5:20 **Closing Remarks**

Pedro T. Ramirez, MD

5:30 pm Adjourn

**TUESDAY, FEBRUARY 13, 2018**

7:00 am Registration and Continental Breakfast

8:00 **Welcome Remarks**

Pedro T. Ramirez, MD

**Pain Management in ERAS Program: Avoiding Opioids**

Moderators: Katherine E. Cain, PharmD, BCPS, CMQ and Edward R. Mariano, MD, MAS

8:15 **Opioid Epidemic: An American Health Crisis**

Sean C. Dowdy, MD, FACS

8:35 **PCA or Epidurals: The Good, the Bad and the Ugly?**

Michael Scott, MB, ChB

8:55 **Role of Liposomal Bupivacaine in Perioperative Pain Management: Reports of a Clinical Trial**

Pedro T. Ramirez, MD

9:35 **Ideal Strategies for Implementing Multimodal Perioperative**

**Pain Management**

Edward R. Mariano, MD, MAS

9:55 **Discussion**

10:15 Break

**Multi-Discipline Integration in ERAS Program: Opportunities for Innovation**

Moderators: Franco Carli, MD, MPhil, FRCA, FRCPC and Katy E. French, MD

10:30 **Establishing a Prehabilitation Program: Role of Anesthesiology and Physical Medicine and Rehabilitation**

Katy E. French, MD and An T. Ngo-Huang, DO

11:10 **Non-Pharmacological Strategies to Buffer Physiological Perturbations and Improve Symptom Control**

Lorenzo Cohen, PhD

11:40 **Novel Research: Feasibility of an ERAS Animal Model**

Juan P. Cata, MD

12:00 pm **Discussion**

12:30 Lunch (provided)

**ERAS Elements Impacting Perioperative Outcomes**

Moderators: Dionisios Vrochides, MD, PhD, CMEd, FACS, FRCSC and Sean C. Dowdy, MD, FACS

1:30 **Preoperative Bowel Preparation and Antibiotics**

Jamie N. Bakkum-Gamez, MD

1:50 **Role of ERAS in Value-Based Healthcare**

Thomas A. Aloia, MD

2:10 **Perioperative Management of Metabolic Syndrome & its Aftermath: Obesity, Diabetes, and Cardiovascular Disease**

Sunil K. Sahai, MD

2:30 **Role of Patient Reported Outcomes in an ERAS Program**

Larissa A. Meyer, MD

2:50 **Discussion**

3:10 Break

3:30 **Experts Discussion: Addressing the Upcoming Pitfalls of ERAS Programs**

Moderators: Larissa A. Meyer, MD and Pedro T. Ramirez, MD

Expert Table: Olle Ljungqvist, MD, PhD

Franco Carli, MD, MPhil, FRCA, FRCPC

Sean C. Dowdy, MD, FACS

Gregg S. Nelson, MD, PhD, FRCSC

Michael Scott, MB, ChB

Edward R. Mariano, MD, MAS

Dionisios Vrochides, MD, PhD, CMEd, FACS, FRCSC

4:30 **Closing Remarks**

Pedro T. Ramirez, MD

4:45 Adjourn

## MD ANDERSON FACULTY

### **Thomas A. Aloia, MD**

Associate Professor  
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### **Katherine E. Cain, PharmD, BCPS, CMQ**

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### **Lenzo Cohen, PhD**

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### **Katy E. French, MD**

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### **Gabriel E. Mena, MD**

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### **An T. Ngo-Huang, DO**

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### **Christie Siebel, MS, RD, LD**

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### **Stephen G. Swisher, MD**

Division Head  
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### **Lakisha D. Washington**

Clinical Nurse Leader  
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## GUEST FACULTY

### **Jamie N. Bakkum-Gamez, MD**

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### **Franco Carli, MD, MPhil, FRCA, FRCPC**

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### **Sean C. Dowdy, MD, FACS**

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Care Delivery  
Chair, Division of Gynecologic  
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Mayo Clinic  
Rochester, Minnesota

### **Olle Ljungqvist, MD, PhD**

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Department of Surgery  
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Örebro, Sweden

### **Edward R. Mariano, MD, MAS**

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Health Care System  
Palo Alto, California

### **Gregg Nelson, MD, PhD, FRCSC**

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Chair  
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Oncology Tumor Team  
Tom Baker Cancer Centre  
Cumming School of Medicine  
University of Calgary  
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### **Michael Scott, MB, ChB**

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University  
University Health System  
Richmond, Virginia

### **Dionisios Vrochides, MD, PhD, CMEd, FACS, FRCSC**

Associate Professor of Surgery  
Vice Chairman- Quality of  
Outcomes  
Division of Hepatobiliary  
Surgery & Pancreas Surgery  
Carolinas Medical Center  
Charlotte, North Carolina

## REGISTRATION INFORMATION

On-site registration opens at 7:00 am on Monday, February 12. A continental breakfast will be provided. The Introduction and Welcome Remarks will begin at 8:00 am and the symposium will adjourn at 4:45 pm on Tuesday, February 13. Advanced registration is encouraged as space and materials are limited.

**The deadline for advanced registration is Friday, January 5, 2018.**

**There are three ways to register:**

1. Online at [www.mdanderson.org/conferences](http://www.mdanderson.org/conferences)
2. Fax to: 713-794-1724
3. Mail to: CME/Conference Management – Unit 1781, The University of Texas MD Anderson Cancer Center, P.O. Box 301407, Houston, TX 77230-1407

**We accept the following forms of payment:**

- Check (payable through U.S. banks only)
- Money Order
- Credit Cards (MasterCard, VISA, and American Express)
- Cash (on-site registration only)

A receipt and confirmation letter will be sent to you within ten working days of receipt of your fee. The conference registration fee includes tuition, final conference agenda, continental breakfasts, breaks and lunches. Please refer to the registration form for specific information regarding fees.

## REFUND/CANCELLATION POLICY

The registration fee, minus a \$50 administrative handling fee, is refundable if a written request is received on or before **Friday, January 5, 2018**. No refunds will be granted after that date. The request for a registration refund must include the tax identification number of the company or institution if registration was paid by a company or institution check.

The Department of CME/Conference Management reserves the right to cancel activities prior to the scheduled date, if low enrollment or other circumstances make it necessary. Each registrant will be notified by mail, e-mail, or the contact numbers as given on the registration form. In case of activity cancellation, liability of the Department of CME/Conference Management is limited to the registration fee. CME/Conference Management will refund the full registration fee.

The Department of CME/Conference Management reserves the right to limit the number of participants in a program and is not responsible for any expenses incurred by an individual whose registration is not confirmed and for whom space is not available.

For additional information, please contact CME/Conference Management at 713-792-2223 or toll free at 866-849-5866.

SPECIAL ASSISTANCE

Contact the Department of CME/Conference Management at 713-792-2223 or toll-free at 866-849-5866 if you have any special dietary or ADA accommodation needs.

ACCOMMODATIONS

- A block of rooms has been reserved for conference attendees at the **Houston Marriott Medical Center** located at 6580 Fannin Street, Houston, Texas.
- Early hotel reservation is suggested and the room block cutoff date is: **Friday, January 19, 2018**. The hotel phone number is 1-800-228-9290.
- When you make reservations, be sure to mention the group name **Enhanced Recovery After Surgery (ERAS) Symposium** room block to be assured of receiving the special meeting rate of \$159 for a standard guest room. Please add 17% Texas state and local taxes.

GROUND TRANSPORTATION

(prices are subject to change and variable depending on location of conference)

- Houston is served by two airports, George Bush Intercontinental (IAH) and William P. Hobby (HOU).
- Taxis are available at an estimated cost for \$50-60, to or from William P. Hobby Airport or George Bush Intercontinental Airport.
- Super Shuttle operates a shuttle bus between George Bush Intercontinental Airport/Hobby Airport and the Houston Marriott Medical Center for \$27 one-way and \$54 round-trip. For more information, call 713-523-8888 or toll-free at 800-258-3826 or online at [www.supershuttle.com](http://www.supershuttle.com).

The University of Texas MD Anderson Cancer Center has implemented a process whereby everyone who is in a position to control the content of an educational activity must disclose all relevant financial relationships with any commercial interest that could potentially affect the information presented. MD Anderson also requires that all faculty disclose any unlabeled use or investigational use (not yet approved for any purpose) of pharmaceutical and medical device products. Specific disclosure will be made to the participants prior to the educational activity.

Agendas are subject to change because we are always striving to improve the quality of your educational experience. MD Anderson may substitute faculty with comparable expertise on rare occasions necessitated by illness, schedule conflicts, and so forth.

Photographing, audio taping and videotaping are prohibited.

The University of Texas MD Anderson Cancer Center does not endorse the commercial products, equipment, or services presented by program supporters/exhibitors.

Please let us know what specific topics, issues or questions you wish to see addressed or emphasized in this activity. Fax or e-mail CME/Conference Management. All responses will be forwarded to the Program Chairs for consideration.

CONFERENCE REGISTRATION- 176700/30/120007/41  
Enhanced Recovery After Surgery Symposium: Implementing Change and New Standard of Care in Surgery — February 12-13, 2018

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Registration Fees

- Physicians (MDs/DOs)
- ☐ Postmarked before January 5.....\$500
  - ☐ Postmarked after January 5.....\$600
  - ☐ Onsite Registration.....\$650

- RNs/NPs/PAs
- ☐ Postmarked before January 5.....\$200
  - ☐ Postmarked after January 5.....\$250
  - ☐ Onsite Registration.....\$300

- Trainees (Fellows/Residents)
- ☐ Postmarked before January 5.....\$150
  - ☐ Postmarked after January 5.....\$200
  - ☐ Onsite Registration.....\$250
  - ☐ International Physicians (MDs/DOs).....\$200
  - ☐ International RNs/NPs/PAs.....\$100
  - ☐ International Trainees (Fellows/Residents) . \$50

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