An Overview of Perioperative Medicine 2018:
From Outpatient Preoperative Assessment to Inpatient Postoperative Care

WEDNESDAY, OCTOBER 10, 2018

6:00 a.m. Continental Breakfast and Registration

Perioperative Medicine Introductory Topics

7:30 a.m. Welcome and Course Overview

7:45 a.m. Perspectives on the Multi-Disciplinary Approach to Perioperative Medicine
- What are the roles of the medical consultant?
- What should a preoperative evaluation include?
- How can a multidisciplinary approach optimize patient care?

8:15 a.m. Anesthesia Alerts for the Non-Anesthesiologist
- What does the medical consultant need to know about paralytic agents and the physiologic effects of anesthesia?
- Do we still need to perform flexion and extension films of the neck for patients with RA or Down Syndrome?
- What evidence is there to guide the “infield” vs “outfield” decision?
- What are the updates to the fasting guidelines?
- How do I accurately assign an ASA score?

Perioperative Cardiovascular Medicine Topics, Part 1

8:45 a.m. Cardiac Risk Assessment: Using Guidelines to Direct Practice
- How do I apply the current ACC/AHA guidelines to preoperative cardiac risk assessment?
- Should I use the Gupta or the RCRI cardiac risk calculator?
- Does it matter which stress test I order?

9:15 a.m. Cardiac Risk Reduction Strategies – Medical and Interventional
- What are the risks of general vs spinal anesthesia with respect to cardiac outcomes?
- What is the evidence for perioperative beta-blocker, statin and alpha-2-agonist use?
- When is cardiac revascularization indicated prior to non-cardiac surgery?
- How long should patients wait to have surgery after MI or revascularization?

9:45 a.m. Challenge the Experts Case #1

10:00 a.m. Question and Answer Session

10:15 a.m. Refreshment Break

Perioperative Medication and Fluid Management Topics

10:30 a.m. Understanding Perioperative Fluid Management
- What is unique about fluid management perioperatively?
- Which is better– liberal or restrictive fluid management?
- What type of fluid is optimal?
Perioperative Medication Management: Prescription & Non-Prescription Medication
- What issues need to be considered with perioperative medication management?
- What are some drugs that need to be held for surgery?
- What are the issues with some of the newer weight loss drugs?
- What should I recommend to my patients regarding dietary supplements perioperatively?

11:45 a.m.  Question and Answer Session

12:00 p.m.  Lunch on Your Own

Perioperative Pain Management and Substance Use Topics

1:30 p.m.  Pain Management in the Perioperative Period
- What are the commonly used opioids in the postoperative setting and what issues should I consider when prescribing these?
- What are the common PCA doses for postoperative pain control?
- When should I consider adjunctive analgesic therapies to help with pain control?
- How should patients on multiple sedating medications postoperatively be monitored?

2:00 p.m.  Managing the Patient with Perioperative Substance Use Disorders
- How do I screen for substance abuse preoperatively?
- What are the specific issues with common drugs of abuse such as methamphetamine, heroin, cocaine and alcohol?
- When should an elective surgery be postponed in a patient with substance abuse?
- How do I manage patients on Suboxone and methadone perioperatively?
- How can I use prescription monitoring programs in the perioperative setting?

2:30 p.m.  Challenge the Experts Case #2

2:45 p.m.  Question and Answer Session

3:00 p.m.  Refreshment Break and Move to Concurrent Sessions

Concurrent Sessions

3:15 p.m.  Perioperative Question and Answer Module
- 15 board style rapid review questions spanning perioperative medicine
- Question handout and use of the audience response system
- Opportunity for discussion and use of colleagues and course faculty

Development of a Preoperative Clinic
- Who are the key stakeholders?
- What is needed at the institutional level?
- What are the nuts and bolts of scheduling, use of templates and follow-up?
- What are the pearls and pitfalls?
Perioperative Shorts
- How do I manage non-cardiac devices perioperatively?
- What are the special perioperative considerations in cancer patients?
- What are the physiologic effects of laparoscopic surgery and patient positioning?
- What is important in managing bariatric surgery patients?

Enhanced Recovery After Surgery (ERAS)
- What are the key elements of ERAS?
- What is the rationale for the ERAS model?
- Are patient outcomes better with ERAS?
- What is the future of “fast-track” programs?

4:15 p.m.  Reception and “Consult Guys” Presentation: The Myths of Perioperative Care
(CME credit will not be provided for this event)

5:00 p.m.  Adjourn

THURSDAY, OCTOBER 11, 2018

6:30 a.m.  Continental Breakfast

7:00 a.m.  Breakfast with the Professor Case Discussions: Informal Q & A with course

Perioperative Cardiovascular Medicine Topics, Part 2

8:00 a.m.  Management of Non-CAD Heart Disease in Non-Cardiac Surgery
- How do I manage a patient with valvular heart disease perioperatively?
- How soon after valve replacement can non-cardiac surgery be performed?
- What issues need to be considered for a patient with heart failure preoperatively?
- What are the issues with preoperative hypertension?
- What are the preoperative issues for patients with chronic atrial fibrillation?
- What perioperative issues need to be considered in a patient with hypertrophic cardiomyopathy?
- What perioperative issues need to be considered in a patient with pulmonary hypertension?
- What are the indications for a temporary pacemaker in the perioperative period?
- How do I manage pacemakers and CIEDs in the perioperative period?

8:45 a.m.  Perioperative Cardiology Clinical Shorts
- What are the guidelines on perioperative management of antiplatelet agents?
- When are preoperative ECGs and echocardiograms indicated?
Managing Postoperative Cardiac Complications
• Which patients should have an ECG and/or troponin surveillance for postoperative MI?
• How do I manage hyper- and hypotension postoperatively?
• What are the precipitating factors for postoperative arrhythmias and conduction disorders and how do I manage them?
• Which surgeries and patients have high risk for postoperative atrial fibrillation? Are there ways to prevent postoperative atrial fibrillation? How do I manage postoperative atrial fibrillation?
• How do I diagnose and manage postoperative myocardial ischemia and infarction?
• How important is “troponin leak” postoperatively?
• What special perioperative management is needed for patients with heart failure (systolic heart failure and heart failure with preserved ejection fraction)?

Challenge the Experts Case #3

Question and Answer Session

Perioperative Potpourri – Infectious Disease and Rheumatology

Perioperative Infectious Disease Issues
• How do I approach the postoperative fever workup?
• Which patients need antibiotic prophylaxis perioperatively and for how long?
• Do I need to order a urinalysis and culture prior to total joint surgery?
• How are patients with penicillin allergy managed in the perioperative period?
• How do I manage common postoperative infectious disease issues?
• Is there a role for the use of probiotics to prevent postoperative infections?

Perioperative Rheumatology Considerations
• How do I manage DMARDS and other rheumatologic medications?
• What are the perioperative risks associated with rheumatologic diseases?
• How do I diagnose and manage acute crystalline arthritis in the surgical patient?

Preoperative Testing, A Clinical Short

Question and Answer Session

Lunch on Your Own
Perioperative Pulmonary Medicine Topics

1:45 p.m.  Preoperative Pulmonary Risk Stratification and Risk Reduction Strategies
- Which factors contribute to pulmonary risk in non-cardiac surgery?
- Which pulmonary risk index best predicts postoperative pulmonary complications: ARISCAT, Arozullah, Gupta or LIPPSMAck POP?
- When is pulmonary testing recommended preoperatively?
- What measures can be employed to help minimize postoperative pulmonary complications in at-risk patients?
- Do pre-habilitation and inspiratory muscle training have a role in some patients?
- What are the basic tests to consider when evaluating a patient for lung resection surgery?
- Which patients should be referred to a pulmonary specialist for preoperative evaluation?
- How long should surgery be postponed after pneumonia or other upper respiratory infections?

2:15 p.m.  Management of Documented or Suspected Obstructive Sleep Apnea in Patients Undergoing Non-Cardiac Surgery
- What are the consequences of OSA in the perioperative period?
- What factors increase risk of postoperative complications in patients with OSA?
- How should patients be screened for OSA?
- What are the risks of obesity hypoventilation syndrome?
- Which patients need to be tested prior to surgery to decrease the risk of potential complications?
- Which patients can be treated as “presumed” OSA and proceed with surgery with additional precautions?
- Are there guidelines available to help guide management of patients with OSA in the perioperative period?
- What postoperative monitoring is recommended for patients with suspected or confirmed OSA?

2:45 p.m.  Management of Postoperative Pulmonary Complications
- What are the most common postoperative pulmonary complications?
- How do I diagnose and treat fat embolism syndrome?
- How do I minimize or treat pulmonary complications in the postoperative period?
- When should non-invasive ventilation considered?

3:15 p.m.  Challenge the Experts Case #4

3:30 p.m.  Question and Answer Session

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FRIDAY, OCTOBER 12, 2018

6:30 a.m.  Continental Breakfast
7:00 a.m.  Breakfast with the Professor Case Discussions: Informal Q & A with course faculty

Perioperative Vascular Medicine Topics

8:00 a.m.  DVT/PE Prophylaxis in the Surgical Patient I: The ACCP Guidelines and the Internist’s Perspective
- What are the patient- and surgery-related risk factors for perioperative DVT: Caprini vs ACCP risk stratification?
- What do the ACCP guidelines recommend for DVT prophylaxis in surgical patients?
- When is extended DVT prophylaxis indicated?
- How does renal function affect the management of DVT prophylaxis?
- How to prophylaxis patients with hereditary coagulation disorders or previous history of VTE not taking long term oral anticoagulants undergoing major surgery?

8:30 a.m.  DVT/PE Prophylaxis in the Surgical Patient II: The AAOS Guidelines and the Orthopedist’s Perspective
- What concerns do orthopedists have about DVT prophylaxis as recommended by the ACCP?
- What are the AAOS Guideline recommendations for DVT prophylaxis in orthopedic surgical patients?
- When is extended DVT prophylaxis indicated and which agent is best?
9:00 a.m.     Perioperative Management of Target Specific Oral Anticoagulants
   • How long should I hold dabigatran, rivaroxaban or apixaban before surgery?
   • Now that some reversal agents are available, should we routinely be using these to expedite
     DOAC reversal preoperatively in patients who need urgent surgery?
   • When should target specific oral anticoagulants be restarted postoperatively?
   • Do patients on target specific oral anticoagulants need to be bridged?
   • How do I manage prolonged DVT prophylaxis in patients who are also taking dabigatran,
     rivaroxaban, edoxaban or apixaban?
   • How should we reverse these agents if major bleeding occurs?

9:30 a.m.     Challenge the Experts Case #5

9:45 a.m.     Question and Answer Session

10:00 a.m.    Refreshment Break

Perioperative Vascular Medicine and Hematology Topics

10:15 a.m.    Perioperative Management of Anticoagulants (Warfarin): To Bridge or Not to Bridge
   • Which patients with atrial fibrillation need bridging anticoagulation perioperatively?
   • Which patients with mechanical heart valves need bridging anticoagulation perioperatively?
   • Can you recommend an approach to anticoagulation dosing and the timing of bridging?
   • How and when should anticoagulation be restarted after surgery?

10:45 a.m.    Common Hematology Issues in the Perioperative Period
   • Which transfusion strategy is best in the perioperative period—conservative or liberal?
   • What should trigger transfusion in the postop period?
   • When is FFP indicated preoperatively?
   • What is the role of platelet transfusion in patients taking antiplatelet agents who need emergent
     or urgent surgery?
   • How do I diagnose and treat heparin induced thrombocytopenia in the perioperative period?
   • How do I manage non-HIT thrombocytopenia?
   • How do I manage patients with sickle cell disease perioperatively?

Perioperative Neurology and Geriatric Topics

11:15 a.m.    Perioperative Care of the Elderly Patient
   • How old is too old to consider surgery?
   • How is the frailty index used to identify patients at risk of postoperative complications?
   • What are the risk factors and preventive measures for postoperative delirium?
   • What diagnostic workup is recommended for patients with suspected postoperative delirium?
   • Do DNR orders need to be suspended prior to surgery and if so, when should DNR orders be
     reinstated postoperatively?

11:45 a.m.    Managing Patients with Neurologic Disease in the Perioperative Period
   • How do I manage patients with seizure disorder in the perioperative period?
   • How do I manage patients with Parkinson’s disease perioperatively?
   • What do I do if I find an asymptomatic carotid bruit during a preoperative evaluation?
   • How do I determine appropriate timing for elective surgery after ischemic stroke?
   • What are the symptoms and risk factors for serotonin syndrome in the perioperative setting?
12:15 p.m.  Challenge the Experts Case #6
12:30 p.m.  Question and Answer Session
12:45 p.m.  Adjourn

SATURDAY, OCTOBER 13, 2018

6:30 a.m.  Continental Breakfast
7:00 a.m.  Breakfast with the Professor Case Discussions: Informal Q & A with course faculty

Perioperative Endocrine and Renal Topics

8:00 a.m.  Managing the Diabetic Patient in the Perioperative Period
- Should I be screening for diabetes preoperatively in patients who are at risk?
- When would I recommend postponing an elective surgical procedure because of poor diabetic control?
- How should I manage patients on insulin therapy in the perioperative period?
- How should I manage patients on oral hypoglycemics in the perioperative period?
- How should I manage patients on insulin pumps in the perioperative period?
- What is the optimal glycemic control in the postop setting?

8:30 a.m.  Perioperative Management of the Patient with Kidney Disease
- What perioperative issues do I need to consider for a patient with advanced kidney disease?
- How do I prevent acute kidney injury in the perioperative period?

9:00 a.m.  Perioperative Management of Endocrine Issues: Stress Dose Steroids, Adrenal Insufficiency, Thyroid Disease
- What issues do I need to consider in patients with hypothyroidism or hyperthyroidism in the perioperative period?
- Who is at risk for adrenal insufficiency perioperatively?
- How do I determine the need for and the dose of stress dose steroids in the surgical patient?

9:30 a.m.  Challenge the Experts Case #7
9:45 a.m.  Question and Answer Session
10:00 a.m. Refreshment Break and Hotel Checkout

Perioperative Gastrointestinal and Nutrition Topics

10:30 a.m.  Perioperative Management of the Patient with Liver Disease
- How do I approach preoperative risk assessment in a patient with liver disease?
- Which patients with liver disease may not be good candidates for elective surgery due to significant increase perioperative morbidity and mortality?
- What are the common postoperative management challenges for patients with advanced liver disease?
- What do I need to know about managing the transplant patient undergoing non-cardiac surgery?
11:00 a.m.  Management of Postoperative Gastrointestinal Complications
- How do I prevent and manage postoperative nausea and vomiting?
- How should I evaluate a patient with postoperative diarrhea?
- What agents are recommended to prevent stress related mucosal disease in the surgical patient?
- How do I manage postoperative constipation and postoperative ileus?

11:30 a.m.  Perioperative Nutrition Considerations
- What patients might benefit from a preoperative nutrition consultation?
- What preoperative testing is useful to assess nutritional status?
- Does optimizing nutrition preoperatively improve outcomes?
- When should patients receive TPN in the perioperative setting?
- What can be done postoperatively?

12:00 p.m.  Question and Answer Session

12:15 p.m.  Adjourn!