

# *Enhanced Recovery after Surgery (ERAS)*

**Friday, February 22, 2019**

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- 7:00 a.m.                    **Registration and Breakfast with Exhibitors**
- 7:50 a.m.                    **Welcome Announcements**  
Tonia Young-Fadok, MD, MS
- INTRODUCTION - WELCOME AND THEMES**
- 8:00 a.m.                    **The Founding of the ERAS Society**  
Olle Ljungqvist, MD, PhD
- 8:15 a.m.                    **The Pillars of ERAS**  
Tonia Young-Fadok, MD, MS
- GETTING STARTED**
- 8:30 a.m.                    **Why Do ERAS: A Surgeon's Perspective**  
Olle Ljungqvist, M.D., Ph.D.
- 8:46 a.m.                    **Why Do ERAS: An Administrator's Perspective**  
Dionisios Vrochides, M.D., Ph.D.
- 9:02 a.m.                    **Putting Your Team Together**  
Kevin Elias, M.D.
- 9:18 a.m.                    **Translating Guidelines Into Protocols**  
Michael J. Scott, M.D.
- 9:34 a.m.                    **Restricted vs. Balanced Fluids**  
Michael J. Scott, M.D.
- 9:54 a.m.                    **Audit - Measuring and Reporting Outcomes**  
Olle Ljungqvist, M.D.
- 10:10 a.m.                    **Panel: I'm Convinced, What Do I Do Next?**  
Session Faculty
- 10:35 a.m.                    **Break with Exhibitors**
- ANESTHESIA**
- 11:05 a.m.                    **Post-operative Nausea and Vomiting: Can we ERASe PONV in ERAS?**  
Monica W. Harbell M.D.
- 11:25 a.m.                    **Advanced Fluid Monitoring**  
Ryan C. Craner, M.D.
- 11:45 a.m.                    **Reversal of Neuromuscular Blockage**  
Adam K. Jacob, M.D.
- 12:05 p.m.                    **Panel: What Do I Do When I Get Home? - Session Faculty**

## **Friday, February 22, 2019** *(continued)*

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12:30 p.m.                    **Lunch with Exhibitors**

### **NURSING AND ALLIED HEALTH**

1:15 p.m.                    **Pre-Operative Optimization**  
John H. Demenkoff, M.D.

1:31 p.m.                    **Post-Op: Improving Communication and Education**  
Esosa J. Nwambuonwo, R.N.

1:47 p.m.                    **The Black Box of PACU**  
Joann L. Anderson, M.S.N., R.N., C.P.A.N.

2:03 p.m.                    **Does ERAS Decrease or Increase the Work of the Floor Nurse?**  
Esosa J. Nwambuonwo, R.N.

2:19 p.m.                    **Pain, Pain, Go-Away: Low-Dose IV Ketamine on Medical-Surgical Units  
for Post-Op Pain Management for Individuals with Chronic Pain &  
Opioid Use**  
Nicole A. LaTulippe, R.N.

2:35 p.m.                    **Panel: What Do I Do When I Get Home To Improve Communication?**  
Session Faculty

3:00 p.m.                    **Break with Exhibitors**

### **SURGERY**

3:30 p.m.                    **Nothing Will Improve Until You Do: The Role of Surgeons as Champions  
in ERAS Protocols**  
Dionisios Vrochides, M.D., Ph.D.

3:46 p.m.                    **Bowel Preps: Interpreting “Prep Du Jour” Data**  
David A. Etzioni, M.D.

4:02 p.m.                    **Minimizing Post-Operative Ileus Needs Pre, Intra- and Post Op  
Management**  
Nitin Mishra, M.B.B.S, M.D.

4:18 p.m.                    **Pre-Op Education and Post-Op Order Sets: Minimizing Practice Variance**  
Megan N. Wasson, D.O.

4:34 p.m.                    **Surgical Quality Outcomes: What Are We Aiming At?**  
David A. Etzioni, M.D.

4:50 p.m.                    **Panel: How Do I Start ERAS and Improve My Practice?**  
Session Faculty

5:15 p.m.                    **Adjourn**

## **Saturday, February 23, 2019**

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- 7:00 a.m.                    **Breakfast with Exhibitors**
- 7:50 a.m.                    **Welcome Announcements**
- ALL THE WAYS YOU CAN AVOID OPIOIDS**
- 8:00 a.m.                    **The Opioid Epidemic**  
Nicholas J. Elkins, D.O.
- 8:18a.m.                    **Arizona Laws**  
Eric Nelson, R.Ph.
- 8:36 a.m.                    **Infusions: Ketamine, Lidocaine, Magnesium, Etc.**  
Lopa Misra, D.O.
- 8:54 a.m.                    **Epidurals and ERAS**  
Ryan C. Craner, M.D.
- 9:12 a.m.                    **Spinals and ERAS**  
Adam K. Jacob, M.D.
- 9:30 a.m.                    **Panel - Session Faculty**
- 10:00 a.m.                   **Break with Exhibitors**
- 10:30 a.m.                   **Lap TAP and Rectus Blocks**  
John T. Kidwell, M.D.
- 10:45 a.m.                   **US Guided TAP and Rectus Blocks**  
Tonia M. Young-Fadok, M.D., M.S.
- 11:00 a.m.                   **Quadratus Lumborum Block**  
Veerandra Koyyalamudi, M.B.B.S.
- 11:15 a.m.                   **A New Block: Transversalis Fascia Block**  
Tonia M. Young-Fadok, M.D., M.S.
- 11:30 a.m.                   **Non-Pharmacologic Pain-Relieving Therapies**  
Joann L. Anderson, M.S.N., R.N., C.P.A.N.
- 11:45 a.m.                   **Evidence-Based Opioid Prescribing Guidelines**  
Elizabeth B. Habermann, Ph.D.
- Noon                            **Panel - Session Faculty**
- 12:30 p.m.                   **Adjourn**