

Program Schedule
Enhanced Recovery after Surgery (ERAS)
February 28-29, 2020

Friday, February 28, 2020

7:00 a.m. **Registration & Breakfast with Exhibitors**

7:50 a.m. **Welcome Announcements**

INTRODUCTION – WELCOME AND THEMES

8:00 a.m. **The History and Growth of the ERAS Society**
Olle Ljungqvist, M.D., Ph.D.

8:15 a.m. **How to Use this Course - The Pillars of ERAS**
Tonia Young-Fadok, M.D., M.S.

GETTING STARTED - THE BASICS FOR EVERYONE

8:30 a.m. **What is ERAS: Guidelines AND Audit**
Olle Ljungqvist, M.D., Ph.D.

8:46 a.m. **Surgery Basics: Team, Education, Orders, Pain Control**
Tonia Young-Fadok, M.D., M.S.

9:02 a.m. **Anesthesia Basics: Fluids, Pain Management,
PONV Prophylaxis**
Ryan C. Craner, M.D.

9:18 a.m. **Nursing Basics: Education for All, Nurses AND
Patients**
Susan Launder, M.S.N., R.N., BMT-CN

9:34 a.m. **Administration Basics: Spend a Little, Get a Lot**
Dionisios Vrochides, M.D., Ph.D.

9:50 a.m. **Key Elements for Setting up a Community Hospital
ERAS Program**
John Park, M.D.

10:06 a.m. **Panel: I'm Convinced, What Do I Do Next?**
All Session Faculty

10:35 a.m. **Break with Exhibitors**

Friday, February 28, 2020 (continued)

ANESTHESIA - ISSUES THE SURGEON NEEDS TO UNDERSTAND TOO

- 11:05 a.m. **Post-operative Nausea and Vomiting: A Simple, Yet Complex Problem For 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 Does the Anesthesia Team Need to Do?**
All Session Faculty
- 12:30 p.m. **Lunch with Exhibitors**

NURSING AND PATIENT EDUCATION AND COMMUNICATION

- 1:15 p.m. **Pre-Operative Optimization**
Frances Hu, M.D.
- 1:28 p.m. **Pre-Operative Patient Education**
Maile Ravenkamp, M.S.
- 1:41 p.m. **The Black Box of PACU: Avoiding Reflex Narcotic Use**
Jacque Crosson, D.N.P., M.S.N., R.N., C.P.A.N.
- 1:54 p.m. **Does ERAS Decrease or Increase the Work of the Floor Nurse?**
Esosa J. Nwambuonwo, R.N.
- 2:07 p.m. **Post-Op IV Ketamine Infusion: Pilot Protocol and Implementation**
Nicole A. Schroder, M.S.N., R.N.
- 2:20 p.m. **Plan for Discharge: Long-term Pitfalls and Things to Avoid**
John Park, M.D.
- 2:33 p.m. **Panel: How Can I Improve Education and Communication?**
All Session Faculty
- 3:00 p.m. **Break with Exhibitors**

SURGICAL SMORGASBORD: KEY ERAS ELEMENTS IN DIFFERENT SPECIALTIES

- 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.

Friday, February 28, 2020 *(continued)*

- 3:40 p.m. **Change Management**
Olle Ljungqvist, M.D., Ph.D.
- 3:50 p.m. **Changing Mind-Set and Practices in Urology**
Mark Tyson, M.D.
- 4:00 p.m. **Minimizing GYN Surgery Practice Variance: Order Sets and Education**
Megan N. Wasson, D.O.
- 4:10 p.m. **ERAS for Mega Hernias**
David Pearson, M.D.
- 4:20 p.m. **Novel Pain Management in Thoracic Surgery**
Ryan C. Craner, M.D.; Jesse J. Lackey, CSFA, C.S.T.
- 4:30 p.m. **Head and Neck Surgery: Changing Practice is a Consensus Process**
Brittany Howard, M.D.
- 4:40 p.m. **Yes, ERAS works in HIPEC Patients**
Nabil Wasif, M.D.
- 4:50 p.m. **Panel: How Do I Start ERAS and Improve My Practice?**
All Session Faculty
- 5:15 p.m. **Adjourn**

Saturday, February 29, 2020

7:00 a.m. **Registration & Breakfast with Exhibitors**

7:50 a.m. **Welcome Announcements**

ALL THE WAYS YOU CAN AVOID OPIOIDS

8:00 a.m. **The Opioid Epidemic and the Role of Post-Op
Narcotic Prescriptions**
Holly Geyer, M.D.

8:18 a.m. **Arizona Laws**
Eric Nelson, R.Ph.

8:36 a.m. **Infusions: Ketamine, Lidocaine and Magnesium**
Lopa Misra, D.O.

8:54 a.m. **Do Epidurals have a Role in ERAS?**
Ryan C. Craner, M.D.

9:12 a.m. **Spinals and ERAS**
Adam K. Jacob, M.D.

9:30 a.m. **Panel**
All Session Faculty

10:00 a.m. **Break with Exhibitors**

10:30 a.m. **Lap TAP: why is it not working?**
Patrick Hangge, M.D.

10:48 a.m. **US Guided TAP and Rectus Blocks**
Cecilia Natalia E. Birisan, M.D.

11:06 a.m. **Quadratus Lumborum Block**
Veerandra Koyyalamudi, M.B.B.S.

11:24 a.m. **A New Block: Transversalis Fascia Block**
Tonia M. Young-Fadok, M.D., M.S.

11:42 a.m. **Blocks for Mastectomies**
Barbara Pockaj, M.D.

12:00 p.m. **Panel**
All Session Faculty

12:30 p.m. **Adjourn**