

An Overview of Perioperative Medicine 2023:
From Outpatient Preoperative Assessment to Inpatient Postoperative Care
Grand Hyatt Seattle, Seattle, Washington and LIVESTREAM
All times noted are Pacific Time (PT)
November 14 – 18, 2023

TUESDAY, NOVEMBER 14, 2023

6:30 a.m. Registration and Continental Breakfast

Perioperative Medicine and Anesthesia Topics

7:30 a.m. Welcome and Course Overview

7:45 a.m. Perspectives on the Multi-Disciplinary Approach to Perioperative Medicine

Moderator: Margaret Beliveau, M.D.

Panel: John Bundrick, M.D., Adam Jacob, M.D., and Krystin A. Hidden, M.D

- 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

Dr. Douglas Pfeil, M.D., Ph.D.

- Is general anesthesia more risky than spinal anesthesia for some patients?
- Which patients are too risky for outpatient surgery?
- How do I counsel my patients about energy drinks, alcohol, nicotine the night before surgery?
- What should I tell the patient about fasting?
- How do I accurately assign an ASA score?
- What are some of the post-anesthesia issues you might encounter?
- What should the consultant know about tranexamic acid intraoperatively?

Cardiovascular Medicine Topics, Part 1

9:00 a.m. Cardiac Risk Assessment: Using Guidelines to Direct Practice

Karen F. Mauck, M.D.

- 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?
- How might the Canadian and EU Guidelines impact my practice?
- Which patients should have NT-PROBNP and/or Troponins preoperatively?

9:45 a.m. Cardiac Risk Reduction Strategies – Medical and Interventional

Howard H. Weitz, M.D.

- 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?

10:30 a.m. Question and Answer Session

10:45 a.m. Refreshment Break

Cardiovascular Medicine Topics, Part 2 and Clinical Shorts

11:00 a.m. Management of Non-CAD Heart Disease in Non-Cardiac Surgery

Howard H. Weitz, M.D.

- 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?

11:45 p.m. Clinical Shorts

Cardiac Stress Tests

Christopher A. Dinh, M.D.

- How do I choose a cardiac stress test?

Preoperative ECG and Echocardiogram

Brian M. Dougan, M.D.

- When are preoperative ECGs and echocardiograms indicated?

Myocardial Injury after Non-Cardiac Surgery (MINS)

Dennis W. Regan, M.D.

- Is MINS significant and is there any evidence-based treatment?
- Which patients should be surveilled for MINS?

Preoperative Anemia and Iron Therapy

Margaret Beliveau, M.D.

- When should I consider perioperative iron therapy and how is it administered?

12:45 p.m. Question and Answer Session

1:00 p.m. Adjourn

WEDNESDAY, NOVEMBER 15, 2023

6:30 a.m. Breakfast with the Professor featuring Tuesday's Course Faculty

Pain Management and Substance Use Topics

7:30 a.m. Pain Management in the Perioperative Period

Dr. Douglas Pfeil, M.D., Ph.D.

- What are the key issues in patients on chronic opioids preoperatively?
- What are the common PCA doses for postoperative pain control?

- When should I consider multi-modal analgesia to help with pain control?
- What are the commonly used opioids in the postoperative setting and how do I choose (elderly, renal failure, liver disease)?
- How should patients on multiple sedating medications postoperatively be monitored?
- What is the best strategy for prescribing opioids on hospital discharge?

8:15 a.m. Managing the Patient with Perioperative Substance Use Disorders

Charles P. Reznikoff, M.D.

- How do I screen for substance use preoperatively?
- What are the perioperative issues with the use of common substances such as methamphetamine, heroin, cocaine and alcohol?
- When should an elective surgery be postponed in a patient with substance use?
- How do I manage patients on Suboxone and methadone perioperatively?
- How can I use prescription monitoring programs in the perioperative setting?

9:00 a.m. Perioperative Management of Patients who use THC and CBD containing substance

Thomas P Pittelkow, D.O., MPH

- How long should patients be abstinent prior to surgery?
- What are the risks in patients who require urgent surgery and have recently used cannabis?
- What are some of the potential postoperative issues with recent cannabis use?
- Are there potential drug-drug interactions, including anesthetic agents, in the perioperative timeframe?

9:30 a.m. Question and Answer Session

9:45 a.m. Refreshment Break

Clinical Shorts

10:00 a.m. Non-Cardiac Device Management

Adam K. Jacob, M.D.

- How do I manage non-cardiac devices perioperatively, such as deep brain stimulators, pain pumps, acupuncture devices, etc?

Prehabilitation

Margaret Beliveau, M.D.

- Does exercise prehabilitation have a role in some patients prior to surgery?

Preoperative Laboratory Testing

David Raslau, M.D.

- Which patients require lab testing prior to surgery?

Laparoscopic Surgery and Patient Positioning – Why it Matters

Adam K. Jacob, M.D.

Physiologic Effects of Anesthetic Drugs

Nicole L. Varela, M.D.

- What does the medical consultant need to know about the paralytic agents and the physiologic effects of anesthesia?

11:15 a.m. Question and Answer Session

Perioperative Genomics

11:30 a.m. Perioperative Genomics

Denise M. Dupras, M.D., Ph.D.

- What pharmacogenomic information do I need to be aware of in the perioperative setting?

Infectious Disease

12:00 p.m. Perioperative Infectious Disease Issues

Mary J. Kasten, M.D.

- 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?
- Is there a role for the use of probiotics to prevent postoperative infections?

12:30 p.m. Question and Answer Session

12:45 p.m. Adjourn

Optional Workshop with Lunch (*pre-registration required*)

1:00 p.m. The Multidisciplinary Approach to Perioperative Medicine

Adam K. Jacob, M.D.; Karna K. Sundsted, M.D.; Karen F. Mauck, M.D., Geno J. Merli, M.D., Lisa M. Belch, APRN, C.N.P.; Jessica A. Lindblom, APRN, C.N.P.; Amanda Effertz, P.A.-C.

- Review the role of NP/PAs, anesthesiologists, internists, and hospitalists in the continuum of perioperative care at Mayo
- How do patients get triaged for video vs face-to-face visits?
- How is the EMR used to perform the preoperative checklist?
- Which patients require a more complex preoperative evaluation with an anesthesiologist or internist?
- How does the patient flow work in the preop clinic?
- How are patients with anemia or penicillin allergy managed preop?
- How are complex postoperative patients managed in the inpatient setting?
- How are learners incorporated in the perioperative setting?

2:30 p.m. Question and Answer Session

3:00 p.m. Adjourn

THURSDAY, NOVEMBER 16, 2023

6:30 a.m. Breakfast with the Professor featuring Wednesday's Course Faculty

Cardiovascular Part 3, Medication and Fluid Management Topics

7:30 a.m. Managing Postoperative Cardiac Complications

Howard H. Weitz, M.D.

- 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)?

8:15 a.m. Understanding Perioperative Fluid Management

John B. Bundrick, M.D.

- What is unique about fluid management perioperatively?
- Which is better-- liberal or restrictive fluid management?
- What type of fluid is optimal?
- How can POC ultrasound be helpful in fluid management?

8:45 a.m. Perioperative Medication Jeopardy

Host: Christopher R. Stephenson, M.D.

- What overarching issues need to be considered for perioperative medication management?
- Test your knowledge of the how to manage common perioperative medications!
- Apply the SPAQI consensus statements to perioperative medication management.

9:30 a.m. Complex Cases in Perioperative Medication Management

Moderator: Richard E. Silbert, M.D.

Panel: Margaret Beliveau, M.D., John B. Bundrick, M.D. and Adam K. Jacob, M.D.

- How should I approach patients with polypharmacy preoperatively and which patients would benefit from pharmacy consultation?
- What are some issues with weight loss drugs perioperatively?
- How should I address patients with recent exposure to immune checkpoint inhibitors?
- What should I recommend to my patients regarding dietary supplements perioperatively?
- How should I approach patients on hormonal therapies?

10:15 a.m. Question and Answer Session

10:30 a.m. Refreshment Break

Infectious Disease

10:45 a.m. Perioperative COVID-19 Issues

David M. Phelan, M.D.

- What is the best approach for preoperative COVID-19 testing?
- How do I manage a patient who is COVID-19 positive and requires urgent surgery?
- How long should patients wait to have surgery after COVID-19 infection?

Rheumatology and Hip Fracture

- 11:15 a.m. Perioperative Rheumatology Considerations**
Ashima Makol, M.B.B.S.
- How do I manage DMARDS and other rheumatologic medications in patients who require surgery?
 - What are the perioperative risks associated with rheumatologic diseases?
 - How do I diagnose and manage acute crystalline arthritis in the surgical patient?
- 11:45 a.m. Perioperative Management of Hip Fractures: Internal Medicine and Orthopedic Surgery Perspectives**
Karna K. Sundsted, M.D. and Krystin A. Hidden, M.D.
- What are the areas of collaboration and controversy in the management of patients with hip fracture?
 - How long do we have for medical optimization of hip fracture patients?
 - What are some hip fracture basics that are helpful to the internist?
- 12:15 p.m. Question and Answer Session**
- 12:30 p.m. Lunch On Your Own**

Pulmonary and Geriatric Topics

- 2:00 p.m. Preoperative Pulmonary Risk Stratification and Risk Reduction Strategies**
Sandeep R. Pagali, M.D.
- Which factors contribute to pulmonary risk in non-cardiac surgery?
 - Which pulmonary risk index best predicts postoperative pulmonary complications?
 - When is pulmonary testing recommended preoperatively?
 - What measures can be employed to help minimize postoperative pulmonary complications in at-risk patients?
- 2:30 p.m. Postoperative Pulmonary Complications and use of Non-invasive Ventilation**
Miguel T. Teixeira, M.D.
- What are the most common postoperative pulmonary complications?
 - How should I approach a new oxygen requirement postoperatively?
 - When should postoperative non-invasive ventilation be considered?
 - How can Respiratory Therapy partner in caring for patients with postoperative pulmonary issues?
 - What are some respiratory red flags that warrant transfer to the ICU?
- 3:00 p.m. Perioperative Care of the Elderly Patient**
Margaret Beliveau, M.D.
- How old is too old to consider surgery?
 - 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?
- 3:30 p.m. Recognizing and Addressing Frailty**

Donna Miller, M.D.

- How is the frailty index used to identify patients at risk of postoperative complications?
- Are there preoperative management strategies to address frailty?
- How should frailty be managed in the postoperative period to minimize risk?

4:00 p.m. Question and Answer Session

4:15 p.m. Attendee Reception

4:45 p.m. “Consult Guys” Presentation:
(CME credit will not be provided for this session)
Geno J. Merli, M.D. and Howard H. Weitz, M.D.

5:15 p.m. Adjourn

FRIDAY, NOVEMBER 17, 2023

6:30 a.m. Breakfast with the Professor featuring Thursday’s Course Faculty

Sleep Medicine and Neurology Topics

7:30 a.m. Management of Documented or Suspected Obstructive Sleep Apnea in Patients Undergoing Noncardiac Surgery

Eric Olson, M.D.

- 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?

8:15 a.m. Managing Patients with Neurologic Disease in the Perioperative Period

Andrea N. Leep Hunderfund, M.D., MHPE

- 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?

8:45 a.m. Question and Answer Session

Venous Thromboembolism Prophylaxis and Anticoagulation Management

9:00 a.m. DVT/PE Prophylaxis in the Surgical Patient I: The Internist’s Perspective

Geno J. Merli, M.D.

- What are the patient- and surgery-related risk factors for perioperative DVT; what tool should I use to calculate risk?
- What guideline should I use for DVT prophylaxis in surgical patients?
- When is extended DVT prophylaxis indicated?
- How does renal function affect the management of DVT prophylaxis?
- How do I determine which patients are at increased risk of postoperative bleeding?

9:30 a.m. DVT/PE Prophylaxis in the Surgical Patient II: The AAOS Guidelines and the Orthopedist's Perspective

Krystin A. Hidden, M.D.

- What concerns do orthopedists have about DVT prophylaxis?
- What are the AAOS Guideline recommendations for DVT prophylaxis in orthopedic surgical patients?
- When is extended DVT prophylaxis indicated and which agent is best?

10:00 a.m. Perioperative Management of Direct Oral Anticoagulants

Geno J. Merli, M.D.

- 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?

10:30 a.m. Question and Answer Session

10:45 a.m. Refreshment Break

11:00 a.m. Perioperative Management of Anticoagulants (Warfarin): To Bridge or Not to Bridge

Matthew Bartlett, M.D.

- 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?

11:30 a.m. Perioperative Management of the Patient with Kidney Disease

Ginny A. Dines, M.D.

- What perioperative issues do I need to consider for a patient with kidney disease?
- How do I manage patients with advanced kidney disease, at risk for requiring perioperative hemodialysis?
- What are the key considerations for patients on peritoneal dialysis?
- How do I prevent acute kidney injury in the perioperative period?
- Which electrolyte abnormalities should delay surgery?
- Are there some key perioperative recommendations for patients who are on the kidney transplant list?

Friday Finale: Perioperative Update

12:15 p.m. Recently Published Practice Changing Evidence in Perioperative Medicine
Maleka Khambaty, M.D.

- What are some of the key perioperative publications from the past year?
- How do I apply this recent evidence to my practice?
- What are some of the limitations of the publications?

12:45 p.m. Question and Answer Session

1:00 p.m. Adjourn

SATURDAY, NOVEMBER 18, 2023

6:30 a.m. Breakfast with the Professor featuring Friday's Course Faculty

Perioperative Endocrine and Hematology Topics

7:30 a.m. Managing the Diabetic Patient in the Perioperative Period

Vinaya Simha, M.B.B.S., M.D.

- 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?

8:15 a.m. Common Hematology Issues in the Perioperative Period

Rajiv K. Pruthi, M.B.B.S.

- 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?

9:00 a.m. Perioperative Management of Endocrine Issues: Stress Dose Steroids, Adrenal Insufficiency, Thyroid Disease

Vinaya Simha, M.B.B.S., M.D.

- What issues do I need to consider in patients with hypothyroidism or hyperthyroidism in the perioperative period?
- Which patients should have thyroid function testing preoperatively?
- 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?

- Do patients who receive dexamethasone for prevention of nausea and vomiting also need stress dose hydrocortisone as well?

9:30 a.m. Question and Answer Session

9:45 a.m. Refreshment Break

Gastrointestinal and Nutrition Topics

10:00 a.m. Perioperative Management of the Patient with Liver Disease

William Sanchez, M.D.

- How do I approach preoperative risk assessment in a patient with liver disease?
- What is the VOCAL-PENN Score?
- 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?

10:45 a.m. Management of Postoperative Gastrointestinal Complications

Arya B. Mohabbat, M.D.

- 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?

11:15 a.m. Perioperative Nutrition Considerations

Ryan T. Hurt, M.D., Ph.D.

- 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!