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, acupressure 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
- 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

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**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 reinstituted 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

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**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!