

**An Overview of Perioperative Medicine 2026:**  
From Outpatient Preoperative Assessment to Inpatient Postoperative Care  
Westin River North, Chicago, IL and LIVESTREAM

\*\*All times noted are Central Time (CT)\*\*

**October 20– 24, 2026**

TUESDAY, OCTOBER 20, 2026

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**6:30 a.m. Registration and Continental Breakfast**

**Perioperative Medicine Panel #1 and Anesthesia Topics**

**7:00 a.m. Welcome and Course Overview**

**7:15 a.m. Perspectives on the Multi-Disciplinary Approach to Perioperative Medicine**

*Moderator: Margaret Beliveau, M.D.*

*Panel: John Bundrick, M.D., Douglas Pfeil, M.D., Ph.D., and Geno Merli, M.D*

- What are the roles of the medical consultant?
- What should a preoperative evaluation include?
- How can a multidisciplinary approach optimize patient care?

**7:45 a.m. Anesthesia Alerts for the Perioperative Clinician**

*Douglas Pfeil, M.D., Ph.D.*

- Is general anesthesia more risky than spinal anesthesia for some patients?
- How do I counsel my patients about energy drinks, alcohol, and nicotine the night before surgery?
- What should I tell the patient about fasting?
- How do I accurately assign an ASA score?
- What should the consultant know about tranexamic acid intraoperatively?

**Cardiovascular Medicine Topics, Part 1**

**8:30 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 risk calculators?
- Which patients should have NT-PROBNP and/or Troponins preoperatively?

**9:15 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?

**10:00 a.m. Question and Answer Session**

*Douglas Pfeil, M.D. Ph.D., Karen F. Mauck, M.D. and Howard H. Weitz, M.D.*

**10:15 a.m. Refreshment Break**

## Cardiovascular Medicine Topics, Part 2 and Clinical Shorts

### 10:30 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 are the indications for a temporary pacemaker in the perioperative period?
- How do I manage pacemakers and CIEDs in the perioperative period?

### 11:30 a.m. Myocardial Injury after Non-Cardiac Surgery (MINS)

*Dennis W. Regan, M.D.*

- What is the prognostic significance of MINS?
- How do I identify MINS in the postoperative setting?
- Which patients should be surveilled for MINS?
- Is there any evidence-based treatment?

## Clinical Shorts

### 12:00 p.m. Cardiac Stress Tests

*Christopher A. Dinh, M.D.*

- How do I choose a cardiac stress test?

### Pulmonary Hypertension

*Kathryn T. del Valle, M.D.*

- What perioperative issues need to be considered in a patient with secondary pulmonary hypertension
- How do I approach a patient with elevated right sided pressures on TTE?

### Preoperative ECG and Echocardiogram

*Christopher A. Dinh, M.D.*

- When are preoperative ECGs and echocardiograms indicated?
- What is the role of AI in ECG interpretation?

### 12:45 p.m. Question and Answer Session

*Howard H. Weitz, M.D., Dennis W. Regan, M.D., Christopher A. Dinh, M.D., and Kathryn T. del Valle, M.D.*

### 1:00 p.m. Adjourn

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

- Come with questions, discussion and your tough cases for the course faculty!

**Pain Management and Substance Use Topics**

**7:00 a.m. Pain Management in the Perioperative Period**

*Eric S. Schwenk, M.D.*

- What are the key issues in patients on chronic opioids preoperatively?
- What are the common PCA doses for postoperative pain control?
- What are some of the basics for use of ketamine and multimodal analgesia postoperatively?
- 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 are some important tips for using suzetrigine postoperatively?

**7:45 a.m. Managing the Patient with Perioperative Substance Use Disorders**

*Charles P. Reznikoff, M.D.*

- What are the perioperative issues with the use of common substances such as methamphetamine, heroin, kratom and cocaine?
- How do I manage patients on Suboxone and methadone perioperatively?
- How can I use prescription monitoring programs in the perioperative setting?
- When should surgery be delayed or postponed in patients with substance use?

**8:30 a.m. Question and Answer Session**

*Eric S. Schwenk, M.D., and Charles P. Reznikoff, M.D.*

**Clinical Shorts**

**8:45 a.m. Non-Cardiac Device Management**

*Luke J. Matzek, M.D.*

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

**Cannabis in the Perioperative Period**

*Charles P. Reznikoff, M.D.*

- Are there drug interactions with cannabis and what are the other perioperative considerations in patients with regular or recent cannabis use?

**Laparoscopic Surgery and Patient Positioning – Why it Matters**

*Luke J. Matzek, M.D.*

- What are the physiologic effects of intraoperative positioning and insufflation?

**Alcohol Use Disorder in the Perioperative Setting**

*Charles P. Reznikoff, M.D.*

- How should I manage patients with AUD in the perioperative setting?

**Physiologic Effects of Anesthetic Drugs**

*Douglas Pfeil, M.D., Ph.D.*

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

**10:00 a.m. Question and Answer Session**

*Luke J. Matzek, M.D., Charles P. Reznikoff, M.D., and Douglas Pfeil, M.D., Ph.D.*

**10:15 a.m. Refreshment Break**

## Perioperative Medicine Panel 2

**10:30 a.m. Stop or Go? Perioperative Show Stoppers**

*Moderator: Rick Silbert, M.D.*

*Joan M. Irizarry Alvarado, M.D., Aditya P. Devalapalli, M.D., Luke J. Matzek, M.D., and David Raslau, M.D., M.P.H.*

- What patients are not appropriate for outpatient surgery?
- Outpatient preop for next day surgery – who should be delayed?
- First case! Are there hospitalized patients with an urgent surgical indication who would benefit from 24-48 hours of medical optimization?
- What are some of the issues that justify delaying surgery?
- What laboratory results should be further investigated prior to surgery?
- Which patients need to see an anesthesiologist prior to the day of surgery?

## Infectious Disease and POCUS

**11:30 a.m. Perioperative Infectious Disease Issues**

*Bismark S. Bisono Garcia, 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?
- What are the key issues in perioperative COVID-19?

**12:00 p.m. Perioperative POCUS, Applications for Practice**

*Panel: John B. Bundrick, M.D., and Meltiady Issa, M.D., M.B.A.*

- What are the basics of IVC and JVP assessment perioperatively?
- How do I assess pulmonary edema or pleural effusions postoperatively?
- How is gastric ultrasound used preoperatively?

**12:30 p.m. Question and Answer Session**

*Rick Silbert, M.D., Bismark S. Bisono Garcia, M.D., John B. Bundrick, M.D., and Meltiady Issa, M.D.*

**12:45 p.m. Adjourn**

THURSDAY, OCTOBER 22, 2026

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

- Come with questions, discussion, and your tough cases for the course faculty!

## Cardiovascular Part 3, Clinical Shorts and Medication Jeopardy

**7:00 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)?

## Clinical Shorts

### 8:00 a.m. Postoperative Altered Mental Status in the Non-Geriatric Patient

*Deanne T. Kashiwagi, M.D.*

- How should I approach postoperative confusion in the younger patient?

### Postoperative Urinary Retention (POUR)

*Maleka Khambaty, M.D.*

- Which patients are at risk for POUR and how should it be managed?

### Preoperative Anemia and Iron Therapy

*Amanda J. Effertz, P.A.-C.*

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

### 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?

### 9:00 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 how to manage common perioperative medications!
- Learn how to manage herbals/supplements, weight loss drugs and ICIs
- Apply the SPAQI consensus statements to perioperative medication management

### 9:45 a.m. Question and Answer Session

*Howard H. Weitz, M.D., Deanne T. Kashiwagi, M.D., Maleka Khambaty, M.D., Amanda J. Effertz, P.A.-C., John B. Bundrick, M.D., and Christopher R. Stephenson, M.D.*

### 10:00 a.m. Refreshment Break

## Rheumatology and Hip Fracture

### 10:15 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?
- How do I diagnose and manage acute crystalline arthritis in the surgical patient?

**10:45 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?

**11:30 a.m. Question and Answer Session**

*Ashima Makol, M.B.B.S., Karna K. Sundsted, M.D., and Krystin A. Hidden, M.D.*

**11:45 a.m. Lunch On Your Own**

**Pulmonary and Geriatric Topics**

**1:00 p.m. Preoperative Pulmonary Risk Stratification, Risk Reduction and Postoperative Management 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?
- How should I approach a new oxygen requirement postoperatively?

**1:30 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?
- How should post-op delirium be treated?
- Do DNR orders need to be suspended prior to surgery, and if so, when should DNR orders be reinstated postoperatively?

**2:00 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?

**2:30 p.m. Question and Answer Session**

*Sandeep R. Pagali, M.D., Margaret Beliveau, M.D., and Donna Miller, M.D.*

**2:45 p.m. Light Refreshment Break (beverage only, soda)**

## The Breakouts

- 3:00 p.m.**      **Option #1: The Preoperative Clinic – Comparing Different Practice Models**  
*Lisa M. Belch, APRN, C.N.P., Margaret Beliveau, M.D., Liz A. Cumberland, APRN, CNP, DNP, Joan M. Irizarry Alvarado, M.D., and Geno J. Merli, M.D.*
- Review the role of NP/PAs, anesthesiologists, internists, hospitalists and CRNA's in the continuum of perioperative care at Mayo.
  - Discuss various practice models for triaging patients for pre-op evaluation.
  - Demonstrate value in preoperative evaluation.
  - Which patients require a more complex preoperative evaluation with an anesthesiologist or an internist?
  - How does the patient flow work in the pre-op clinic?
- Option #2: Literature Update**  
*Moderator: Maleka Khambaty, M.D.*  
*Aditya P. Devalapalli, M.D., Josh D. Overgaard, M.D., and David Raslau, M.D., M.P.H.*
- Review important practice changing literature
  - Summarize key new publications in perioperative medicine
  - Apply the latest evidence to your practice
- Option #3: Challenging Cases in Perioperative Medicine**  
*Deanne Kashiwagi, M.D., Douglas Pfeil, M.D., Ph.D., Charlie P. Reznikoff, M.D., and Jose J. Sanchez, M.D.*
- (Presenters to provide more specific objectives related to their content)
- 4:30 p.m.**      **Attendee Reception**
- 5:00 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.*
- 5:30 p.m.**      **Adjourn**

FRIDAY, OCTOBER 23, 2026

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

## Sleep Medicine and Neurology Topics

- 7:00 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 a significant increase in perioperative morbidity and mortality?
  - What are the common postoperative issues for patients with advanced liver disease and clinical pearls for managing them?
  - What do I need to know about managing the transplant patient undergoing non-cardiac surgery?
- 7:30 a.m.**      **Managing Patients with Neurologic Disease in the Perioperative Period**  
*Andrea N. Leep Hunderfund, M.D., MHPE (\*virtual)*
- 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?

**8:00 a.m. Question and Answer Session**  
*Andrea N. Leep Hunderfund, M.D., MHPE*

### Vascular, Gasrointerology and Hepatology

- 8:15 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?
- 8:45 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?
- 9:15 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?
- 9:45 a.m. Question and Answer Session**  
*Geno J. Merli, M.D., and Krystin A. Hidden, M.D.*
- 10:00 a.m. Refreshment Break**
- 10:15 a.m. Cases from the Vascular Clinic**  
*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?
- 10:45 a.m. Management of Postoperative Gastrointestinal Complications**

*Bright P. Thilagar, 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. Management of Documented or Suspected Obstructive Sleep Apnea in Patients Undergoing Noncardiac Surgery**

*Eric J. Olson, M.D. (\*virtual)*

- 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?

**11:45 p.m. Question and Answer Session**

*Matthew Bartlett, M.D., Bright P. Thilagar, M.D., and William Sanchez, M.D*

**12:00 p.m. Adjourn**

SATURDAY, OCTOBER 24, 2026

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

**Perioperative Endocrine and Hematology Topics**

**7:00 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 non-insulin injectables in the perioperative period?
- How should I manage patients on insulin pumps/continuous glucose monitors in the perioperative period?
- What is the optimal glycemic control in the postop setting?

**7:45 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 post-op period?
- When are factor concentrates and/or 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?

**8:30 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?

**9:00 a.m. Question and Answer Session**

*Vinaya Simha, M.B.B.S., M.D. and Rajiv K. Pruthi, M.B.B.S.*

**9:15 a.m. Refreshment Break**

**Nephrology and Nutrition Topics**

**9:30 a.m. Perioperative Management of the Patient with Kidney Disease**

*Virginia A. Dines, M.D.*

- What perioperative issues do I need to consider for a patient with kidney disease?
- When should I consider obtaining a Cystatin C?
- How do I manage patients with advanced kidney disease, at risk for requiring perioperative hemodialysis?
- What is the optimal timing of preoperative dialysis in ESRD patients?
- 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?

**10:15 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?

**10:45 a.m. Question and Answer Session**

*Virginia A. Dines, M.D., and Ryan Hurt, M.D.*

**11:00 a.m. Adjourn**