

Regional Anesthesia Workshop Faculty

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ERAS Course and Regional Anesthesia Workshop

Purpose

The course will address topics related to understanding all components of ERAS. ERAS concept consists of preoperative, intraoperative, and postoperative phases of care and there is evidence to support certain practices in each. Across various levels of care and throughout the care process, it is important that care practitioners across the care team understand the evidence in support of ERAS and its impact to increase patient outcomes. As a relatively new way to approach patient care through a holistic model that integrates all phases of care, care practitioners will learn the value and implications of ERAS. The ERAS workshop, the US-Guided Regional

Anesthesia (USGRA) workshop includes key elements of Point-of-Care-Ultrasound (POCUS) relevant to all anesthesiologists practicing regional anesthesia as an important part of the ERAS protocol.

Learning Objectives

- Identify best evidence-based practices for a successful enhanced recovery program.
- Describe the science behind physiology and pathophysiology of ERAS.
- Recognize the importance of a team-based, interdisciplinary approach to patient care.
- Acquire a better understanding of the nuances of preoperative patient preparation, intraoperative management strategies, and postoperative care.
- Develop a better understanding of how a team approach can impact patient outcomes.
- Identify the basic principles of ultrasound anatomy for regional anesthesia.
- Describe basic and advance nerve block techniques in the interscalene, supraclavicular, infraclavicular, pectoral, femoral, popliteal, and truncal regions (paravertebral, TAP, fascia iliaca, erector spinous).

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Massachusetts Medical Society and the Massachusetts Society of Anesthesiologists. The Massachusetts Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

AMA Credit Designation Statement

The Massachusetts Medical Society designates each live activity for the number of *AMA PRA Category 1 Credits™* listed below. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Enhanced Recovery After Surgery (ERAS): 13.00 *AMA PRA Category 1 Credits™*

2.25 credits meet the criteria of the Massachusetts Board of Registration in Medicine for risk management study.

Regional Anesthesia Workshop for Enhanced Recovery After Surgery (ERAS): 2.00 *AMA PRA Category 1 Credits™*

For Nurses

This program meets the requirements of the Massachusetts Board of Registration in Nursing at 244 CMR 5.00 for 18 contact hours. Certificates of attendance will be awarded to all participants following the program.

Massachusetts Society of Anesthesiologists
860 Winter Street
Waltham, MA 02451

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Enhanced Recovery After Surgery (ERAS): Providing Evidence-Based Care in the Multidisciplinary Setting Course and Workshops

with Basic US-Guided Regional Anesthesia and Point-of-Care Ultrasound Workshop and ERAS Implementation Workshop

Saturday–Sunday, September 7–8, 2019
Waltham Woods Conference Center
Waltham, MA

Richard Urman, MD, MBA
Course Director



www.mass-anesthesiologists.org

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**Enhanced Recovery After Surgery
Course and Workshops
September 7–8, 2019**

REGISTRATION

Name: _____

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Home Address: _____

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Hospital: _____

Specialty: _____

Phone: _____

Registration Fee

- MSA Members — \$299
- Nonmember Physicians — \$399
- RN/NP/PA — \$275
- Administrators — \$275
- Residents/Fellows — \$150
- Students — \$75

Up to 15 AMA PRA Category 1 Credits™
Up to 2.25 meet the criteria for risk management

**To register online, please go to
www.mass-anesthesiologists.org
or mail your registration with check payable to
Massachusetts Society of Anesthesiologists
860 Winter Street, Waltham, MA 02451.**

For more information,
contact the MSA Office at (781) 434-7329
or email MAAnesthesiologists@mms.org.

The Conference Center at Waltham Woods
860 Winter Street, Waltham, MA
www.conferencecenteratwalthamwoods.com/location

Day 1 (September 7)

- 8:00 a.m. Registration and Breakfast
- 8:20 a.m. **Introductory Remarks**
Richard D. Urman MD, MBA
Immediate Past President, Massachusetts Society of Anesthesiologists; Chair, Programs Committee, Brigham and Women's Hospital
- 8:30 a.m. **Keynote Address: When Dogma-Based Practices Are Disproven by New Evidence***
Olle Ljungqvist, MD
Professor of Surgery, Örebro University Hospital, Department of Surgery, Affiliated Professor of Surgery, Karolinska Institutet, Stockholm, Sweden
- 9:00 a.m. **The Science of Change Management and How to Become Part of the Solution**
Edward Whang, MD
Associate Professor of Surgery, Harvard Medical School; General Surgeon, Brigham and Women's Hospital
- 9:15 a.m. **Understanding ERAS Guidelines**
Kevin Elias, MD
Instructor in Obstetrics, Gynecology, and Reproductive Biology, Brigham and Women's Hospital
- 9:35 a.m. **Preoperative Preparation**
Jessica Shanahan, MD
Instructor in Anesthesia, Veterans Affairs Boston Healthcare System; Department of Anesthesia, Massachusetts General Hospital
- 10:00 a.m. Coffee Break
- 10:20 a.m. **Goal-Directed Fluid Therapy and Patient Monitoring**
Matthias F. Stopfkuchen-Evans, MD
Department of Anesthesia and Pain Management, Brigham and Women's Hospital
- 10:45 a.m. **Multimodal Analgesia — Intravenous Medications**
Richard D. Urman, MD, MBA
- 11:05 a.m. **Multimodal Analgesia — Regional Anesthesia**
Matthias F. Stopfkuchen-Evans, MD
- 11:30 a.m. **Management of the Chronic Pain Patient and the Opioid Crisis***
Ehren R. Nelson, MD
Instructor in Anesthesia, Brigham and Women's Hospital
- 11:50 a.m. **Intraoperative Optimization Strategies and Designing Institutional Perioperative Protocols**
Kay B. Leissner, MD
Assistant Professor of Anesthesia, Veterans Affairs Boston Healthcare System; Boston VA Medical Center

- 12:15 p.m. Lunch and Networking (provided)
- 1:05 p.m. **Colorectal Surgery**
Ronald Bleday, MD
Chief, Section of Colon and Rectal Surgery, Brigham and Women's Hospital and Dana-Farber Cancer Institute; Associate Professor of Surgery, Harvard Medical School
- 1:30 p.m. **Orthopedics**
Kay B. Leissner, MD
- 1:55 p.m. **Pediatrics**
Joseph Cravero, MD
Associate Professor of Anaesthesia, Boston Children's Hospital
- 2:20 p.m. **Neurosurgery**
Linda Aglio, MD, MS
Associate Professor of Anaesthesia, Brigham and Women's Hospital
- 2:45 p.m. **Cardiac Surgery**
Daniel Engelman, MD
President, ERAS Cardiac Surgery; Medical Director, Heart, Vascular and Critical Care Services, Baystate Medical Center; Associate Professor of Surgery, University of Massachusetts Medical School-Baystate Medical Center
- 3:10 p.m. **Improving Financial Outcomes by ERAS Implementation***
Dionisios Vrochides, MD, PhD, FACS, FRCS
Professor of Surgery; Vice Chairman, Quality of Outcomes; Assistant Program Director, Robotic HPB Surgery Fellowship
- 3:35 p.m. **What We Know about ERAS and Patient Outcomes?***
Olle Ljungqvist, MD
- 4:00 p.m. **Questions and Answers with the Expert Panel**
Moderator: Matthias F. Stopfkuchen-Evans, MD

Basic US-Guided Regional Anesthesia and Point-of-Care Ultrasound Workshop

Co-Director: Gustavo Angaromo, MD

- 4:30 p.m. **Introduction and Highlights**
- 4:45 p.m. **Session 1**
Upper extremity blocks; interscalene — supraclavicular — infraclavicular; PECS I and II blocks
- 5:15 p.m. **Session 2**
Lower extremity blocks; femoral and saphenous nerve blocks; popliteal/sciatic blocks (sub-gluteal)
- 5:45 p.m. **Session 3**
Transversus abdominis plane (TAP) block; ilioinguinal/iliohypogastric nerve block; fascia iliaca compartment block; horacic paravertebral block; erector spinous block
- 6:30 p.m. Evaluation and Closing Remarks

Day 2 (September 8)

- 8:30 a.m. Breakfast
- 8:50 a.m. **Plastic Surgery**
Jessica Erdmann-Sager, MD, FACS
Instructor, Harvard Medical School; Plastic Surgery, Restorative Surgery, Brigham and Women's Hospital
- 9:15 a.m. **Urology**
Mark Preston, MD
Assistant Professor of Surgery, Harvard Medical School; Associate Surgeon in Urology, Brigham and Women's Hospital
- 9:40 a.m. **Current Status of ERAS in HPB Surgery***
Dionisios Vrochides, MD, PhD, FACS, FRCS
- 10:05 a.m. **Gynecologic and Obstetric Surgery**
Kevin Elias, MD
- 10:35 a.m. **Bariatric Surgery and Care of the Obese Patient**
Konstantin Balonov, MD
Vice Chair for Perioperative Services, Department of Anesthesiology and Perioperative Medicine, Tufts Medical Center; Assistance Professor of Anesthesiology, Tufts University School of Medicine
- 11:00 a.m. **ERAS Nursing Care and Communication***
Angie Balfour, MSc
Senior ERAS Nurse and Senior Research Nurse, Surgical Services, NHS Lothian
- 11:20 a.m. **Questions and Answers with the Expert Panel**
Moderator: Richard D. Urman, MD, MBA
- 11:40 a.m. Lunch and Networking (provided)
- ERAS Implementation Workshop**
Co-Directors: Angie Balfour, MSc, and Matthias F. Stopfkuchen-Evans, MD
- 12:10 p.m. **Introduction**
Olle Ljungqvist, MD, and Dionisios Vrochides, MD, PhD, FACS, FRCS
- 12:40 p.m. **Implementation at a Large Hospital: Lessons Learned**
Casey McGrath, RN, MSN
Director of Clinical Quality Programs, Department of Quality and Safety, Brigham and Women's Hospital
- 1:00 p.m. **Implementation Workshop**
Faculty: Angie Balfour, MSc, and Matthias F. Stopfkuchen-Evans, MD
- 3:00 p.m. Questions and Answers
- 3:20 p.m. Adjourn
- * Qualifies for risk management credit. Only claim those credits commensurate with your participation.*