PREHABILITATION WORLD CONFERENCE

‘MAKING PATIENTS FIT FOR SURGERY’

JUNE 27-29, 2018
VAN DER VALK HOTEL EINDHOVEN, THE NETHERLANDS

FOR MORE INFORMATION: WWW.PREHAB2018.NL
Welcome to the 2nd “Prehabilitation World Conference”

We all share the revolutionary thought that optimizing the patients’ condition before surgery will improve perioperative care and quality of life.

We have organized a highly innovative program on perioperative care. Our international faculty members are the leading experts in the world on prehabilitation. They will provide you with the latest facts on physical training, nutrition, mental support and all other factors that will help you preparing your patients for major interventions.

The central theme of our conference will be “the multimodal approach”. You will learn about initiatives in various fields: e.g. colorectal, liver, aneurysm and urological surgery. All patients undergoing surgery should benefit. The program involves all professionals who contribute to this team effort: surgeons, physicians, anesthesiologists, physical therapists, thoracic and vascular surgeons, dieticians, sport physicians, nurses, urologists, orthopedic surgeons, scientists and management. You are all more than welcome.

“Making patients fit for surgery” sounds logical but it is a complex multidisciplinary effort. Workshops and plenary sessions are organized to provide the tools you need to implement a prehabilitation program at your own hospital. Together we can create a revolution in perioperative care.

The city of Eindhoven has a lot to offer, both culturally and socially. It has been voted the most inventive city of the world for consecutive years. I hope you notice that in June the climate is nice and the sun stays up until 10:30 pm.

Welcome to the City of Light and enjoy your stay,

On behalf of the Conference Committee,
Gerrit D. Slooter
CONFERENCE COMMITTEE
Gerrit Slooter, MD PhD, Oncological Surgeon at Máxima Medical Center, The Netherlands
Prof. Francesco Carli, MD PhD, Professor of Anesthesiology at McGill University, Canada
Baukje van den Heuvel, MD PhD, Colorectal Surgeon at Radboud UMC, The Netherlands
Prof. Gerry Danjoux, MD PhD, Consultant Anaesthetist, South Tees Hospitals, UK
Stefan van Rooijen, MD, Physician/Researcher at Máxima Medical Center, The Netherlands
Nicole Papen-Botterhuis, PhD, Coordinator Research at Máxima Medical Center, The Netherlands

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Prof. Ellen Kampman PhD
Wanda de Kanter MD PhD
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Prof. Luc van Loon PhD
Prof. Nico van Meeteren PhD
Barbara van Munster MD PhD
Susanne Oksbjerg PhD
Stefan van Rooijen MD
Celena Scheede-Bergdahl PhD
Goof Schep MD PhD
Prof. Michael Segalla PhD
Julie Silver MD PhD
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Extraordinary Professor of Exercise Physiology and Nutrition, Maastricht University Medical Center, The Netherlands
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PhD Candidate Surgery, Máxima Medical Center, The Netherlands
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Sports Physician, Máxima Medical Center, The Netherlands
HEC Paris School of Management and Hangzhou Dianzi University, China
Associate Professor of Physical Medicine and Rehabilitation, Harvard Medical School; Massachusetts General, Brigham & Womens and Spaulding Rehabilitation Hospitals
Surgical Oncologist, Maxima Medical Center, The Netherlands

Organizing partners
WEDNESDAY JUNE 27, 2018

15:30  Welcome and registration

16:00  Opening and Surprise Keynote lecture Bibian Mentel

16:30-17:30  Session 1: Perioperative care
Chairs: Gerry Danjoux and Baukje van den Heuvel
16:30  ERAS, past, present and future from the surgical perspective
Olle Ljungqvist
17:00  Anesthesiological perspectives of ERAS
Hans de Boer

17:30  Break

18:00-19:30  Session 2
Chairs: Celina Scheede-Bergdahl and Stefan van Rooijen
18:00  Prediction of surgical outcomes
Mike Grocott
18:20  Prehab, rehab and the continuum of care
Julie Silver
18:40  Keynote lecture: Prehabilitation: the Revolution
Francesco Carli

19:00  Welcome reception

THURSDAY JUNE 28, 2018

09:00-10:30  Session 3: Elements of prehabilitation I
Chairs: Sandy Jack and Francesco Carli
09:00  Physical therapy and Prehabilitation
Nico van Meeteren
09:20  High Intensity Training translated from athletes to patients
Goof Schep
09:40  Training programs in Prehabilitation and the link to nutrition
Celena Scheede-Bergdahl
10:00  Evaluation of a patient education animation to support prehabilitation prior to surgery
James Durrand and Andrew Burton
10:10  PREPWELL: A multimodal cross-specialty community-based prehabilitation and wellbeing programme
E. Carr
10:20  The role of intravenous iron carboxymaltose supplementation in non-anemic patients undergoing to elective hip or knee arthroplasty in our ERAS protocol, one of our pillars for a correct prehabilitation
T. D’Amato

10:30  Coffee break
11:00-12:30  Session 4: Elements of prehabilitation II
Chairs: Nicole Papen-Botterhuis and Julie Silver
11:00  You are what you eat
Luc van Loon
11:15  Nutritional aspects of prehabilitation
Chelsia Gillis
11:30  Psychology and patient empowerment
Susanne Oksbjerg
11:45  Frailty, the concept and the reversibility
Barbara van Munster
12:00  Keynote lecture:
Surgery and smoking cessation, why and how?
Wanda de Kanter & Pauline Dekker
12:30  Lunch and poster presentations (even numbers)
13:00-15:00  Session 5: Multimodel prehabilitation
Chairs: Olle Ljungqvist and Bart Bongers
13:30  Definitions in prehabilitation
Celena Scheede-Bergdahl & Gwen Thomas
13:50  Multimodal prehabilitation in Colorectal Surgery
Stefan van Rooijen
14:10  Overview of prehabilitation initiatives around the world
Emma Bruns
14:30  Keynote lecture: The Barcelona experience
Anaël Barberan
15:00  Coffee break
15:30-17:00  Session 6 Parallel I: Prehabilitation in different surgical fields
Chairs: Mike Grocott and Gerrit Slooter
15:30  A pre-operative community-based exercise programme for prostate and colorectal cancer patients: feasibility and preliminary effectiveness study
L. Loughney
15:40  The effect of prehabilitation on sarcopenia development during neoadjuvant chemotherapy for oesophagogastric cancer: A randomised controlled trial
S. Allen
15:50  Prehabilitation in total hip arthroplasty: personalized training for the at-risk elderly
E. Oosting
16:00  Prehabilitation for Women Undergoing Breast Cancer Surgery
P. Brahmbhatt
16:10  Trimodal prehabilitation programme in patients awaiting cardiac transplantation: a pilot study
M. Coca-Martinez
16:20  PROADAPT pilot trial: Prehabilitation & Rehabilitation in Oncogeriatrics: Adaptation to Deconditioning risk and Accompaniment of Patients’ Trajectories
C. Falandry
15:30-17:00  Session 6 Parallel II: Patient Outcomes: Eindhoven Room 4-5

15:30  Predicting adverse postoperative outcomes in elderly patients undergoing surgery for colorectal cancer using the Dutch VMS-frailty instrument
T. Argillander

15:40  Effects of moderate versus high intensity pre-operative exercise training on pre- and post-operative insulin sensitivity in colorectal cancer patients undergoing surgery
V. Ferreira

15:50  Impact of an enhanced recovery program (ERP) on clinical outcomes and institutional costs in elective laparoscopic colorectal resections
C. Feo

16:00  The effect of a physiotherapy prehabilitation programme on postoperative outcomes in patients undergoing Cardiac or thoracic surgery
N. Lambie

16:10  Improving cancer outcomes and survival in Wales using holistic prehabilitation and optimisation interventions
R. Barlow

16:20  Predictors of health-related quality of life 3 months after abdominal aortic aneurysm repair
G. Tew

16:30  Keynote lecture: Prehabilitation in aneurysm surgery
Gerry Danjoux

19:00  Informal congress dinner (no dress code)
FRIDAY JUNE 29, 2018

08:00-08:30 Workshop round 1
For more information check the announcement boards

08:45-09:15 Workshop round 2

09:30-11:00 Session 7: Outcomes
Chairs: Sandra Beijer and Goof Schep
09:30 Outcomes of functional recovery: 6MWT the gold standard?
Bart Bongers
09:45 Surgical and patient related outcomes
Baukje van den Heuvel
10:00 Tools and wearables
Michael Segalla
10:15 Community based exercise training
Sandy Jack
10:35 Nutrition and lifestyle in cancer survivors
Ellen Kampman
11:00 Coffee break

11:30-13:00 Session 8: How to start your prehabilitation program
Chairs: Chelsia Gillis and Nico van Meeteren
11:30 ERAS 3.0
Gerrit Slooter
12:10 Starting your prehabilitation program
Francesco Carli, Stefan van Rooijen & Enrico Minnella
12:40 Prehabilitation: the business case
Katinka van Boxtel
13:00 Lunch and poster presentations (odd numbers)

14:00-16:00 Session 9: Award winning session
Chairs: Baukje van den Heuvel and Gerrit Slooter
14:00 Best Abstract: In-hospital supervised and personalized exercise training leads to earlier functional recovery following colorectal resection for cancer
R. Awasthi
14:10 Best Abstract: From waiting towards preparing: A qualitative feasibility study on cancer patients’ perspectives on prehabilitation
A. Beck
14:20 Best Abstract: Fit4SurgeryTV: at-home prehabilitation for frail elderly undergoing colorectal cancer surgery
T. Argilander
14:30 The future of perioperative care, dare to dream
Franco Carli, Gerry Danjoux, Mike Grocott, Stefan van Rooijen
15:30 Award ceremony and take home messages
Gerrit Slooter
16:00 One for the road
Prehabilitation will revolutionize perioperative care and we are currently witnessing the start of its worldwide implementation. The International Prehabilitation Society is initiated as a means to keep each other up to date on new initiatives and publications. Its main goal is to facilitate the implementation of prehabilitation in all hospitals around the globe.

We want to inform doctors, nurses, paramedics, managers and all others interested in prehabilitation to join the Society. We plan to provide you with:

- Three-monthly newsletters on prehabilitation and perioperative care
- Update on conferences
- Best practices
- Expert opinions
- Options for joining research projects
- Reduced fee for upcoming events (e.g. next years’ World Conference)

You can join the society using the registration module of the World Prehabilitation Conference. For your registration we charge € 30 annually. During the Eindhoven Conference we will share ideas and ask you for your suggestions.

You can also already leave suggestions for the Society or content for the first newsletter (Prehabilitation@mmc.nl).

Gerrit Slooter
Gerry Danjoux

Francesco Carli
Baukje van den Heuvel
GENERAL INFORMATION

Accreditation
Accreditation is accredited by:
UEMS for 13 European CME credits
NAPA, ABAN and ADAP for 13 credits for international conference and 4 credits for Dutch Day

Venue
Van der Valk Hotel Eindhoven
Aalsterweg 322, 5644 RL Eindhoven
www.hoteleindhoven.nl

Van der Valk Hotel is een excellent congress venue with al lot of facilities. You will find all kinds of ways to stay in shape.
• Fitness area
• Indoor pool
• Personal Training
Or you can rent a bike and explore the surroundings of the hotel.