



**International Federation for
Obesity and Metabolic Disorders**



Key Issues in Obesity Peri-operative Care (Educational Course)

Friday August 28th 2015

Endorsed by the
European Society of
Anaesthesiology **ESA**

Course Directors:

Mike Margaron (UK)

Luc de Baerdemaeker (B)

Faculty:

Jay Brodsky (USA)

Christian Byhahn (Germany)

Günther Frank (Austria)

Tomasz Gaszynski (Poland)

Daniela Godoroja (Romania)

Sunita Goel (India)

Barbara Kabon (Austria)

Jan Mulier (Belgium)

Claire Nightingale (UK)

Elisabeth Roth (Austria)

Euan Shearer (UK)

Ashish Sinha (USA)

Course Overview and Target Audience

This course will be delivered by experts in Bariatric anaesthesia to provide an update of the key issues in the peri-operative management of the Morbidly Obese patient.

It will address the major co-morbidities affecting this population, including the impact of the metabolic syndrome and the latest understanding of sleep apnoea and its relevance and impact on the peri-operative course. It will discuss cardiovascular and respiratory pathophysiology relevant to the morbidly obese then cover the fundamentals of drug dosing, airway challenges and finish by updating on current best practices in analgesia, nausea prevention, thromboprophylaxis and post-operative levels of care.

The course is based on the Bariatric Anaesthesia Revalidation course recognized by the UK Royal College of Anaesthetists and by the UK Society for Obesity and Bariatric Anaesthesia, as the knowledge base for certification in Bariatric Anaesthesia.

The target audience will be consultants and senior trainees who work with morbidly obese patients.

The morning sessions will be applicable to surgeons and all clinicians involved in pre-operative work up of patients undergoing bariatric surgery, the afternoon sessions will be aimed at those delivering anaesthesia and post-op care.

Discussions will be interactive to address practical questions.

The day will consist of five hours of lectures and one hour of discussion / feedback.

Course Objectives

Upon completion of this activity, participants should be able to:

- Describe the key pathological processes associated with significant obesity and understand the relevance of these conditions to the peri-operative course of patients undergoing general anaesthesia and surgery. Specifically they should recognize the impact of the pattern of fat distribution and the presence of the metabolic syndrome as major risk factors for peri-operative morbidity.
- Describe the screening, investigation and management of sleep apnoea and other obesity-related cardio-respiratory diseases.
- Describe principles of drug dosing regimens and understand body weight scalars used in obese patients. Know the benefits and contra-indications of multi-modal analgesia adjuncts and enhanced recovery strategies. Know the most appropriate anaesthetic agents and techniques to use in these patients
- Recognize the high-risk patient and appropriately stratify resources.
- Recognize the patient at high risk of thrombo-embolic events and be able to balance the risks and benefits of management strategies.
- Recognize and describe airway assessment and management strategies in the morbidly obese.

This course introduces and includes the theoretical aspects of the advanced airway workshop, which will follow on the next day.

Friday 28th - Agenda

Time	Topic	Speaker(s)
8:00am	Welcome & Introduction	Mike Margaron
Session 1a: Introduction and Background		
8:05am	Anaesthetic disasters and obesity: Why we run this course..	Euan Shearer
8:15am	Epidemiology and Anthropology of Obesity	Mike Margaron
8:25am	BMI, Fat Distribution & Relevance to Drug Dosing	Claire Nightingale
8:40am	Inflammation & Metabolic Syndrome	Elisabeth Roth
8:50am	Discussion	50 + 10 mins
Session 1b: The Co-morbidities		
9:00am	Cardiovascular effects of Obesity	Barbara Kabon
9:15am	Respiratory effects of Obesity	Jay Brodsky
9:30am	Sleep Apnoea: Pathophysiology and Mechanisms	Mike Margaron
9:45am	Sleep Apnoea: Screening and Management	Christian Byhahn
10:00am	Assessment of Cardiopulmonary Reserve	Luc de Baerdemaeker
10:10am	The role of the MDT - Risk-benefit judgements	Euan Shearer
10:20am	Discussion then Break	80 + 10 mins
[Presidential Address Session in Main Hall]		
12:30 – 13:30	Presentation of Anaesthesia Abstracts	Chairs: M Margaron/ J Mulier / A Sinha

Session 2a: Airway Issues in the Obese

14:00	Pulmonary Physiology in the Obese	Mike Margaron
14:15	Airway management in the Obese	Jay Brodsky
14:30	Videolaryngoscopy and advanced airway techniques	Daniela Godoroja
14:45	Discussion 1	45 + 10 mins
14:55	Reflux and the RSI myth	Günther Frank
15:10	Ventilation in the obese	Sunita Goel
15:25	Discussion 2	30 + 5 mins

Session 3a: Intra-operative Care

16:00	The Pneumoperitoneum	Jan Mulier
16:15	Analgesia & Opioid-sparing strategies	Luc de Baerdemaeker
16:30	The Ideal Anaesthetic techniques	Claire Nightingale
16:45	Discussion	45 + 10 mins

Session 4b: Post-operative Management

16:55	Thromboprophylaxis	Ashish Sinha
17:10	Post-op care: where ..?	Tomasz Gaszynski
17:25	Surgery & the complications you must recognise	David Kerrigan
17:40	Discussion	
17:50	Summing up & closing remarks:	Euan Shearer
18:00	Adjourn	45 + 15 mins