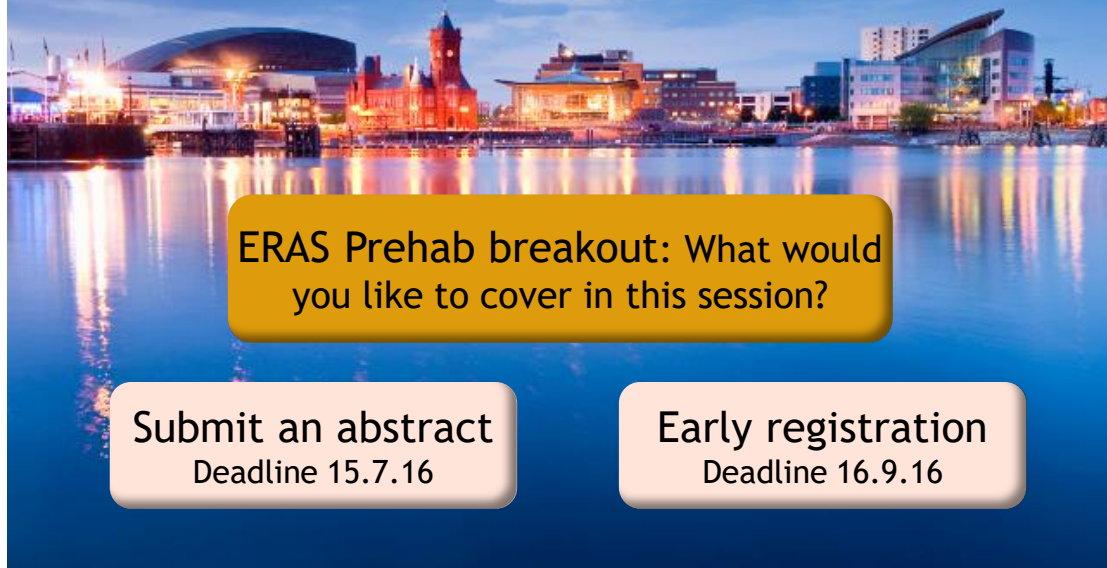


Communications Digest June 2016

Thanks to everyone who has introduced themselves to the group. You can read these short messages on the next page. Please keep them coming...

This brief digest will be sent to the whole group and we hope that it will become a useful resource for you in the future.

6th Enhanced Recovery after Surgery (UK) Conference 4th November 2016 Cardiff



ERAS Prehab breakout: What would you like to cover in this session?

Submit an abstract
Deadline 15.7.16

Early registration
Deadline 16.9.16

ASGBI Conference Report

A special session at the recent Surgical Week in Belfast was devoted to Prehabilitation and patient optimisation. Chaired by Prof. Wyn Lewis and Prof. John MacFie, the session featured presentations from Prof Mike Grocott, Dr Sorrel Burden and Dr Rachael Barlow.

Professor Grocott gave a fascinating talk on the positive effects of modifying lifestyle factors to increase patient resilience in the pre-operative period. The benefits of smoking and alcohol cessation are hard to demonstrate due to the lack of good quality studies at the moment. However, there is growing evidence that patients undergoing a pre-op exercise regime recover their fitness more quickly after chemoradiotherapy.

What does Prehabilitation involve for your patients and how do measure the benefits?

Hello everyone!

My name is Rachel Thomas and I am an Enhanced Recovery Facilitator for Elderly Care Acute Medicine at the Royal Berkshire Foundation Trust in Reading. I am a Physiotherapist by trade, but work closely with all ward staff to embed the principles of ER in quite a different environment for Enhanced Recovery.

Looking forward to meeting you all at the next conference.

Rachel

Introductions

Dear all,

I work in Charing cross hospital in London, Urology department. I have been in this role for a year. I started with the patients undergoing radical cystectomy and I am hoping to roll out ERAS for nephrectomies as well. I am looking forward to meeting everyone and exchange experience.

Kind regards, Ana Peterkin

Hi All,
The idea of a special interest prehab group within the ERAS society is a good one. There is a lot that we could learn from each other.
Derek O'Reilly,
Consultant
Hepatobiliary &
Pancreatic Surgeon

Hi All,

I am Snehal Bhavsar, ER Nurse from University Hospital of South Manchester.

Dear all,

I am based in Guildford at the Royal Surrey where we have a strong history of enhanced recovery. My particular area of interest is in ER for liver resection surgery and radical cystectomies but have also written ER protocols for gynae surgery, prostatectomies and upper GI.

BW Chris Jones Consultant Anaesthetist