

Virtual Workshop
***Frail surgical population –
How can their recovery be optimised?***

27TH OCT 2022 | THURS | 8.00AM – 5.00PM

Synopsis

Undergoing surgery imposes a stressful challenge to the normal physiology of the body. This may prove to be difficult for patients with frailty to handle due to their propensity for comorbidities, and invariable decline in physiological reserves, nutritional health and cognitive function. Furthermore, frailty is a key prognostic factor in post-operative complications, functional recovery and mortality. In recent years, great focus has been placed on the concept of rehabilitation in the frail surgical population. Rehabilitation during the pre- and post-operative periods minimise the effect of surgical stress response, metabolic deconditioning, and aids in accelerating return to baseline functional capacity. This workshop aims to equip healthcare professionals with the knowledge to screen and identify adults with frailty and introduce evidence-based strategies to manage these patients from pre-operative to post-operative periods.

Learning Objectives

At the end of the workshop, participants would be able to:

- Understand the concept of frailty, and how to identify and screen for frailty.
- Understand the considerations from a surgeon's perspective and the importance of peri-operative optimisation in the areas of nutrition, delirium and physical function.
- Select relevant physical function assessment tools for risk-stratification and evaluation of functional outcomes.
- Apply evidence-based practice for pre-operative and post-operative rehabilitation in the frail surgical population.

Target Audience

Physiotherapists who work with the frail surgical population in the acute settings and community hospitals.

Course Fee

SGD 350(Early bird closing 29th Sept)
SGD 420(Regular closing 12th Oct)

Faculty

Dr Tan Ming Ngan Aloysius
[Consultant]

Dr Lim Jun Pei
[Consultant]

Mr Ernest Wong Kok Wah
[Senior Dietician]

Ms Jennifer Li Yuan
[Advanced Practiced Nurse]

Ms Tan Yi Fang
[Senior Physiotherapist]

Ms Adeline Chi Hui Jia
[Senior Physiotherapist]

Ms Abigail Chan Hsin Yi
[Senior Physiotherapist]

Ms Lim Biyu
[Senior Physiotherapist]

Platform:

This workshop will be conducted via Zoom Cloud Meetings app.

Upon successful registration, you will receive a link for the virtual workshop closer to date.

Enquiries:

For enquiries,
please email:
AHInet@ttsh.com.sg

Registration:

Please register with QR code provided.



PROGRAMME

27 th October 2022 (Thursday)	
08:00 – 08:15	Registration
08:15 – 09:00	Surgeon's perspective: Opening doors to the frail surgical population (Dr. Tan Ming Ngan Aloysius)
09:00 – 09:45	Can frailty be reversed and optimised? (Dr. Lim Jun Pei)
09:45– 10:00	Tea Break
	Peri-operative Optimisation: Nutrition and Delirium
10:00 – 10:45	Nutrition and sarcopenia (Mr. Ernest Wong Kok Wah)
10:45 – 11:30	Delirium prevention and management (Ms. Jennifer Li Yuan)
	Peri-operative Optimisation: Targeting Physical Frailty
11:30 – 12:30	Screening, risk stratification and physical function outcome measures (Ms. Abigail Chan Hsin Yi)
12:30 – 13:30	Lunch
13:30 – 14:15	Prehabilitation (Ms. Tan Yi Fang)
14.15 – 15:15	Post-operative complications and exercise prescription (Ms. Adeline Chi Hui Jia)
15:15 – 15:30	Tea Break
15:30 – 16:15	Rehabilitation in the community after hospital discharge (Ms. Lim Biyu)
16:15 – 17:00	Case study and Summary