



# Anaesthesia for the Patient with Morbid Obesity - Key Issues

ESAIC Approved Pre-Congress Course, Rotterdam

Friday 5<sup>th</sup> June 2026

*Co-ordinators: Mike Margaron & Luc De Baerdemaeker - courses@espcop.eu*

**Capacity – 120 places**

**Target audience: Both senior trainees and established specialist doctors with an interest in providing safer anaesthesia for the patient with severe obesity.**

## Learning objectives:

This course covers the fundamental points of managing anaesthesia in patients with severe obesity and co-morbidity. It focusses on understanding the associated disease processes, particularly the impact of obesity on the cardiovascular and respiratory systems and on the pharmacology of anaesthetic drugs.

Further topics covered include: the metabolic syndrome, sleep disordered breathing (OSAS/OHS), pre-operative assessment and risk reduction strategies. The final sessions will focus on practicalities; fasting guidelines, ultrasound use and limitations; airway and ventilation issues; the overall practice of anaesthesia, analgesia and regional anaesthesia, and postoperative care; concluding with a case discussion and a self-assessment quiz.

*The Key Issues course places a strong emphasis on practical tips for everyday clinical work, encourages professional exchange, and fosters a low-hierarchy environment with ample opportunity to engage directly and ask questions to international experts.*

## Timetable:

### 09.00-09.45 REGISTRATION AND REFRESHMENTS

#### 09.45-10.35 Introduction & Background

- Anaesthetic disasters & obesity: Why we run this course	<b>M Margaron</b>	15
- BMI & Fat Distribution	<b>A Pereira</b>	15
- Pharmacology Fundamentals in Obesity	<b>L De Baerdemaeker</b>	15
- Questions and discussion		5

#### 10.35-11.25 The Impact of Obesity

- The Metabolic Syndrome	<b>L Albon</b>	15
- Cardiovascular Effects of Obesity	<b>D Hacking</b>	15
- Respiratory Effects of Obesity	<b>A Trinks</b>	15
- Questions and discussion		5



## 11:25-11.50 MORNING COFFEE BREAK

### 11.50-12.25 Sleep Disordered Breathing

- Pathophysiology and Mechanisms of SDB	<b>M Margaron</b>	15
- Screening & Perioperative Management	<b>A Pereira</b>	15
- Questions and discussion		5

### 12.25-13.00 Pre-operative assessment to reduce risk

- Cardiac Risk and Assessment	<b>D Hacking</b>	15
- The Team Approach - Role of the Bariatric Physician	<b>L Albon</b>	15
- Questions and discussion		5

## 13.00-13.55 LUNCH

### 13.55-15.00 Airways, Ventilation & Post-op care

- How to safely intubate and extubate the obese patient	<b>A Saracoglu</b>	15
- Pulmonary mechanics and ventilation in the obese	<b>M Scharffenberg</b>	15
- The pneumoperitoneum & its impact	<b>J Mulier</b>	15
- Post-op care & Thromboprophylaxis	<b>P Mieszczanski</b>	15
- Questions and discussion		5

## 15.00-15.20 AFTERNOON TEA BREAK

### 15.20-16.10 Anaesthetic systems & special cases

- The use of ultrasound in the obese	<b>D Godoroja</b>	15
- The Ideal Analgesic technique?	<b>N Eipe</b>	15
- The Ideal Anaesthetic technique?	<b>L De Baerdemaeker</b>	15
- Questions and discussion		5

### 16:10-16:55 Cases and Interactive Questions:

- A Bad Day at the Office – When things go wrong	<b>Panel of Speakers</b>	20
- Q&A Self-Assessment - Kahoot session	<b>A Trinks / N Bronebakk</b>	20
- Prizes and close of meeting		5

## 17:00: END OF SESSIONS

### Faculty:

Dr Lorraine Albon	- Chichester, UK	Prof Luc de Baerdemaeker	- Gent, Belgium
Dr Nirooshee Bronebakk	- Slependsen, Norway	Prof Naveen Eipe	- Ottawa, Canada
Prof Daniela Godoroja	- Bucharest, Romania	Dr Doug Hacking	- Melbourne, Aus
Dr Mike Margaron	- Chichester, UK	Dr Piotr P Mieszczanski	- Warsaw, Poland
Prof Jan Mulier	- Brugge, Belgium	Dr Ana Isabel Pereira	- Porto, Portugal
Prof Ayten Saracoglu	- Miami, USA	Dr Martin Scharffenberg	- Dresden, Germany
Dr Alexandra Trinks	- Munich, Germany		

