

# Anaesthesia for the Patient with Morbid Obesity - Key Issues

ESAIC Approved Pre-Congress Course, Munich  
Friday 24<sup>th</sup> May 2024

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**Capacity – 100 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 will cover the fundamental points of managing anaesthesia in patients with severe obesity. It involves understanding the associated disease processes and consequences, particularly the impact of obesity on the cardiovascular and respiratory systems and on the pharmacology of anaesthetic drugs. Other topics covered will include: The metabolic syndrome, sleep disordered breathing (OSAS/OHS), fasting guidelines, ultrasound use and limitations, preoperative assessment and risk reduction strategies. The final sessions will focus on the practicalities of airway and ventilation issues, the practice of anaesthesia, analgesia and regional anaesthesia, and postoperative care.

## Timetable:

### 09.00-09.45 REGISTRATION AND REFRESHMENTS

#### 09.45-10.35 Introduction & Background

- Anaesthetic disasters & obesity: Why we run this course **L De Baerdemaeker** 15
- BMI & Fat Distribution **A Pereira** 15
- Drug Dosing in the Morbidly Obese **M Margaron** 15
- Questions and discussion 5

#### 10.35-11.25 The Impact of Obesity

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

### 11:25-11.50 MORNING COFFEE BREAK

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### 11.50-12.25 Sleep Disordered Breathing

- Pathophysiology and Mechanisms of SDB	<b>M Margaron</b>	15
- Screening & Perioperative approach	<b>S Saxena</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
- Pre-operative Team Approach: Risk-benefit judgements	<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>T Gaszynski</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>D Godoroja</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>J Mulier</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 (with prizes..)	<b>A Trinks / R Südy</b>	20
- Prizes and close of meeting		5

## 17:00: END OF SESSION

### Speakers:

Dr Lorraine Albon	- Chichester, UK	Dr Luc de Baerdemaeker	- Gent, Belgium
Prof Tomasz Gaszynski	- Lodz, Poland	Prof Daniela Godoroja	- Bucharest, Romania
Dr Doug Hacking	- Melbourne, Australia	Dr Mike Margaron	- Chichester, UK
Dr Jan Mulier	- Brugge, Belgium	Dr Ana Isabel Pereira	- Porto, Portugal
Dr Sarah Saxena	- Brugge, Belgium	Dr Martin Scharffenberg	- Dresden, Germany
Dr Roberta Südy	- Geneva, Switzerland	Dr Alexandra Trinks	- Munich, Germany