

Scientific Programme

8 am to 9 am: Registration and Breakfast

9 am to 10.30 am: Session 1	
Overview and Pathophysiology (15 min)	Dr Biju Pottakat
Setting up the foundation (20 min)	Dr Shalini Saxena
Prehabilitation (20 min)	Ms Pooja Lakhani
Role of nutrition in ERAS (20 min)	Ms Shilpa Varma
Discussion	

10.30 am to 11.35 am: Session 2	
ERAS- Anaesthesia protocol & Fluid therapy (20 min)	Dr Ambreen Sawant
Post-operative opioid sparing analgesia & VTE prophylaxis (20 min)	Dr Rochana Bakshi
TAP and Enhanced recovery (15 min)	Dr Nilesh Kadu
Discussion (10 min)	

11.35 am to 11.50 am: Tea break

11.50 am to 1.30 pm: Session 3	
Role of the surgeon in ERAS (25 min)	Dr Biju Pottakat
ERAS pathway in Obstetrics & Gynaecology (15 min)	Dr Bindhu K. S.
Panel Discussion: (1hr)	Time to change? How do I start ERAS and improve my practice?
Moderators:	Dr Anita Roy & Dr Archana Wani
Panelists:	Ms Varsha Gorey, Dr Rochana Bakshi, Dr Shalini Saxena, Dr Shalu Keni, Dr Biju Pottakat & Mr Sujin Jacob

1.30 pm onwards: Lunch

*Regn fees: Rs 800/-
MMC credit points applied for*



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*Navi Mumbai Obstetric and Gynaecological Society &
Indian Society of Anaesthesiologists, Navi Mumbai Branch
take pleasure in inviting you to a CME on*

14th July 2019

ENHANCED RECOVERY AFTER SURGERY

*Venue: Apollo Hospitals, Parsik hill road, Belapur
Convenor: Dr Anuja Thomas*

**NMOGS President
Dr Mini Nampoothiri**

**NMOGS Secretary
Dr Bindhu K. S.**

**NMOGS Treasurer
Dr Santosh Jaybhaye**