



2025 World Congress of Prehabilitation and Perioperative Medicine

Innovations in Perioperative Care: Shaping the
Future of Surgery

November 3-5, 2025 Hyatt Regency, Vancouver, BC Canada

DAY 1 · Monday, November 3

12:00-2:45	Registration	
2:45-2:50	Welcome Remarks	Dr Kelly Mayson (Canada)
2:50-3:30	Why Prehabilitation: Resilience to Surgical Stress	Dr Janius Tsang (Canada)
3:30-4:15	Panel Discussion – Where Does Prehab End and Perioperative Care Begin?	
	Denny Levett (United Kingdom), Gabriele Baldini (Italy) Dan McIsaac (Canada), Erin Morley (Canada) Professor Bernard Riedel (Australia), Linda Denehy (Australia)	
4:15-4:30	Transition	
4:30-5:30	Breakout Session A – Starting, Growing, and Spreading Prehab Programs	
OPTION 1	“START” = Not seeing patients yet, starting a prehab program Getting Buy-In for Prehab Programs Getting Started with Prehab Surgery School	Professor Daniel Santa Mina (Canada) Gabriele Baldini (Italy) Imogen Fecher Jones (United Kingdom)
OPTION 2	“GROW” = Establishing and growing prehab programs State of the Literature Toolkits and Digital Implementation for Prehab How to QI Your Prehab Initiative	Dr Brian Mahoney (Canada) Dr Christina Prickett (Australia) Dr Michelle Scheepers (Canada)
OPTION 3	“SPREAD” = Established programs with a research and/or QI mandate Running Prehab Trials: Lessons Learned How to Recruit Sites to a Collaborative Must Knows for Complex Intervention Research	Professor Dan McIsaac (Canada) Geoff Schierbeck(Canada) Professor Nancy Mayo (Canada)
5:30-7:30	Welcome Reception	

DAY 2 · Tuesday, November 4

8:00-8:10	Welcome Remarks	Hilary Grocott (Canada)
8:10-8:50	Reflection on the Last Decade of ERAS and Prehabilitation	Professor Franco Carli and Chelsia Gillis (Canada)
8:50-9:20	Efficacy of Prehabilitation	Dr Dan McIsaac (Canada)
9:20-9:40	Break	
9:40-11:20	Learnings from BC Prehab Programs	
	BC's Surgical Patient Optimization Collaborative: QI Methodology Collaborative Development of Provincial Tools for Prehab Choose to Move: Community Based Exercise Support Pathways BC: Information for Family Physicians and Patients	Dr Kelly Mayson (Canada) Dr Lindi Thibodeau (Canada) Laura Churchill (Canada) Tracy Monk (Canada)
11:20-12:10	Lunch <i>(Poster Presentations)</i>	
12:10-1:40	Screening and Assessment	
	Screening and Assessment of Functional Capacity Body Composition Assessment Risk Assessment Core Outcome Set for Standardizing Prehab Measures	Professor Denny Levett (United Kingdom) Dr Faisal Beg (Canada) Dr Duminda Wijeyesundera (Canada) Tom Parkington (United Kingdom)
1:40-2:00	Break	

DAY 2 · Tuesday, November 4

2:00-3:30 Breakout Sessions B – Developing the Components of a Prehab Program

OPTION 1 Nutrition Component

Identifying and Treating Malnutrition
Trace Elements and Micronutrients for Prehab
Behaviour Change for Nutrition

Assistant Professor Chelsia Gillis (Canada)
Megan Beggs (Canada)
Associate Professor Tamara Cohen (Canada)

OPTION 2 Exercise Component

HIIT Training
Resistance Training
Respiratory Prehab: Don't Forget the Lungs

Sandy Jack (United Kingdom)
Professor Kristin Campbell (Canada)
Dr Ianthe Boden (Australia)

OPTION 3 Psychological Component

Supporting Behaviour Change
Treatment of Anxiety and Depression
Promoting Living in the Face of Overwhelm

Professor Leah Avery (United Kingdom)
Ella Sexton (Australia)
Dr Max Slepian (Canada)

3:30-3:40 Transition

3:40-4:30 Debate – Prehabilitation: Who Should Lead It?

Anesthesiologist – Dr Dan McIsaac
Surgeon – Dr Malcolm West
Geriatrician – Dr Camilla Wong
Psychologist – Dr Christina Prickett
Physiotherapist – Dr Ianthe Boden
Exercise Physiologist – Professor Daniel Santa Mina
Dietician – Chelsia Gillis
Nurse – Karen Phenix
Patient – Mark Spelliscy

DAY 3 · Wednesday, November 5

8:00-8:10	Welcome Remarks	Chelsia Gillis (Canada)
8:10-8:50	Prehabilitation in Cancer: From Guidance to Guidelines	June Davis (United Kingdom)
8:50-10:10	Exploratory Approaches to Prehab Interventions	
	Prehabilitation and the Microbiome: What Are We Waiting For? Empowering Patients During Difficulties: Lessons from Transitional Pain Services Cognitive Prehabilitation	Associate Professor Stan Kubow (Canada) Dr Hance Clarke (Canada) Dr Leandra Amado (Canada)
10:10-10:30	Break	
10:30-11:50	Medical Optimization	
	Pro-BNP screening, MINS and Postoperative Cardiac Surveillance Perioperative Blood Management Weight Management with Incretin-Based Drugs	Dr Duminda Wijeyesundra (Canada) Dr Jacqueline Trudeau (Canada) Professor Bernard Riedel (Australia)
11:50-12:40	Lunch (<i>Poster Presentations</i>)	
12:40-2:00	Barriers and Troubleshooting Common Problems	
	The “Difficult” Patient: An Approach to the Resistant Patient Getting Institutional Buy-In: The Economics of Prehab Why the Pharma Model Doesn’t Work with Prehab: Complex Interventions	Ella Sexton (Australia) Professor Mike Grocott (United Kingdom) Professor Nancy Mayo (Canada)
2:00-2:15	Transition	

DAY 3 · Wednesday, November 5

2:15-3:35	Breakout Session C – Current Developments and Special Populations		
	OPTION 1	Evaluating Prehabilitation: Current Developments STARRS: A Multi-site Trial of Surgery School Prehabilitation STRIVE Canada Prehab During Neoadjuvant Cancer Therapy	Professor Linda Denehy (Australia) Dr Susan Lee (Canada) Assistant Professor Malcom West (United Kingdom)
	OPTION 2	Prehab in Special Populations Prehab in Open AAA Prehab for Liver Transplants Prehab for Renal Transplants	Dr Miquel Coca-Martinez (Canada) Puneeta Tandon (Canada) Dr Chris Nyguen (Canada)
3:35-3:45	Break		
3:45-4:45	Abstract Competition		
4:45-5:00	Abstract Awards, Conference Close		