

# Anaesthesia for the Patient with Morbid Obesity – Key Issues

ESAIC Approved Satellite Course, Lisbon

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**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. Other topics covered will 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 practice of anaesthesia, analgesia and regional anaesthesia, and postoperative care.

## Programme:

### 09.00–09.45 REGISTRATION AND REFRESHMENTS

#### 09.45–10.35 Introduction & Background

Anaesthetic disasters & obesity: Why we run this course	<b>L. De Baerdemaeker</b>	15
BMI & Fat Distribution	<b>A. Pereira</b>	15
Drug Dosing in the Morbidly Obese	<b>M. Margaron</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 approach	<b>S Saxena</b>	15
Questions and discussion		5

<b>12.25–13.00 Pre-operative assessment to reduce risk</b>		
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
<b>13.00–13.55 LUNCH</b>		
<b>13.55–15.00 Airways, Ventilation &amp; Post-op care</b>		
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
<b>15.00–15.20 AFTERNOON TEA BREAK</b>		
<b>15.20–16.10 Anaesthetic systems &amp; special cases</b>		
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
<b>16:10–16:55 Cases and Interactive Questions:</b>		
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 et al</b>	20
Prizes and close of meeting		5

## **17:00: END OF SESSION**

### **Speakers:**

Dr Lorraine Albon – Chichester, UK  
 Prof Tomasz Gaszynski – Lodz, Poland  
 Dr Doug Hacking – Melbourne, Australia  
 Dr Jan Mulier – Brugge, Belgium  
 Dr Sarah Saxena – Brugge, Belgium  
 Dr Roberta Südy – Geneva, Switzerland

Dr Luc de Baerdemaeker – Gent, Belgium  
 Prof Daniela Godoroja – Bucharest, Romania  
 Dr Mike Margaron – Chichester, UK  
 Dr Ana Isabel Pereira – Porto, Portugal  
 Dr Martin Scharffenberg – Dresden, Germany  
 Dr Alexandra Trinks – Munich, Germany

