34th Myron B. Laver International Postgraduate Course
Perioperative Medicine for Elderly Patients
Dear Participant

Just thirty years ago we considered it a challenge to anesthetize an octogenarian for complex open heart surgery and then to treat him or her adequately in the intensive care unit. Mortality at that time, depending on pre-operative risk classification, complexity of the procedures, and perioperative complications, was between 20 and almost 100%. Today anesthetizing the elderly is routine practice. We now tend to patients over ninety years old and think about centenarians.

Improvements on all sides have made this expansion possible. But we have also realized that getting older means becoming more fragile and having fewer or no reserves. These patients do not tolerate mistakes and negligence. In addition, we have observed new problems that are much more frequent in this patient group, such as cerebral or cognitive dysfunctions, delirium, and muscle weakness.

In this year’s postgraduate course we address the perioperative problems of the elderly. Our goal is to first discuss the basics and then to continue with aspects of intra- and postoperative management. We have invited a strong constellation of experts, and we hope that the lectures, the discussion, and the contribution of your expertise will increase our collective knowledge and improve our perioperative treatment of elderly people.

One last word: Life is limited, and we are approaching the natural boundaries. Before thinking about crossing the borders, it probably makes sense to improve the quality of care for patients who are not yet approaching their final border of life.

Hans Pargger
Session I: Basics

Moderator: L. A. Steiner

Friday, February 28, 2014 (Morning Session)

08.15       Registration in the ZLF lobby

09.00 - 09.15  Welcome/Introduction

09.15 - 09.45  How Old Is My Patient Really?
              Physiology and Biomarkers of Aging
              K.-H. Krause
              Geneva, Switzerland

09.45 - 10.15  What Do Anesthesiologists Need to Know about Frailty?
               C. C. Sieber
               Nuremberg, Germany

10.15 - 10.45  Transmission of Alzheimer’s Disease - Are Anesthesiologists Going Mad?
               M. Tolnay
               Basel, Switzerland

10.45 - 11.15  Coffee break

11.15 - 11.45  Perioperative Organ Protection in Elderly Patients
               R. P. Mahajan
               Nottingham, UK

11.45 - 12.15  Preoperative Optimization - Does it Work?
                P. H. Willoughby
                Stony Brook, NY, USA

12.15 - 13.00  Discussion with all speakers
## Session II: Intraoperative Management

Moderator: R. W. Kressig

### Friday, February 28, 2014 (Afternoon Session)

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<td>14.15 – 14.45</td>
<td>Timing of Surgery - Does It Matter in Geriatric Trauma?</td>
<td>N. Suhm</td>
<td>Basel, Switzerland</td>
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<td>14.45 – 15.15</td>
<td>General Anesthesia for the Very Old Patient - How I Do It</td>
<td>M. Filipovic</td>
<td>St. Gallen, Switzerland</td>
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<td>15.15 – 15.45</td>
<td>Does Hypotension Matter?</td>
<td>L. Saager</td>
<td>Cleveland, OH, USA</td>
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<td><strong>15.45 – 16.15</strong></td>
<td><strong>Coffee break</strong></td>
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<td>16.45 – 17.15</td>
<td>Can Anesthesiologists Prevent Postoperative Delirium?</td>
<td>F. Sieber</td>
<td>Baltimore, MD, USA</td>
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<td>17.15 – 17.45</td>
<td>Discussion with all speakers</td>
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<td>17.45 – 18.30</td>
<td>Guest lecture</td>
<td>V. Bonhomme</td>
<td>Liege, Belgium</td>
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<td>18.30</td>
<td>Close of scientific session</td>
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<td>18.30</td>
<td>Alumni dinner (for those who have reserved)</td>
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### Session III: Postoperative Care

Moderator: H. Pargger

**Saturday, March 1, 2014**

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<tr>
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<td>08.15 – 09.00</td>
<td>Coffee and croissants</td>
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<tr>
<td>09.00 – 09.30</td>
<td>Postoperative Complications and Outcome in Elderly Patients</td>
<td>H. U. Rothen, Bern, Switzerland</td>
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<td>09.30 – 10.00</td>
<td>Aggressive Therapies in the Elderly - Are They Sustainable?</td>
<td>N. Marchionni, Florence, Italy</td>
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<td>10.00 – 10.30</td>
<td>Perioperative Nutrition - Can We Improve Outcome?</td>
<td>P. E. Wischmeyer, Aurora, CO, USA</td>
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<td>10.30 – 11.00</td>
<td>Can Advance Directives Be Valid in Emergency Situations?</td>
<td>T. Krones, Zurich, Switzerland</td>
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<td>11.00 – 11.30</td>
<td>Discussion with all speakers</td>
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<tr>
<td>11.30</td>
<td>Close of scientific session</td>
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Vincent Bonhomme, MD, PhD, Associate Professor, University Department of Anesthesia and Intensive Care Medicine, CHR Citadelle and CHU Liege, Belgium

Miodrag Filipovic, MD, Professor, Deputy Head of the Division of Anesthesiology, Intensive Care, Rescue and Pain Medicine, Cantonal Hospital St. Gallen, Switzerland

Karl-Heinz Krause, MD, Professor of Medicine, Faculty of Medicine, University Hospital of Geneva, Switzerland

Reto W. Kressig, MD, Professor, Chair of Geriatrics, University Center for Medicine of Aging, Felix Platter Hospital, Basel, Switzerland

Tanja Krones, MD, Dipl. Soz., Privat Docent, Leading Consultant Physician, Clinical Ethics, University Hospital Zurich, Switzerland

Ravi P. Mahajan, MBBS, MD, FRCA, Professor and Head of Division, Anaesthesia and Intensive Care, Queen’s Medical Centre, Nottingham, UK; Editor-in-Chief, British Journal of Anaesthesia; Chairman, National Institute of Academic Anaesthesia at The Royal College of Anaesthetists; Chairman, Data Intelligence Group, Safe Anaesthesia Liaison Group at The Royal College of Anaesthetists; Chairman, Subcommittee on Patient Safety, European Society of Anaesthesiology; Lead, Clinical Phase III, Medical School, Nottingham, UK

Niccolò Marchionni, MD, Head, Division of Geriatric Cardiology and Medicine, Azienda Ospedaliero-Universitaria Careggi; Professor of Geriatrics, University of Florence, Florence, Italy

Hans Pargger, MD, Professor and Head of Surgical Intensive Care, Department for Anesthesia, Surgical Intensive Care, Prehospital Emergency Medicine and Pain Therapy, University Hospital Basel, Switzerland

Hans Ulrich Rothen, MD, PhD, Senior Consultant, Department of Intensive Care Medicine, Inselospital Bern, University Hospital Bern, Switzerland

Leif Saager, MD, Assistant Professor of Anesthesiology, Anesthesiology Institute, Department of Outcomes Research, Cleveland Clinic, Cleveland, OH, USA

Cornel C. Sieber, MD, Professor, Institute for Biomedicine of Aging (IBA), Friedrich-Alexander University of Erlangen-Nuremberg, Nuremberg; Chief, Clinic of General Internal Medicine and Geriatrics, Krankenhaus Barmherzige Brüder, Regensburg, Germany

Frederick E. Sieber, MD, Professor, School of Medicine, The Johns Hopkins University; Attending Physician and Director Department of Anesthesiology and Critical Care Medicine, The Johns Hopkins Bayview Medical Center, Baltimore, MD, USA

Luzius A. Steiner, MD, PhD, Professor and Chairman, Department for Anesthesia, Surgical Intensive Care, Prehospital Emergency Medicine and Pain Therapy, University Hospital Basel, Switzerland
Norbert Suhm, MD, Professor, Senior Consultant for Traumatology and Upper Extremities, Fracture Liaison Service (A cooperation between the University Hospital Basel and Endonet), University Hospital Basel, Switzerland

Markus Tolnay, MD, Professor, Head of Pathology, Department of Neuropathology, Institute of Pathology, University Hospital Basel, Switzerland

Bernadette T. Veering, MD, PhD, Associate Professor, Department of Anesthesiology, Leiden University Medical Center, Leiden, The Netherlands

Paul H. Willoughby, MD, Past President, New York State Society of Anesthesiologists; Associate Professor of Clinical Anesthesiology, Department of Anesthesiology, Stony Brook University Medical Center, Stony Brook, NY, USA

Paul E. Wischmeyer, MD, Professor of Anesthesiology, Associate-Chairman for Clinical and Translational Research, Director of Nutritional Therapy Services, University of Colorado School of Medicine, Aurora, CO, USA
General Course Information

Hosted by: Department for Anesthesia, Surgical Intensive Care, Prehospital Emergency Medicine and Pain Therapy
University Hospital Basel
Basel, Switzerland

Address for Correspondence: 34th MBL International Postgraduate Course
Department for Anesthesia, Surgical Intensive Care, Prehospital Emergency Medicine and Pain Therapy
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Phone: +41 61 265 72 58
Fax: +41 61 265 73 20
E-mail: anaesthesie@usb.ch
Website: http://www.anaesthesia.ch/mbl

Language: English (no simultaneous translation will be available)

On-line Registration: http://www.anaesthesia.ch/mbl (online registration is preferred)

On-site Registration Information: Registration begins on Friday, February 28, 2014 at 8:15 am in the foyer of the „Zentrum für Lehre und Forschung“ (ZLF), Hebelstrasse 20. The registration and information desk will be open during the entire proceedings.

Information Registration Fee: The cost of the course is CHF 400. Please register by February 14, 2014 so that we can give an approximate number to the caterers. Payment should be made in Swiss francs by using the enclosed payment slip or via e-banking to Credit Suisse, CH-8070 Zurich, Switzerland, in favour of “Verein zur Foerderung von Wissenschaft und Ausbildung am Departement Anaesthesie der Universitaet Basel” (IBAN: CH12 0483 5060 1315 8100 0, SWIFT/BIC: CRESCHZZ40A).

Note: Credit cards cannot be accepted for the registration fee.

Lunch Ticket: Lunch tickets for Friday are available for CHF 30. If you wish to attend, this cost should be included with your registration fee.

Buffet Dinner: A buffet dinner will be served in the Holsteinerhof (Hebelstrasse 30) of the University Hospital Basel for faculty and participants immediately after the last session on Friday. The cost of CHF 50 should be included with your registration fee if you plan to attend. Limited space is available.
General Course Information

Swiss Credit Points:
- **SFGG/SPSG**: To be announced
- **SSAR/SGAR**: 9.5 points
- **SGI**: To be announced

Hotel Reservations: Basel Tourismus Tel: +41 61 268 68 68 or http://www.baseltourismus.ch

Venue: Small Auditorium
University Hospital Basel Congress Center
Zentrum für Lehre und Forschung (ZLF)
Hebelstrasse 20
CH-4031 Basel, Switzerland
Phone +41 61 265 72 54

Travel by train: Arriving at Basel SBB: Take Bus 30; get off at the stop “Bernoullianum”. Head down the hill, taking a right onto Hebelstrasse. The venue will be labeled.

Travel by car: Arriving via expressway to Basel City, then follow road sign labeled Universitätsspital”. Limited parking is available in City Parking on Klingelbergstrasse 20 / Schanzenstrasse 48 with a pedestrian entry / exit at Hebelstrasse 20.

Travel by air: Arriving at EuroAirport Basel-Mulhouse-Freiburg: Take Bus 50 to the stop “Bahnhof SBB”; change to Bus 30; get off at the stop “Bernoullianum”. Head down the hill, taking a right onto Hebelstrasse. The venue will be labeled.
Allison Dwileski  
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The 34th Myron B. Laver International Postgraduate Course is sponsored in part by: