



WHAT'S UP AT **POP** ?

Peri Operative Program Péri-Opérateur (POP) Newsletter July 2015

2015 **POP** TEAM AT THE MGH



Sarah-Ève, Rashami, Dr. Carli, Mary, Meagan



Enrico, Alex, Guillaume

This year saw some changes at **POP**. Our staff has been evolving as more and more research studies have been launched. We sadly said goodbye to our Research Coordinator, Julia Munden, and welcomed Meagan Barrett-Bernstein, who took over from Julia. Our nutritionist Sarah-Ève Loiselle has taken a permanent position with the Montreal General Hospital and still comes once a week to counsel some of our patients. Laura Plante has joined our team to provide nutritional counseling along with Sarah-Ève. Rashami, our kinesiologist, continues to monitor the exercise program for patients. She will be taking on the position of Research Coordinator and Kinesiologist in the middle of September, as Meagan is leaving us to travel to Europe and Barbados. Rashami will work with Alexandra Schram, a recent graduate of kinesiology, who is doing her Masters with **POP** this coming year.

We have a new resident from Milan for the year, Enrico Minnella, who is presently doing research into the effects of prehabilitation on lung cancer patients. A recent graduate of McGill Medical School, Guillaume Bousquet-Dion, is also doing a year of research on the effects of prehabilitation on frail patients with colorectal cancer.

Dr. Carli continues to lead all the research projects. Mary Guay continues to provide administrative assistance for **POP**.

PRESIDENT'S REPORT

It has been an amazing year of progress in the **POP** program of prehabilitation. Firstly, The American Society of Anesthesiology issued a press release in October 2014 titled "Getting healthier before Surgery Gives Patients a Jump Start on Recovery", detailing the amazing work that POP has been doing concerning prehabilitation and its effects on patients preparing for major surgery and their subsequent recovery. Since that press release, coverage of his work and its beneficial effects on cancer patients has gone viral. Subsequently, many articles have been written quoting Dr. Carli and his program, including the Washington Post, NPR blog on health issues, Oprah and many more.

In October the whole **POP** Team attended the ACRM (American Congress of Rehabilitation Medicine) conference in Toronto, where a symposium was held on Prehabilitation and its Beneficial Effects on Cancer Patients having major surgery. Julie Silver, a physiatrist and associate professor at Harvard Medical School in the Department of Physical Medicine and Rehabilitation, conducted the symposium with members of the **POP** Team giving speeches on the various aspects of prehabilitation by all the members of the **POP** team, including exercise, nutrition, psychology and many other topics.

Among the many conferences attended by Dr. Carli throughout the year, the ERAS Conference in Washington in May produced many requests from doctors all over the

world, requesting more information about the **POP** Prehabilitation program at the MUHC. Dr. Carli has already visited St-Foch hospital in Paris and is currently working with a team there to help them set up a prehabilitation program. He is also working with doctors in Sweden, Holland, Ireland, Denmark, the UK, China and the US to establish prehabilitation programs in those countries.

On November 6th and 7th, 2015, Dr. Carli and Dr. Julie Silver are hosting a group of specialists, in Montreal, who will meet to study and produce a consensus paper on Surgical Prehabilitation in Cancer Patients. Key speakers will include an Anesthetist, Surgeon, Psychologist, Nutritionist, Pulmonologist, Medical Oncologist, Radiation Oncologist, Director of Rehab Services, Exercise Physiologist and a Health Care Researcher. In attendance will be people from all over the world.

POP EVENTS IN 2014-2015

FRIENDS FOR THE CURE GALA 2015

Saturday, February 21st, the Third Annual Friends For the Cure Gala for the benefit of **POP** was held. It was a super success, resulting in the donation of over \$85,000 to **POP** allowing us, as always, to continue our research in the effects of prehabilitation in the cancer surgery area. We had over 1,000 people attending the event at Le Madison and again this year, everyone danced to the music of The Sophisticassion Band. The food preparation by Le Madison was excellent. Everyone had a great time.



Julia, Sarah-Ève, Dr. Carli, Mary, Rashami

CELEBRATION FOR THE FRIENDS FOR THE CURE

In July, a Celebration for Friends For The Cure was held at **POP** Headquarters, to present a plaque in honour of Friends For The Cure and all the wonderful work and donation of funds to the development of the **POP** Program. All but one or two members were in attendance and fun was had by all. We are truly grateful to this wonderful group of friends who make this event possible for the past three years. They have already announced that they will be holding the Fourth Annual Friends For The Cure Gala to benefit **POP** next February. The exact date has yet to be determined. Margherite Baldini and her company, BUONO, catered the celebration and provided the most impressive menu of food. She has been retained to cater a dinner for speakers at the

symposium to be held in November.



Celebration for Friends For The Cure held with the POP Team

RESEARCH PROJECTS ONGOING

Presently, we have ongoing studies focusing on surgical prehabilitation in the following areas:

- Colorectal cancer (sponsored by 2013 Gala)
- Esophageal cancer (sponsored by 2014 Gala)
- Prostate cancer (sponsored by Prostate Cancer Canada)
- Cystectomy cancer (POP and Oncology)
- Knee arthroplasty (Association des Anesthésiologistes du Quebec)
- Bariatrics (sponsored by RVH Auxiliary)
- Lung Cancer (sponsored by 2015 Gala)
- Frailty Study (Oliver family)

We have concentrated our expertise on various types of physical exercise to be done by patients, either at home or in our lab and also a program supervised by our kinesiologists while our patients are in the hospital post-surgery. Similarly, we are continuing to search for the optimal protein requirement in order to enhance muscle strength and increase post-surgery functional capacity. Ultimately, we want to identify those patients at risk such as frail, elderly, poorly nourished who need more attention, and, make sure they are in the best condition, physically and mentally, to overcome the stress of surgery.

As always, the **POP** team would like to thank everyone who has donated so generously, not only with their time and effort, but in their financial support of our endeavors. Special mention goes to Immunotec Inc. and John Molson for their continuing help and financial support. We are also grateful the Louise and Alan Edwards Foundation for sponsoring master students undertaking research.

By reading the testimonials in the **POP** pamphlet of information, you will see how our patients appreciate the help and support that the **POP** program provides them while they are facing a difficult journey through major surgery and adjuvant therapies. **SUPPORT POP, BE GENEROUS!!!**