



WHAT'S UP AT POP?
Peri Operative Programme Péri-Opératoire (POP)
Newsletter
July 2018

**PERI OPERATIVE PROGRAMME PÉRI OPÉRATOIRE (POP)
TEAM 2018**



Rashami, Enrico, Lauren, Mary, Dr. Carli

PRESIDENT'S REPORT

This past year saw many exciting changes within POP. We not only moved our location within the Montreal General Hospital, but we also saw many personnel changes, degrees awarded, fund-raising events, conferences, website redesign and the renaming of our unit.



We said goodbye to Shawna Berman, our part-time nutritionist, and welcomed Lauren Richer, Masters of Science in Dietetics, who replaced Shawna. Lauren is in charge of our nutrition counseling for the POP program. Lauren works with us on a part-time basis as well as being a consultant with her own practice.



In September 2017, we happily welcomed back Enrico Minnella, an MD in Anesthesia from Italy, who is with us for two years to work on his PhD in Experimental Surgery. Enrico had spent a year previously as a Research Fellow, working with Dr. Carli and the POP Team. Enrico is the go-to person for information of anything medical....he is our resident encyclopedia!!!

Both Meagan Barrett-Bernstein and Vanessa Ferreira were awarded their Masters in Psychiatry and Exercise Science respectively from McGill University. Vanessa will remain with us to continue working on a PhD in Nutrition then into Kinesiology/Exercise Physiology at McGill.



We welcomed Ahn Thy Le Quang, a kinesiologist, who just was awarded her M. Sc in Kinesiology from Concordia University, to work with us as a full-time kinesiologist. Ahn Thy did an internship with us during her last semester at Concordia. We are very pleased to have her onboard during the next year.

September 2017, we were assigned our new home at the end of the corridor from where we were previously situated. POP now resides next to the Pre-Op Dept, which moved from the Livingston Building. POP now occupies 4 rooms (we started with one back in 2012!) and a storage cupboard (10E.160-168). The rooms are comprised of 1 administrative office, 1 staff office, a gym and an assessment room. In May 2018, the POP unit was renamed The Friends For the Cure Prehabilitation Unit, in honour of the committee members who put together the incredible February Galas for the last 6 years.



We were delighted to engage the team of Caroline Guay and Jingzhou Sun to revamp our website: www.mcgill.ca/peri-op-program. Work on the website is in progress but is nearly completed. We are indebted to both Caroline and Jingzhou for their redesign of the site.

During the year, the POP Team have attended many conference dealing with prehabilitation. When our team presents at these conferences, everyone notices! They are the authorities, under Dr. Carli's guidance, of the whole concept of prehabilitation before surgery. As a result, we have had professionals from Singapore, Denmark, USA, China, UK, France, among others, who come to observe how the POP Prehabilitation Program works.

Two new studies have been initiated during the last year, the Multi-Centre Study (Multimodal prehabilitation in colorectal cancer patients to improve functional capacity and reduce postoperative complications) and the Total Knee Replacement Study (Prehabilitation for Total

Hip and Knee Arthroplasty: Understanding the Role of Inflammation in Modulating Functional Capacity and Recovery), while the Frailty study is ongoing. The Multi-Centre Study involves 7 different countries: The Netherlands, France, Canada, UK, Italy, Spain and Denmark. For more information, please refer to our website.

FRIENDS FOR THE CURE GALA FEBRUARY 2018

The Friends For The Cure 6th Annual Gala was again held in February to benefit Peri Operative Program (POP). It was based on Scott Fitzgerald's book theme of The Great Gatsby. Amazing outfits presented themselves!



The food was outstanding and the band fabulous. The event turned over near \$119,000 to POP. Our very existence relies on this generous donation. Thanks again to the fabulous committee of the Friends For The Cure.



TEXAS HOLD'EM FUNDRAISING EVENT 2018

On April 6th, Tony Panarello and his fellow organizers of the Fountain of Hope Foundation, put on an incredible evening of Texas Hold'Em to benefit POP as well as other organizations. Over 500 people attended and poker was played till the early morning of the next day!!! Proceeds from the event have yet to be determined. Thank you Tony and Nina for all your support.

CONFERENCES 2018

The POP Team has been very busy not only looking after patients but also attending conferences. The POP Team have been presenting at these conferences and certainly stand out for their expertise in the prehabilitation field. It appears that our team is very well versed in what should be done in prehabilitation and with Dr. Carli spreading the word world-wise, the POP Team has taken its place as an international training centre for prehabilitation. We have had visitors from the New Orleans, Paris, Sudbury, Ottawa and Singapore, among others recently, coming to the Prehabilitation unit to learn about how our program works.

ANASTASIA KHOURI GALLERY



In May, Anastasia Khouri (1945-2018) donated to POP 14 paintings to put up in our hallway. They are wonderful paintings that range from landscape and floral paintings to abstract. Her goal in life was to make people happy by giving them paintings. They have certainly cheered up our hallway and make our environment a happy, cozy and friendly place to be. Very sadly, she passed away in June from a long term fight with cancer. Her paintings are great memories of a warm, intelligent, gentle and generous woman.

TESTIMONIAL

The POP Team have seen about 175-200 patients in the last year, spent some 2000 hours of visit time. This testimonial really expresses what POP is trying to achieve.

“I am Katherine, 59yr old & a 12yr cancer survivor and double amputee skateboarder, yogi & swimmer. *I am athletic!*”

My husband Andre has never been. He was your classic couch potato when in November he was Dx with invasive colon cancer. He was frail, & very anemic, needing transfusions. André was barely making it through a day. He had aged years in just months!

The multidisciplinary health care André received at POP made a huge difference in the outcome of his cancer journey! Prior to evaluation André was convinced that this would not work, and did not want to participate. He was so weak!

It took only one visit to POP for André to be willing to “try”. With their expertise in the benefits of nutrition, exercise & pre-op care he immediately began to feel stronger! *The team was so encouraging!*

By the time he had his surgery he was stronger than ever before and sailed through the surgery and recovery so easily.

Fast forward three months and the results are phenomenal! Andre is keeping up with his fitness. He has done major renovations on our home. André looks and acts ten years younger. He is now **happy** and **healthy** and we would like to thank POP for this *life saving change in his health habits*.

I am elated that he was chosen to participate in this awesome program. The POP team gave us such wonderful care that it is easy to continue with the program at home!! Andre is out biking at sun up every day on his new bike, still competing with the fitness watch!!! Now we can ride together!!! Thank you guys!!!

Kath & Andre Bergeron”

We hope that every patient that we work with has the same outcome.



The POP Team in Action!

PLEASE GIVE GENEROUSLY TO SUPPORT THE PERI OPERATIVE PROGRAM (POP)

Information about POP and donating can be found on the website:

www.mcgill.ca/peri-op-program