

Lumbar Spine Research Society, 10<sup>th</sup> Annual Instructional Course Lectures

**Optimizing Surgical Outcomes: Literature Based Recommendations and Actual Surgeon Practices**

Course Chairs: Michael J. Lee, MD and Zorica Buser, PhD, MBA

**Module #1: Pre-operative conditioning**

Moderator: **Michael J. Lee, MD**

Survey Overview (**Michael J. Lee, MD**)

Session 1: Pre-operative optimization of Lumbar Pathology: Why does it matter and what has to be done? (**Andrew T. Dailey, MD**)

Session 2: Patient education and engagement: need for multidisciplinary teams. (**Nicholas Spina, MD**)

Session 3: Mental disorders and counseling – Do we need to delay surgery? (**Owoicho Adogwa, MD**)

Session 4: Anemia and Nutrition as risk factors, is the correction necessary? (**R. Kiran Alluri, MD**)

**Module #2: Post-operative Optimization**

Moderator: **Rakesh Patel, MD**

4:45-4:50 Survey Results  
**Rakesh Patel, MD**

4:50 – 5:02 Session 1: Bracing and When to start Physical Therapy after Lumbar Fusion  
**Jeremy Shaw, MD, MS**

5:02– 5:14 Session 2: Post-operative early nutrition management.  
**Raymond Hah, MD**

5:14- 5:26 Session 3: Role of ERAS in hospital optimization and cost reduction  
**Sravisht Iyer, MD**

5:26- 5:40 Discussion

**Module #3: Analgesic Optimization**

Moderator: **Zorica Buser, PhD, MBA**

5:40 – 5:45 Survey Results  
**Zorica Buser, MD, MBA**

5:45 – 5:57 Session 1: Weaning off patients from opioids prior to surgery  
**Adam Bruggeman, MD**

5:57- 6:09 Session 2: Opioid management after surgery: how long to go?  
**Andrew Pugley, MD**

6:09 – 6:37 Session 3: Debate: NSAIDs after lumbar fusion

6:09 - 6:15 Introduction

***Michael J. Lee, MD***

6:15 – 6:26 Don't be afraid of NSAIDs after spine fusion!

***Zoher Ghogawala, MD***

6:26 – 6:37 Never NSAIDs after fusion: Who wants a nonunion?

***Gregory Schroeder, MD***

6:37 – 6:50 Discussion

6:50 Closing Statements

7:00 Adjourn