



ERAS[®]Society
12th ERAS[®] World Congress
 14 – 16 May 2026 • Suntec Singapore Convention & Exhibition Centre
Breaking Frontiers, Strengthening Foundations

Organised by
ERAS[®]Society

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14 May 2026, Thursday Pre-Congress: ERAS [®] Course, Specialty Sessions and Workshops					
Time/Room	Duration	Programme			
0730 onwards		Registration			
0800 – 1015	5 hours	Summit 1, Level 3			
1015 – 1045	30 mins	ERAS [®] Course (Part 1)			
1045 – 1300	5 hours	Coffee/Tea Break			
1300 – 1400	60 mins	Summit 1, Level 3			
		ERAS [®] Course (Part 2)			
		Lunch			
1400 – 1730	3.5 hours	Summit 1, Level 3	Room 324, Level 3	Room 325, Level 3	Room 326, Level 3
		SPECIALTY SESSION 1 ERAS[®] Obstetrics & Gynecology Group Symposium	SPECIALTY SESSION 2 ERAS[®] Paediatrics Forum	SPECIALTY SESSION 3 ERAS[®] Nursing, AHP & ANP Subspecialty Session	SPECIALTY SESSION 4 ERAS[®] Orthopaedic
					Prehabilitation in Action Workshop
<i>End of Pre-Congress: ERAS[®] Course, Specialty Sessions and Workshops</i>					

15 May 2026, Friday Day 1, Main Congress					
Time/Room	Duration	Programme			
0730 onwards		Summit 1, Level 3			
		Registration			
0815 – 0830	15 mins	Opening Ceremony			
0830 – 1010	100 mins	Session I: Surgical Safety and Checklists			
1010 – 1040	30 mins	Coffee/Tea Break, Exhibition & Poster Viewings			
1040 – 1125	45 mins	Kehlet Lecture: Large Scale Randomised Trials in Perioperative Care			
1125 – 1305	100 mins	Session II: ERAS Post Discharge			
1305 – 1350	45 mins	Satellite Lunch Symposium by Abbott			
1305 – 1350	45 mins	Lunch, Exhibition & Poster Viewings			
1350 – 1530	100 mins	Session III: Pathophysiology of Recovery – Future Challenges			
1530 – 1615	45 mins	Ljungqvist Lecture: Safety and Excellence in Aviation – Cross-Learning Opportunities between Aviation and Healthcare			
1615 – 1645	30 mins	Coffee/Tea Break, Exhibition & Poster Viewings			
1645 – 1815	90 mins	Session IV: ERAS Nursing Session			
1815 – 1930	75 mins	Welcome Reception (Level 3, Concourse, Suntec Convention Centre)			
1930 – 2200	150 mins	Faculty Dinner (Offsite)			
End of Day 1					

16 May 2026, Saturday Day 2, Main Congress					
Time/Room	Duration	Programme			
0800 onwards		Summit 1, Level 3			
		Registration			
0830 – 0900	30 mins	Singapore ERAS Lecture: Value-Based Care in Surgery			
0900 – 1100	120 mins	Session V: ERAS Outcomes Research			
1100 – 1130	30 mins	Coffee/Tea Break, Exhibition & Poster Viewings			
1130 – 1300	90 mins	Session VI: Abstract Session			
1300 – 1345	45 mins	Lunch, Exhibition & Poster Viewings			
1345 – 1430	45 mins	Fearon Lecture: Safe Surgery in Space			
1430 – 1630	120 mins	Session VII: Prehabilitation and Preoptimisation			
1630 – 1700	30 mins	Coffee/Tea Break, Exhibition & Poster Viewings			
1700 – 1830	90 mins	Session VIII: Asia Pacific ERAS			
1830 – 1845	15 mins	Prizes and Congress Closing Remarks			
Congress Adjourn					

The programme is accurate as of the time of publication (19 February 2026). It is subject to change at the discretion of the Organising Committee without prior notice.



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Time/Room	Duration	Programme
		Summit 1, Level 3
0730 onwards		Registration
0800 – 1300	5 hours	ERAS[®] Course Session Chairs: Michael Scott, United States Allyson Cochran, United States
0800 – 0815	15 mins	Introduction Michael Scott, United States
0815 – 0845	30 mins	w
0845 – 0915	30 mins	Nursing in ERAS[®] Charlette Hart, United States
0915 – 0945	30 mins	Preoperative Medical Optimisation Michael Scott, United States
0945 – 1015	30 mins	Perioperative Nutrition – The Right Stuff At The Right Time Marianna Ramona S. Sioson, Philippines
1015 – 1045	30 mins	Coffee/Tea Break
1045 – 1115	30 mins	Anaesthesia in ERAS[®] Chris Jones, United Kingdom
1115 – 1145	30 mins	Surgery in ERAS[®] Kwang Yeong How, Singapore
1145 – 1215	30 mins	Postoperative Mobilisation – How Soon and How Much? Tom Wainwright, United Kingdom
1215 – 1245	30 mins	ERAS[®] Implementation – What Is the Method in the Madness? Vera Lim Qin Yi, Singapore
1245 – 1300	15 mins	Summary and Closing Remark Michael Scott, United States
1300 – 1400	60 mins	Lunch
1400 – 1730	3.5 hours	SPECIALTY SESSION 1 ERAS[®] Obstetrics & Gynecology Group Symposium
1400 – 1510	70 mins	Session I: ERAS Rapid-Fire Session: Prove Me Wrong Moderator: Pedro T Ramirez, United States
1400 – 1410	10 mins	Overuse of ERAS Items <i>Low-Value Components in Pathway</i> Gvantsa Kochiasvili, Georgia
1410 – 1420	10 mins	Anesthesia Variability is #1 Barrier to ERAS-Not Surgery <i>Stop Blaming the Surgeon</i> Gabriel Mena, United States
1420 – 1430	10 mins	Opioid-Free Pathway <i>Fantasy or the Inevitable Future</i> Helena Obermair, Australia
1430 – 1440	10 mins	Prehabilitation in Gynecologic Surgery <i>Hard Evidence vs Overhyped Enthusiasm</i> Diletta Fumagalli, Italy
1440 – 1450	10 mins	Forced Early Feeding: Are We Harming Patients? <i>A Call for Risk Stratification</i> Joannie Neveu, Canada
1450 – 1510	20 mins	Discussion
1510 – 1540	30 mins	Session II: ERAS Innovation Debates: The Future is Near Moderator: Jose Soliz, United States
1510 – 1520	10 mins	AI Will Replace ERAS Coordinators PRO: Gabriella Schivardi, Italy CON: Paula Mateo, Spain
1520 – 1530	10 mins	ERAS Research Quality is Weak: A Time to Demand RCTs PRO: Kamilla Luca David, Hungary CON: Stephanie Gill, Canada
1530 – 1540	10 mins	Predicting ERAS Success: Home Environment is What Matters PRO: Arthur Hsu, Taiwan CON: Bella Jugeli, Georgia
1540 – 1600	20 mins	Coffee/Tea Break
1600 – 1640	40 mins	Session III: Global ERAS Moderator: Joseph Ng, Singapore
1600 – 1615	15 mins	Unequal Recovery: Racial and Ethnic Barriers to ERAS Kristin Black, Canada
1615 – 1630	15 mins	Transforming Perioperative Care in LMICs: The ERAS Opportunity Florencia Noll, Argentina
1630 – 1640	10 mins	Discussion
1640 – 1710	30 mins	Session IV: ERAS 2026 Best OBGYN Abstracts Moderator: Kevin Elias, United States
1640 – 1650	10 mins	OBGYN Abstract 1
1650 – 1700	10 mins	OBGYN Abstract 2
1700 – 1710	10 mins	OBGYN Abstract 3
1710 – 1740	30 mins	Session V: Keynote Lecture Moderators: Sean Dowdy, United States Jeffrey Low, Singapore
1710 – 1730	20 mins	ERAS Gynecologic Oncology Guidelines – 2026 Update Gregg Nelson, Canada
1730 – 1740	10 mins	Discussion

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Time/Room	Duration	Programme
		Room 324, Level 3
1400 – 1730	3.5 hours	SPECIALTY SESSION 2 ERAS[®] Paediatrics Forum Chairs: Megan Brockel, United States Kyle Rove, United States
1400 – 1405	5 mins	Welcome Remark Kyle Rove, United States
1405 – 1410	5 mins	Introduction Megan Brockel, United States
1410 – 1450	40 mins	Session I: ERAS in Paediatric Surgery — Why it works
1410 – 1430	20 mins	Why Paediatric ERAS Works: Physiology, Bundles, and Standardisation Catherine Dawson-Gore, United States
1430 – 1450	20 mins	Panel Discussion Moderator: Kyle Rove, United States Panellists: Megan Brockel, United States Catherine Dawson-Gore, United States David De Beer, United Kingdom
1450 – 1500	10 mins	<i>Break</i>
1500 – 1650	110 mins	Session II: Key Elements for Paediatric Protocols
1500 – 1510	10 mins	Multidisciplinary Preoperative Education Megan Brockel, United States
1510 – 1525	15 mins	Preoperative Carbohydrate Loading, IV Fluids, Early Feeding, and PONV Mary Brindle, Canada
1525 – 1540	15 mins	Infection Prevention as Part of ERAS Bundle of Care Kyle Rove, United States
1540 – 1550	10 mins	Panel Discussion Moderator: Kyle Rove, United States Panellists: Megan Brockel, United States David De Beer, United Kingdom
1550 – 1600	10 mins	<i>Coffee/Tea Break</i>
1600 – 1615	15 mins	Multimodal Analgesia & Minimising Opioids David De Beer, United Kingdom
1615 – 1625	10 mins	Avoiding Excess LDAs (Lines, Drains, Airways) Mercedes Pilkington, Canada
1625 – 1635	10 mins	ERAS Implementation and Outcomes for Paediatric Cardiac Surgery Prem Venugopal, Australia
1635 – 1650	15 mins	Panel Discussion Moderator: Megan Brockel, United States Panellists: Mercedes Pilkington, Canada Prem Venugopal, Australia
1650 – 1700	10 mins	<i>Break</i>
1700 – 1730	30 mins	Session III: Making It Work (Practical Tips for Sustainability)
1700 – 1715	15 mins	Business Case & Cost Sharif Emil, Canada
1715 – 1730	15 mins	Discussion
1715 – 1720	15 mins	Conclusions Megan Brockel, United States Kyle Rove, United States

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15 May 2026, Friday Day 1, Main Congress		
Time/Room	Duration	Programme
		<i>Summit 1, Level 3</i>
0730 onwards		<i>Registration</i>
0815 – 0830	<i>15 mins</i>	Opening Ceremony Ulf Gustafsson, Sweden Gregg Nelson, Canada Kwang Yeong How, Singapore
0830 – 1010	<i>100 mins</i>	Session I: Surgical Safety and Checklists Chair: Ulf Gustafsson, Sweden
0830 – 0850	<i>20 mins</i>	Reimplementation of the Surgical Safety Checklist Tan Hiang Khoo, Singapore
0850 – 0910	<i>20 mins</i>	The OR Black Box: Using Technology to Enhance Human Performance Teodor Grantcharov, United States
0910 – 0930	<i>20 mins</i>	<i>Coming soon!</i>
0930 – 0950	<i>20 mins</i>	Integration of ERAS and the Surgical Safety Checklist Mary Brindle, Canada
0950 – 1010	<i>20 mins</i>	Discussion
1010 – 1040	<i>30 mins</i>	<i>Coffee/Tea Break, Exhibition & Poster Viewings</i>
1040 – 1125	<i>45 mins</i>	Singapore ERAS Lecture: Value-Based Care in Surgery Kenneth Mak, Singapore
1125 – 1305	<i>100 mins</i>	Session II: ERAS Post Discharge
1125 – 1145	<i>20 mins</i>	Emergency and Elective Colorectal Surgery – Differences in Recovery Varut Lohsiriwat, Thailand
1145 – 1205	<i>20 mins</i>	Promoting Recovery at Home – Using Mobile Health Applications Nikhil Panda, United States
1205 – 1225	<i>20 mins</i>	Post Discharge Nutritional Care Marianna Sioson, Philippines
1225 – 1245	<i>20 mins</i>	What Do Patients Want Post-Discharge? Patient Perspective Prabu Naidu, Singapore
1245 – 1305	<i>20 mins</i>	Discussion
1305 – 1350	<i>45 mins</i>	Satellite Lunch Symposium by Abbott 
1305 – 1350	<i>45 mins</i>	<i>Lunch, Exhibition & Poster Viewings</i>
1350 – 1530	<i>100 mins</i>	Session III: Pathophysiology of Recovery – Future Challenges
1350 – 1410	<i>20 mins</i>	Postoperative Recovery – Where Are The Issues? Henrik Kehlet, Denmark
1410 – 1430	<i>20 mins</i>	Taming the Surgical Inflammatory Response Christopher Bain, Australia
1430 – 1450	<i>20 mins</i>	Continuous Vital Sign Monitoring on the Surgical Ward Eske Kvanner Aasvang, Denmark
1450 – 1510	<i>20 mins</i>	Blood is at the Heart of Enhanced Recovery: Innovative Strategies for Availing Blood in Blood Deserts Caroline Wesonga, Kenya
1510 – 1530	<i>20 mins</i>	Discussion
1530 – 1615	<i>45 mins</i>	Ljungqvist Lecture: Safety and Excellence in Aviation – Cross-Learning Opportunities between Aviation and Healthcare Eugene C. Antoni, Singapore
1615 – 1645	<i>30 mins</i>	<i>Coffee/Tea Break, Exhibition & Poster Viewings</i>
1645 – 1815	<i>90 mins</i>	Session IV: ERAS Nursing Session Chair: Charlette Hart, United States
1645 – 1650	<i>5 mins</i>	Welcome and Introduction Charlette Hart, United States
1650 – 1705	<i>15 mins</i>	Transforming Care: Implementing an ERAS Centred Ward Model Hong Lan Hu, Singapore
1705 – 1720	<i>15 mins</i>	Bridging the Gap: Ensuring a Seamless Transition from Hospital to Home Model Wei Ting Chen, Singapore
1720 – 1735	<i>15 mins</i>	The Critical Role of Nursing in Driving Enhanced Recovery Outcomes Charlette Hart, United States
1735 – 1750	<i>15 mins</i>	Global Perspectives: An Interactive Look at ERAS Nursing Around the World Charlette Hart, United States
1750 – 1815	<i>25 mins</i>	Panel Discussion Panellists: Chris Jones, United Kingdom Mary Brindle, Canada Kwang Yeong How, Singapore Charlette Hart, United States Hong Lan Hu, Singapore Wei Ting Chen, Singapore
1815 – 1930	<i>75 mins</i>	Welcome Reception <i>(Level 3, Concourse, Suntec Convention Centre)</i>
1930 – 2200	<i>150 mins</i>	Faculty Dinner <i>(Offsite)</i>
End of Day 1		

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16 May 2026, Saturday Day 2, Main Congress		
Time/Room	Duration	Programme
		<i>Summit 1, Level 3</i>
0800 onwards		<i>Registration</i>
0830 – 0900	30 mins	Kehlet Lecture: Large Scale Randomised Trials in Perioperative Care Paul Myles, Australia Chair: Olle Ljungqvist, Sweden
0900 – 1100	120 mins	Session V: ERAS Outcomes Research
0900 – 0920	20 mins	How do we review outcomes in clinical studies in ERAS? Olle Ljungqvist, Sweden
0920 – 0940	20 mins	ERAS and AI Ulf Gustafsson, Sweden
0940 – 1000	20 mins	ERAS as a Catalyst to Create Learning Health Systems Sean Dowdy, United States
1000 – 1020	20 mins	Optimising ERAS Outcomes by Closing a Know-Do Gap Khara Marissa Sauro, Canada
1020 – 1040	20 mins	Innovation in Neonatal ERAS Mercedes Pilkington, Canada
1040 – 1100	20 mins	Discussion
1100 – 1130	30 mins	<i>Coffee/Tea Break, Exhibition & Poster Viewings</i>
1130 – 1300	90 mins	Session VI: Abstract Session
1130 – 1140	10 mins	<i>Coming soon!</i>
1140 – 1150	10 mins	<i>Coming soon!</i>
1150 – 1200	10 mins	<i>Coming soon!</i>
1200 – 1210	10 mins	<i>Coming soon!</i>
1210 – 1220	10 mins	<i>Coming soon!</i>
1220 – 1230	10 mins	<i>Coming soon!</i>
1230 – 1240	10 mins	<i>Coming soon!</i>
1240 – 1250	10 mins	<i>Coming soon!</i>
1250 – 1300	10 mins	<i>Coming soon!</i>
1300 – 1340	40 mins	<i>Lunch, Exhibition & Poster Viewings</i>
1340 – 1445	5 mins	Announcement of ERAS[®] 2027 World Congress Jörg-Peter Ritz, Germany
1345 – 1430	45 mins	Fearon Lecture: Safe Surgery in Space Michael A. Jobst, United States
1430 – 1630	120 mins	Session VII: Prehabilitation and Preoptimisation Chairs: Ho-Jin Lee, Republic of Korea Jörg-Peter Ritz, Germany
1430 – 1450	20 mins	ERAS+: Enhancing ERAS with Prehabilitation Bernhard Riedel, Australia
1450 – 1510	20 mins	Sarcopenia in Surgery: Impact, Diagnosis and Management Frederick Koh Hong Xiang, Singapore
1510 – 1530	20 mins	Strengthening the Heart of the City: Cardiac Prehabilitation in Hong Kong Henry MK Wong, Hong Kong SAR
1530 – 1550	20 mins	Care of Older People in Surgery (COPS) Christina Norris, Australia
1550 – 1630	40 mins	Discussion
1630 – 1700	30 mins	<i>Coffee/Tea Break, Exhibition & Poster Viewings</i>
1700 – 1830	90 mins	Session VIII: Asia Pacific ERAS Chairs: Shu-Lin Guo, Taiwan Kyoichi Takaori, Japan
1700 – 1720	20 mins	Traditional Chinese medicine in preoperative care — Is there a role? Yang Mingxiao, Singapore
1720 – 1740	20 mins	Development of Perioperative Care in Singapore and Asia Kwang Yeong How, Singapore
1740 – 1800	20 mins	ERAS for Gastric Cancer Surgery Do Joong Park, Republic of Korea
1800 – 1820	20 mins	VTE prophylaxis in surgery: Are the East and West Aligned? Yong Enming, Singapore
1820 – 1830	10 mins	Discussion
1830 – 1845	15 mins	Prizes and Congress Closing Remarks Ulf Gustafsson, Sweden Gregg Nelson, Canada
Congress Adjourn		

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