



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 ERAS® Course (Part 1)			
1015 – 1045	30 mins	Coffee/Tea Break			
1045 – 1300	5 hours	Summit 1, Level 3 ERAS® Course (Part 2)			
1300 – 1400	60 mins	Lunch			
		Summit 1, Level 3	Room 324, Level 3	Room 325, Level 3	Room 326, Level 3
1400 – 1730	3.5 hours	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
					Prehab Workshop
End of Pre-Congress: ERAS® Course, Specialty Sessions and Workshops					

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			

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14 May 2026, Thursday | Pre-Congress: ERAS® Course, Specialty Sessions and Workshops

Time/Room	Duration	Programme
		Summit 1, Level 3
0730 onwards		Registration
0800 – 1300	5 hours	<p>ERAS® Course Session Chairs: Allyson Cochran, United States Elisa Bertocchi, Italy</p> <p>Introduction Allyson Cochran, United States Elisa Bertocchi, Italy</p> <p>ERAS® Fundamentals – Why and How It Works Ulf Gustafsson, Sweden</p> <p>Nursing in ERAS® Charlotte Hart, United States</p> <p>Preoperative Medical Optimisation Michael Scott, United States</p> <p>Perioperative Nutrition – The Right Stuff At The Right Time Marianna Ramona S. Sison, Philippines</p> <p><i>Coffee/Tea Break</i></p> <p>Anaesthesia in ERAS® Chris Jones, United Kingdom</p> <p>Surgery in ERAS® Elisa Bertocchi, Italy</p> <p><i>Coming soon!</i></p> <p>ERAS® Implementation – What Is the Method in the Madness? Vera Lim Qin Yi, Singapore</p> <p>Summary and Closing Remark Allyson Cochran, United States Elisa Bertocchi, Italy</p>
1300 – 1400	60 mins	<i>Lunch</i>
1400 – 1730	3.5 hours	<p>SPECIALTY SESSION 1 ERAS® Obstetrics & Gynecology Group Symposium</p> <p>Session I: ERAS Rapid-Fire Session: Prove Me Wrong Moderator: Pedro T Ramirez, United States</p> <p>Overuse of ERAS Items <i>Low-Value Components in Pathway</i> Gvantsa Kochiasvili, Georgia</p> <p>Anesthesia Variability is #1 Barrier to ERAS-Not Surgery <i>Stop Blaming the Surgeon</i> Gabriel Mena, United States</p> <p>Opioid-Free Pathway <i>Fantasy or the Inevitable Future</i> Helena Obermair, Australia</p> <p>Prehabilitation in Gynecologic Surgery <i>Hard Evidence vs Overhyped Enthusiasm</i> Diletta Fumagalli, Italy</p> <p>Forced Early Feeding: Are We Harming Patients? <i>A Call for Risk Stratification</i> Joannie Neveu, Canada</p> <p>Discussion</p> <p>Session II: ERAS Innovation Debates: The Future is Near Moderator: Gregg Nelson, Canada</p> <p>AI Will Replace ERAS Coordinators PRO: Gabriella Schiavardi, Italy CON: Paula Mateo, Spain</p> <p>ERAS Research Quality is Weak: A Time to Demand RCTs PRO: Kamilla Luca David, Hungary CON: Coming soon!</p> <p>Predicting ERAS Success: Home Environment is What Matters PRO: Arthur Hsu, Taiwan CON: Bella Jugeli, Georgia</p> <p><i>Coffee/Tea Break</i></p> <p>Session III: Global ERAS Moderator: Joseph Ng, Singapore</p> <p>Unequal Recovery: Racial and Ethnic Barriers to ERAS Kristin Black, Canada</p> <p>Transforming Perioperative Care in LMICs: The ERAS Opportunity Florencia Noll, Argentina</p> <p>Discussion</p> <p>Session IV: ERAS 2026 Best OBGYN Abstracts Moderator: Kevin Elias, United States</p> <p>OBGYN Abstract 1</p> <p>OBGYN Abstract 2</p> <p>OBGYN Abstract 3</p> <p>Session V: Guidelines Update Moderator: Sean Dowdy, United States</p> <p>ERAS Gynecologic Oncology Guidelines – 2026 Update Gregg Nelson, Canada</p> <p>Discussion</p>

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15 May 2026, Friday Day 1, Main Congress		
Time/Room	Duration	Programme
		Summit 1, Level 3
0730 onwards		Registration
0815 – 0830	15 mins	Opening Ceremony Ulf Gustafsson, Sweden Gregg Nelson, Canada Kwang Yeong How, Singapore
0830 – 1010	100 mins	Session I: Surgical Safety and Checklists Chair: Ulf Gustafsson, Sweden
0830 – 0850	20 mins	Reimplementation of the Surgical Safety Checklist Tan Hiang Khoon, Singapore
0850 – 0910	20 mins	The OR Black Box: Using Technology to Enhance Human Performance Teodor Grantcharov, United States
0910 – 0930	20 mins	Coming soon!
0930 – 0950	20 mins	Integration of ERAS and the Surgical Safety Checklist Mary Brindle, Canada
0950 – 1010	20 mins	Discussion
1010 – 1040	30 mins	Coffee/Tea Break, Exhibition & Poster Viewings
1040 – 1125	45 mins	Kehlet Lecture: Large Scale Randomised Trials in Perioperative Care Paul Myles, Australia Chair: Olle Ljungqvist, Sweden
1125 – 1305	100 mins	Session II: ERAS Post Discharge
1125 – 1145	20 mins	Emergency and Elective Colorectal Surgery – Differences in Recovery Varut Lohsirivat, Thailand
1145 – 1205	20 mins	Promoting Recovery at Home – Using Mobile Health Applications Nikhil Panda, United States
1205 – 1225	20 mins	Post Discharge Nutritional Care Marianna Sioson, Philippines
1225 – 1245	20 mins	What Do Patients Want Post-Discharge? Patient Perspective Prabu Naidu, Singapore
1245 – 1305	20 mins	Discussion
1305 – 1350	45 mins	Satellite Lunch Symposium by Abbott Abbott
1305 – 1350	45 mins	Lunch, Exhibition & Poster Viewings
1350 – 1530	100 mins	Session III: Pathophysiology of Recovery – Future Challenges
1350 – 1410	20 mins	Postoperative Recovery – Where Are The Issues? Henrik Kehlet, Denmark
1410 – 1430	20 mins	Taming the Surgical Inflammatory Response Christopher Bain, Australia
1430 – 1450	20 mins	Continuous Vital Sign Monitoring on the Surgical Ward Eske Kvanner Aasvang, Denmark
1450 – 1510	20 mins	Blood is at the Heart of Enhanced Recovery: Innovative Strategies for Availing Blood in Blood Deserts Caroline Wesonga, Kenya
1510 – 1530	20 mins	Discussion
1530 – 1615	45 mins	Ljungqvist Lecture: Safety and Excellence in Aviation – Cross-Learning Opportunities between Aviation and Healthcare Eugene C. Antoni, Singapore
1615 – 1645	30 mins	Coffee/Tea Break, Exhibition & Poster Viewings
1645 – 1815	90 mins	Session IV: ERAS Nursing Session Chair: Dorthe Hjort Jakobsen, Denmark
1645 – 1700	15 mins	Coming soon!
1700 – 1715	15 mins	Coming soon!
1715 – 1730	15 mins	Coming soon!
1730 – 1800	15 mins	Coming soon!
1800 – 1815	30 mins	Discussion
1815 – 1930	75 mins	Welcome Reception (Level 3, Concourse, Suntec Convention Centre)
1930 – 2200	150 mins	Faculty Dinner (Offsite)
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	Singapore ERAS Lecture: Value-Based Care in Surgery Kenneth Mak, Singapore
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	<i>Coming soon!</i>
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 – 1345	45 mins	<i>Lunch, Exhibition & Poster Viewings</i>
1345 – 1430	45 mins	Fearon Lecture: Safe Surgery in Space Michael A. Jobst, United States
1430 – 1630	120 mins	Session VII: Prehabilitation and Preoptimisation Chair: Ho-Jin Lee, Republic of Korea
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	<i>Coming soon!</i>
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 Takatori, 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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