



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				
1400 – 1730	3.5 hours	Summit 1, Level 3	Room 324, Level 3	Room 325, Level 3	Room 326, Level 3	Room 309, 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	Prehab Workshop
End of Pre-Congress: ERAS® Course, Specialty Sessions and Workshops						

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
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
		Summit 1, Level 3
0800 onwards		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 (20 January 2026). It is subject to change at the discretion of the Organising Committee without prior notice.



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

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

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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 Lohsiriwat, 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 
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
		Summit 1, Level 3
0800 onwards		Registration
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	Coming soon!
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	Coffee/Tea Break, Exhibition & Poster Viewings
1130 – 1300	90 mins	Session VI: Abstract Session
1130 – 1140	10 mins	Coming soon!
1140 – 1150	10 mins	Coming soon!
1150 – 1200	10 mins	Coming soon!
1200 – 1210	10 mins	Coming soon!
1210 – 1220	10 mins	Coming soon!
1220 – 1230	10 mins	Coming soon!
1230 – 1240	10 mins	Coming soon!
1240 – 1250	10 mins	Coming soon!
1250 – 1300	10 mins	Coming soon!
1300 – 1345	45 mins	Lunch, Exhibition & Poster Viewings
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	Coming soon!
1530 – 1550	20 mins	Care of Older People in Surgery (COPS) Christina Norris, Australia
1550 – 1630	40 mins	Discussion
1630 – 1700	30 mins	Coffee/Tea Break, Exhibition & Poster Viewings
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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