

Anaesthesia for the Patient with Morbid Obesity - Key Issues

**ESAIC Approved Pre-Congress Course, Rotterdam
Friday 6th June 2026**

Co-ordinators: *Mike Margaron; m.margaron@nhs.net
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Capacity – 120 places

Target audience: Both senior trainees and established specialist doctors with an interest in providing safer anaesthesia for the patient with severe obesity.

Learning objectives:

This course covers the fundamental points of managing anaesthesia in patients with severe obesity and co-morbidity. It focusses on understanding the associated disease processes, particularly the impact of obesity on the cardiovascular and respiratory systems and on the pharmacology of anaesthetic drugs.

Other topics covered will include: the metabolic syndrome, sleep disordered breathing (OSAS/OHS), pre-operative assessment and risk reduction strategies.

The final sessions will focus on practicalities; fasting guidelines, ultrasound use and limitations, airway and ventilation issues, the overall practice of anaesthesia, analgesia and regional anaesthesia, and postoperative care. We finish with a case discussion and a self-assessment quiz.

Timetable:

09.00-09.45 REGISTRATION AND REFRESHMENTS

09.45-10.35 Introduction & Background

- Anaesthetic disasters & obesity: Why we run this course	L De Baerdemaeker	15
- BMI & Fat Distribution	tbc	15
- Drug Dosing in the Morbidly Obese	M Margaron	15
- Questions and discussion		5

10.35-11.25 The Impact of Obesity

- The Metabolic Syndrome	L Albon	15
- Cardiovascular Effects of Obesity	D Hacking	15
- Respiratory Effects of Obesity	A Trinks	15
- Questions and discussion		5

11.25-11.50 MORNING COFFEE BREAK

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11.50-12.25 Sleep Disordered Breathing

- Pathophysiology and Mechanisms of SDB	M Margarson	15
- Screening & Perioperative approach	A Pereira	15
- Questions and discussion		5

12.25-13.00 Pre-operative assessment to reduce risk

- Cardiac Risk and Assessment	D Hacking	15
- Pre-operative Team Approach: Risk-benefit judgements	L Albon	15
- Questions and discussion		5

13.00-13.55 LUNCH

13.55-15.00 Airways, Ventilation & Post-op care

- How to safely intubate and extubate the obese patient	T Gaszynski	15
- Pulmonary mechanics and ventilation in the obese	M Scharffenberg	15
- The pneumoperitoneum & its impact	J Mulier	15
- Post-op care & Thromboprophylaxis	tbc	15
- Questions and discussion		5

15.00-15.20 AFTERNOON TEA BREAK

15.20-16.10 Anaesthetic systems & special cases

- The use of ultrasound in the obese	D Godoroja	15
- The Ideal Analgesic technique?	J Mulier	15
- The Ideal Anaesthetic technique?	L De Baerdemaeker	15
- Questions and discussion		5

16:10-16:55 Cases and Interactive Questions:

- A Bad Day at the Office – When things go wrong	Panel of Speakers	20
- Q&A Self-Assessment - Kahoot session	A Trinks/M Afonso	20
- Prizes and close of meeting		5

17:00: END OF SESSIONS

Faculty:

Dr Marta Afonso	- Porto, Portugal	Dr Lorraine Albon	- Chichester, UK
Dr Luc de Baerdemaeker	- Gent, Belgium	Prof Tomasz Gaszyński	- Lodz, Poland
Dr Doug Hacking	- Melbourne, Australia	Dr Mike Margarson	- Chichester, UK
Dr Jan Mulier	- Brugge, Belgium	Dr Ana Isabel Pereira	- Porto, Portugal
Dr Martin Scharffenberg	- Dresden, Germany	Dr Alexandra Trinks	- Munich, Germany