VENUE

Grand Hotel Mediterraneo
Florence, Italy.

OFFICIAL LANGUAGE

The official language of the Meeting is English.

EACCME - CME ACCREDITATION

An application will be made to the UEMS EACCME and to the Italian Ministry of Health for CME accreditation of this event.

MEDTECH EUROPE CODE

This event will be submitted at MedTech Europe Code of Ethical Business Practice.

PARTICIPANTS

The conference attracts perioperative clinicians,anesthesiologists, surgeons, nurses, allied health practitioners, administrators, and anyone interested in improving surgical outcomes through prehabilitation, ERAS, and perioperative medicine.

Participants include: **Surgeons, Anesthesiologists, Geriatricians, Oncologists, Psychologists, Dietitian, Physiotherapist, and Kinesiologists**.

CONTACTS

START PROMOTION

PROVIDER
ORGANIZING SECRETARIAT
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In association with

iPOETTS International Prehabilitation Society

Endorsed by

ERAS® ITALIA P.O.I.S. ERAS® Society ITALIAN Chapter

SIAARTI Pro vita contra dolorem semper



SAVE THE DATE

2027 World Congress of

Prehabilitation and Perioperative Medicine

www.worldprehabcongress2027.com

Florence (Italy)

March 23-25, 2027

RATIONALE

Prehabilitation is reshaping perioperative care by shifting the focus from disease-centered management to patient-centered optimization and preparation before surgery. Through a multimodal approach integrating exercise, nutrition, psychological support, and the management of modifiable risk factors, prehabilitation aims to enhance functional capacity, improve resilience, and promote better clinical outcomes.

As evidence continues to evolve, important questions remain regarding the biological mechanisms underlying its benefits, optimal patient selection, standardized outcome measures, implementation strategies, digital health solutions, and integration into contemporary perioperative and oncological pathways.

This meeting will bring together leading international multidisciplinary experts to explore the latest evidence and future perspectives in multimodal prehabilitation. The scientific program will address topics including exercise and nutritional interventions, anemia optimization, cognitive and psychological support, tele-prehabilitation, home-based programs, integration with comprehensive geriatric assessment, Enhanced Recovery After Surgery (ERAS) pathways, robotic surgery, and cancer care. Special attention will be devoted to patient-centered outcomes, emerging technologies, and the future research agenda.

The meeting aims to foster multidisciplinary collaboration, stimulate scientific discussion, and advance the implementation of personalized, evidence-based prehabilitation as an integral component of modern perioperative care.



MAIN TOPICS

- **Why does Prehabilitation work? Foundations of Prehabilitation**
- **What are the main components and interventions? Building Multimodal Prehabilitation**
- **Who should receive Prehabilitation? Precision and Personalized Prehabilitation**
- **How can we deliver it ? Digital Prehabilitation, Remote Care, Virtual Prehab, AI-facilitated Prehab**
- **How do we integrate it into perioperative medicine?**
- **Where do we go next?**

LOCAL ORGANIZING COMMITTEE

Gabriele Baldini
Associate Professor of Anesthesiology and Intensive Care. Dipartimento di Anestesia e Rianimazione, Azienda Ospedaliero-Universitaria Careggi, Firenze. Clinical coordinator Multimodal Prehabilitation Center, Florence, Azienda Ospedaliero-Universitaria Careggi, Firenze. Dipartimento di Scienze della Salute, Università di Firenze

Stefano Romagnoli
Full Professor of Anesthesia and Intensive Care, University of Florence. Director of the Department of Anesthesia and Intensive Care, Careggi University Hospital, Florence, Italy.

Fabio Cianchi
Full Professor of General Surgery, Department of Experimental and Clinical Medicine, University of Florence. Vice-Director Department of Experimental and Clinical Medicine, University of Florence. Director of Digestive Surgery, Careggi University Hospital, Florence, Italy.

Andrea Ungar
Full Professor of Geriatrics (Internal Medicine/ Geriatrics), Department of Experimental and Clinical Medicine, University of Florence. Director of Geriatrics and Geriatric Intensive Care Unit. Careggi University Hospital, Florence, Italy.

INTERNATIONAL ORGANIZING COMMITTEE

Denny Levett
Consultant in Perioperative and Critical Care Medicine at University Hospital Southampton. Honorary Professor at the University of Southampton.

Gerrit Slooter
MD, PhD, Surgical Oncologist, Maxima Medical Centre, The Netherlands.