



30th Anniversary of ESTS
European Society of Thoracic Surgeons
1993-2023



31st ESTS MEETING

4 - 6 JUNE 2023 • MILANO, ITALY

“Milano 2023 - Nothing like ESTS”

SYMPOSIUM FOR NURSES AND ALLIED HEALTH PROFESSIONAL

Monday 5 June • 11:45-18:00 • White 1

WELCOME ADDRESS

Welcome back.

Since our last ESTS meeting in The Hague 2022, we have been working to build the Allied Health Professional Symposium.

For the 8th time we will be able to meet in person with your allied respiratory professional colleagues from around the world.

Physiotherapists and respiratory specialist nurses are a key part of the allied respiratory professional community, and they are involved in almost all care programmes in thoracic surgery.

We therefore are extremely delighted to welcome you to Milan, Italy, at the 31st ESTS Annual Meeting, 2023. This will facilitate arranging meetings with your colleagues and building new collaborations and friendships. A particular highlight for the Nurses and physiotherapists will be the session, where we will begin to set a new foundation towards standardization of respiratory education that can support the next generation of respiratory nurses and physiotherapists around the world in providing high-quality care.

For respiratory nurses, physiotherapists, allied respiratory professionals the ESTS Congress offers opportunities to share their research, clinical experience, and to connect to open possibilities for further joint work. ESTS is an excellent example of where respiratory nurses and physiotherapists from all fields, from academia to clinical practice, can share their ideas and cooperate.

Our groups have again received high-quality abstracts that will be presented in one session over the three days. Join the plenary sessions, learn about new techniques about disease management, new instruments, and new possibilities within our profession and about disease management.

Let's talk about new topics; the patient perspective of illness and nursing perspective of caring for cancer patients, how to train the patient after lung transplantation and physiotherapy assessment in the patient outcome from thoracic surgery from extubating to ward.

We look forward to seeing you in Milan 2023, happy to see you again soon.



Mario Nosotti
Chair of Local Organizing Committee



Veronica Rossi
Allied Health Professionals
Symposium Organizer

PRACTICAL SESSION FOR NURSES & ALLIED HEALTH PROFESSIONALS

MONDAY 5 JUNE 2023 11:45 - 12:30 h · WHITE 1

Hands-On WORKSHOP:

- Airway clearance techniques in thoracic surgery
- Management of thoracic drainage

SYMPOSIUM FOR NURSES & ALLIED HEALTH PROFESSIONALS

MONDAY 5 JUNE 2023 13:30 - 18:00 h · WHITE 1

- Airways clearance
- Pre rehabilitation in thoracic surgery
- Exercise training after lung transplantation
- Physiotherapy in the surgical patient: from intensive care to home discharge

HOSPITAL TOUR

**TUESDAY, 6 JUNE 2023
10:00 - 12:00 h**

**FONDAZIONE IRCCS
CA' GRANDA-OSPEDALE**



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13:30-14:30

Pulmonary Rehabilitation in Thoracic Surgery
Session in co-operation with ARIR
(Association of Rehabilitators for Respiratory Insufficiency)

- Physiotherapy in the surgical patient: from intensive care to home discharge
- Exercise training after lung transplantation
- Preoperative pulmonary rehabilitation before lung surgery
- Inspiratory muscle training after lung surgery

14:30-14:40

Break

14:40-15:40

Short Topics

15:40-16:00

Break – Posters discussion

16:00-16:30

Hot Topics in the Care of the Thoracic Surgery Patient

16:40-17:40

Enhanced Recovery after Thoracic Surgery
Session in co-operation with POIS
(PeriOperative Italian Society ERAS Italian Chapter)

- Implementation of a Prehabilitation Program with in a ERAS program
- Patient Engagement Evaluation and Preparation
- ERAS Society Accreditation and Institutional Pathway
- ERAS Coordinator: development of patient pathway and audit
- ERAS and Nurse, education and preparation
- ERAS and physiotherapy
- Immune modulating nutrition, and immediate resumption of oral diet

17.40-18:00

Closing of the Symposium / Award Ceremony

HOSPITAL TOUR

TUESDAY, 6 JUNE 2023 10:00 - 12:00 h

FONDAZIONE IRCCS CA' GRANDA-OSPEDALE

- Meeting for group at 9:45h in Via Sforza 35 Milan.
- It is located in the center of Milan near the subway Crocetta (yellow line).



Fondazione IRCCS
Ca' Granda
Ospedale Maggiore
Policlinico