



Bwrdd Iechyd Prifysgol  
Cwm Taf Morgannwg  
University Health Board

# **Drains, Tubes and Fluids!! Enhanced Recovery After Surgery (ERAS)**

**Friday 14<sup>th</sup> June 2024**

**1.00pm to 4.00pm**

**Lecture Theatre - Royal Glamorgan Hospital**

## **COURSE MANUAL**

**Course Convenors:**

**Mr Parin Shah  
Consultant Colorectal Surgeon**

**Mr Mahmoud Abdeldayem  
Consultant Colorectal Surgeon**

## Welcome

Dear Delegate

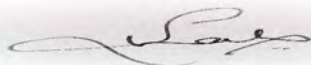
We are pleased to welcome you to join us on our Enhanced Recovery After Surgery (ERAS) Course.

This Enhanced Recovery After Surgery (ERAS) Course is an event designed and developed by Professor P.N. Haray Consultant colorectal surgeon (Pictured below) and is suitable for:

- o Junior Doctors, Medical Students
- o Nurses (Ward, OPD, Theatres, Endoscopy)
- o Healthcare Assistants & Nursing Students
- o Physiotherapists, Pharmacists, Dietitians...

We are looking forward to you joining us on the day for the course, which, we hope you will find both instructive and enjoyable.

Best wishes,



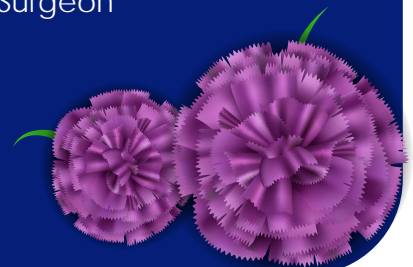
**Mr. Parin Shah**  
Consultant Colorectal Surgeon  
Course Convenor



**Mr. Mahmoud Abdeldayem**  
Consultant Colorectal Surgeon  
Course Convenor



In memory of  
**Professor P N Haray**  
Consultant Colorectal Surgeon



## Agenda

### Course Convenor:

**Mr. Parin Shah**  
Consultant Colorectal Surgeon

**Mr Mahmoud Abdeldayem**  
Consultant Colorectal Surgeon

TIME	TITLE	SPEAKER
01.00 pm - 01.30 pm	Registration and coffee Classroom 1 – Postgraduate centre Royal Glamorgan Hospital	
01.30 pm  02.30 pm	Welcome & Introduction	<b>Mr. Parin Shah</b> Consultant Colorectal Surgeon
	Concept of Enhanced Recovery Programme	<b>Mr Mahmoud Abdel-Dayem</b> Consultant Colorectal Surgeon
	ERAS Protocol Pre & Post-Operative	<b>Mrs Harriet Coxon – Meggy</b> Surgical Registrar
	Drains and Tubes!! Minimally Invasive Colorectal Surgery	<b>Mr. Parin Shah</b> Consultant Colorectal Surgeon
02.30 pm - 02.45pm	<b>Coffee Break</b>	
02.45pm  03.45 pm	Fluid management in surgical patients	<b>Dr Huw Davies</b> Consultant Anaesthetist
	Anaesthetic Considerations and Post-operative Pain Control in ERAS	<b>Dr Huw Davies</b> Consultant Anaesthetist
	Discharge Planning for ERAS	<b>Sister Helen Wilson and Sister Rebecca Mazur</b> Colorectal Nurse Specialist
03.45 pm - 04.00 pm	<b>Questions and Answers</b>	

## Useful Information

We are taking this opportunity to host an informative course on Enhanced Recovery after Colorectal Surgery principles.

We will issue a certificate upon completion of the course feedback. The feedback link and the course certificate will be emailed to you by the team at Doctors Academy. If you have any queries, please contact [courses@doctorsacademy.org.uk](mailto:courses@doctorsacademy.org.uk).

### Special Thanks to

**ETHICON**  
PART OF THE *Johnson & Johnson* FAMILY OF COMPANIES

Shaping  
the future  
of surgery



## Faculty Profiles



### Mr Parin Shah

Consultant Colorectal Surgeon, Royal Glamorgan Hospital – since 2014  
MBBS, MS - Grant Medical College Mumbai  
FRCS, Royal College of Surgeons of Edinburgh – 2010  
Visiting Fellow, University of South Wales – 2012 - 2016  
M Phil – University of Glamorgan – 2009  
Member of the Faculty of Surgical Trainers (MFSTEd) 2015



### Mr Mahmoud Abdel-Dayem

Consultant Colorectal Surgeon, Royal Glamorgan Hospital  
Graduated from Ain Shams University (Egypt) – School of Medicine 2001  
MS Ain Shams University 2006, MRCS, RCS England 2009  
MD General Surgery – Ain Shams University 2010  
FRCS - RCS England Colorectal Surgery 2017  
ACPGBI EDI committee member for South Wales since 2020, RCS England  
Country advisor for Egypt since 2023.



### Dr Huw Davies

Consultant in Anaesthesia and Intensive Care  
Royal Glamorgan Hospital, CWM TAF University Health Board  
Bit of a fluid geek , trustee of 'turning the tide' fluid safety charity . Believes ERAS  
is simply best care.



### Mrs Harriet Coxon - Meggy

Surgical Registrar  
Surgical Registrar - Welsh Deanery  
Graduated from Cardiff University School of Medicine 2015  
MRCS, RCS England 2018



### Sister Helen Wilson

Colorectal Nurse Specialist (CNS) – Royal Glamorgan Hospital  
Dip HE in Nursing 1995, BSc in Professional 2001, Msc In professional Practice  
2019 - University of Glamorgan  
Stoma Care Nurse since 1999, Macmillan Colorectal CNS since 2019.  
Main role is to support the colorectal cancer and non-cancer patient from  
diagnosis, counselling, pre and post operative management, stoma training,  
supporting the patient and their family through their cancer pathway ensuring  
they receive the best possible care. Cancer surveillance clinics, audit, training  
and education. Supporting and managing the colorectal nursing team in RGH.



### Sister Rebecca Mazur

Colorectal Nurse Specialist (CNS) – Prince Charles Hospital  
BSc adult nursing 2013 USW, MSc Advanced Clinical Practice July 2022 USW,  
currently working as a colorectal STT triage nurse and stoma CNS. Main role  
involves vetting all USC referrals sent in and arranging all necessary investigations  
and ensuring results are actioned. Remain heavily involved in the LGI MDT and  
cancer services.



# **Drains, Tubes and Fluids!! Enhanced Recovery After Surgery (ERAS)**