

Time	Topic	
9am	Registration, refreshments	
9.45am	Welcome and overview of the day	Tim Havard Director for Wales
9.50am	Background to the prehabilitation agenda in Wales	Rachael Barlow Clinical Lead for Rehab, NHS Wales
Session 1: Patient risk assessment and stratification Chair, Tim Havard		
10am	A patients' perspective of prehabilitation	
10.15am	Introduction	Chris Jones Deputy Chief Medical Officer
10.30am	The case to get patients fit for surgery	Mike Grocott Professor of Anaesthesia and Critical Care Medicine
11.10am	Risk assessment and stratification	Richard Davies Consultant Anaesthetist
11.25am	Q & A panel discussion	
11.35am	Refreshment break	
Session 2: Elements of prehabilitation Chair TBC		
11.55am	Improving endurance and performance using exercise	
12.10pm	Prehabilitation: UK and International perspective	
12.25pm	Prehabilitation: A multidisciplinary approach	Rachael Barlow Clinical Lead for Rehab, NHS Wales
12.40pm	Prehabilitation: Importance of smoking cessation	Kier Lewis Professor of Respiratory Medicine
12.55pm	Q & A panel discussion	

1.10pm	Lunch and exhibition	
Session 3: Models of prehabilitation and preparing for the future Chair TBC		
2pm	Plans for prehabilitation in Wales	Len Richards Chief Executive, Cardiff and Vale
2.15pm	Prehabilitation in Oncology	
2.30pm	Prehabilitation: The role of primary care	
2.45pm	Surgery	
3pm	Q & A panel discussion	
3.15pm	Summary and closing remarks	Tim Havard Director for Wales