DEPARTMENT OF CLINICAL HEALTH PSYCHOLOGY

GRAND ROUNDS

THE ELEPHANT IN THE ROOM: UNDERSTANDING THE ROLE OF MENTAL HEALTH IN PERI-OPERATIVE MEDICINE

THURSDAY, JANUARY 23, 2020 | 3:00 - 4:30PM

Theatre B · Basic Medical Sciences Building · 745 Bannatyne Ave

Renée El-Gabalawy, PhD., C. Psych
Assistant Professor in the Departments of Clinical Health Psychology, Anesthesiology, & Perioperative and Pain Medicine
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Dr. El-Gabalawy’s clinical practice within Shared Health focuses on medical trauma and adjustment to illness. She is the Director of the Health, Anxiety and Trauma Lab. Her research program focuses on anxiety and trauma-related correlates of physical health conditions, and predictors and outcomes of adverse health events such as surgery. Dr. El-Gabalawy is also the Clinical Research Network Director of the Chronic Pain SPOR Network at the University of Manitoba.

Objectives:
- To describe the impact of pre-operative mental health on peri-operative outcomes
- To review predictors of poor psychological sequelae post-surgery with a focus on post-traumatic stress disorder
- To discuss empirically supported pre-operative interventions with a focus on mindfulness-based stress reduction on post-operative outcomes