



2:30 PM - 4:00 PM

*included in Registration SuperPass (Option A) or Registration Option C

Mental Training

Chair: Raul J. Rosenthal, MD; **Co-Chair:** Rajesh Aggarwal, MD

Surgeons have to perform many complicated fine-motor movements, which are not part of the normal repertoire of body movements, and they must do this under very stressful conditions. These demands are similar to those facing professional sportsmen. Striving to perfect complicated movements is the ultimate goal in surgery, and it is a goal shared with professional sports. Because of these common aspirations, it seems logical to us to combine surgery and sports science in an interdisciplinary fashion when designing training methods in surgery. Mental training, systematically and repeatedly imagining a movement or sequence of motor events without actually performing the physical act, has been validated and applied successfully in professional sports for a long time. This session will explore the use of these strategies in surgery.

Objectives:

At the conclusion of this session, participants will be able to:

- Describe the concept of mental training as it is applied in other disciplines
- Explain how residents, fellows, and practicing surgeons can be trained in basic and advanced procedures
- Describe techniques to expedite technical skills acquisition in surgery
- Apply these training concepts in their practice and educational programs

SCHEDULE

2:30PM	What Can We Learn from Sports and Aviation When Teaching Surgery?	Raul J. Rosenthal, MD
2:45PM	What Are the Principles of Mental Training?	Marc Immenroth, MD
3:00PM	How is Mental Training Different from Other Attention Resource Enhancing Strategies?	Dimitrios Stefanidis, MD
3:15PM	Outcomes of Mental Training	Rajesh Aggarwal, MD
3:30PM	Applying these Lessons to your Practice and Educational Programs	Neal Seymour, MD
3:45PM	Panel Discussion	Panel

8:00 AM - 10:00 AM

*Student ID Required

SAGES Mini Medical School Boot Camp

Chair: James Butch Rosser, MD; **Co-Chair:** Vivian Sanchez, MD & Lisa Jane Jacobsen, MD MPH

An exciting new program will make its debut at SAGES 2012, SAGES Mini Med School. High school students from the San Diego area and SAGES membership will have the opportunity to experience the wonderful world of medicine and minimally invasive surgery. With projected physician and surgeon shortages in the future, this program is timely and hopefully will promote early decisions to join our noble profession. The day is power packed with classroom lectures, tours of the Learning Center and Exhibit Hall and the Top Gun Interactive Experience. Both cognitive and skill competitions with awards and prizes will be offered. So do not delay in contacting SAGES for more information because space is limited. The edge of the envelope for future surgeons will start here at SAGES Mini Med School 2012.

The 2012 SAGES Mini Med School is designed to expose high school students to the field of Surgery through lecture and simulation. Students will begin to appreciate that being in the OR is rewarding, important work, and fun.

8:00AM	Registration	
8:30AM	Welcome	James Butch Rosser, MD
8:40AM	Putting Patients to Sleep for an Operation	Stephanie Jones, MD
8:50AM	Delivering Babies	Lisa Jane Jacobsen, MD MPH
9:00AM	Anatomy of the Abdomen and Chest	Col. Scott Rehrig, MD
9:10AM	Importance of Education	Vivian Sanchez, MD
9:30AM	Exhibit Time	

Program limited to 100 students. Letter of recommendation from a high school teacher is required.

Faculty:

Jamie Adair, MD	Stephanie Jones, MD	Scott Rehrig, MD
Limaris Barrios, MD	Yusef Kudsi, MD	Shawn Tsuda, MD
Abe Frech, MD	Vivian Sanchez, MD	
Lisa Jane Jacobsen, MD	Kinga Powers, MD	

This session is not accredited for CME by SAGES

12:00 PM - 1:00 PM

Mini Med School Interactive Experience

This is a power packed hour that will allow the students to show that they have the "right stuff" to join the ranks of laparoscopic surgeons one day. From video games that help decrease errors, to robotic helicopters to FLS™ and Top Gun drills, this will be a grand finale to the SAGES Mini Med School experience.

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