

Colorectal THRIVE 2026

Sun March 22 – Wed March 25, 2026

85 lectures | 50 faculty | 47 hours for your inspiration



Sharing Knowledge, Building Community
At THRIVE, we exchange ideas across borders



Onsite, Fribourg Switzerland
& global, on-demand access

Colorectal Surgery + Proctology

Two Masterclass, TTSS course,
Negotiations & Leadership



Colorectal THRIVE - will YOU be there?



Colorectal THRIVE 2026

Congress Where Surgeons THRIVE

Get ready for the next chapter

March 22 – 25, 2026 | Fribourg, Switzerland

Sharing Knowledge. Actioning Evidence. Building Community



Monday 23.03.2026:		8 CME
	Chairperson: Justin Davies, Patricia Tejedor	Michel Adamina, Fribourg & Bern - CH
08:30 - 08:45	Opening: Welcome to Colorectal THRIVE	Raphael Bonvin, Fribourg - CH
08:45 - 09:15	The ESCP Lecture So you wanna be a surgeon?	Antonino Spinelli, Milano - IT
	Diverticular disease	
09:15 - 09:45	To resect or to expect after diverticulitis - an updated perspective	Ville Sallinen, Helsinki - FN
09:45 - 10:15	Diverticular Disease going rough - how to get out of trouble	Patricia Tejedor, Madrid - SP
10:15 - 10:45	How to get things done in our operating rooms	Paul Barach, Philadelphia - US
10:45 - 11:15	Coffee break	
	Chairperson: Esther Consten, Isacco Montroni	
	Colon cancer	
11:15 - 11:45	The ACPGBI Lecture High-grade dysplasia and early colon cancer: endoscopic removal or surgery + lymphadenectomy	Justin Davies, Cambridge – UK
11:45 - 12:15	A step-by-step, time-tested teaching model of CME for cancer	Ken Campbell, Dundee - UK
	The DSCRS Lecture:	
12:15 - 12:45	Incidence & management of complex colon cancer	Erik Westreenen, Zwolle - NL
12:45 - 13:15	Long-term oncologic and functional outcomes of transanal transection and single-stapled anastomosis (TTSS)	Antonino Spinelli, Milano - IT
13:15 - 14:30	Lunch break	
	Chairperson: Willem Bemelman, Rebecca Kraus	
	Thinking out of the box	
14:30 - 15:00	Evolution of Practice: Advancing Neuromodulation Pathways for Fecal Incontinence	Graham MacKay, Glasgow - UK Roxane Staiger, Lucerne - CH
15:00 - 15:30	The Extraperitoneal Approach to Left-Sided Colorectal Resections: EXPERTS Procedure	Tarek Hany, Lancashire - UK
	Leadership	
15:30 - 16:00	All I wish to have known - Tricks of the Robotic Trade When It Bleeds, Won't Reach, or Won't Move	Jim Khan, Portsmouth - UK
16:00 - 16:30	The Microbiome as a Surgical Partner: Are we ready to Operate Together	James Kinross, London - UK
16:30 - 17:00	Coffee break	

Monday 23.03.2026:		8 CME
	Chairperson: André d'Hoore, Amy Lightner	
	Bail out strategies: management of complications	
17:00 - 17:30	How to prevent incisional and stoma site closure hernias	Salvador Morales-Conde, Sevilla - SP
17:30 - 18:00	Strategies for Optimizing Outcomes in Frail and Elderly Colorectal Patients	Isacco Montroni, Milano - IT
18:00 - 18:30	Real-time surgical guidance: planes recognition and automated warning	Salvador Morales-Conde, Sevilla - SP
18:30 – 19:30	Honorary lecture	
	Sharp as a knife, smart as a surgeon: lessons learned in my surgical life and beyond	Willem Bemelman, Amsterdam - NL

Tuesday 24.03.2026 **8 CME**

Chairperson: Janindra Warusavitarne, Ioannis Galanis		 European Crohn's and Colitis Organisation
Pearls of practice - Crohn and Colitis		
08:30 - 09:00	Stepwise management algorithm for perianal and perineal Crohn's disease	Amy Lightner, La Jolla, USA
09:00 - 09:30	Revisional surgery in Crohn and Colitis	Willem Bemelman, Amsterdam - NL
09:30 - 10:00	From early surgery to over-the-valve stricturoplasty: surgical management of Crohn patients	André d'Hoore, Leuven - BE
10:00 - 10:30	The appendix and the colon - can a simple appendectomy save the colon in ulcerative colitis?	Christianne Buskens, Amsterdam - NL
10:30 - 11:00	Coffee break	

Chairperson: Stéphanie Breukink, Paris Tekkis		
Perspective lecture		
11:00 - 11:30	EUREKA, RESET, and GLOBALRECT - what real-world data tell us in rectal cancer surgery	Esther Consten, Groningen - NL
Rectum cancer		 DSCRS
The DSCRS Lecture:		
11:30 - 12:00	Lessons learned from Neoadjuvant Immunotherapy in CRC- clinical response and surgical challenge	Brechtje Grotenhuis - NL
12:00 - 12:30	DERECT trial - Tailoring multimodal treatment of rectal cancer: de-escalation, abstention, intensification	Roel Hompes, Amsterdam - NL
12:30 - 13:00	Transanal TME - time for a revival? Results from the VANTAGE and COLOR III trials	Jurriaan Tuynman, Amsterdam - NL
13:00 - 14:15	Lunch break	

Chairperson: Brechtje Grotenhuis, Ken Campbell		
Rectum cancer		
14:15 - 14:45	Of the importance of lymphnode and tumor deposits in colorectal cancer - the radiologist view	Gina Brown, London - UK
14:45 - 15:15	Of the importance of lymphnode and tumor deposits in colorectal cancer - the pathologist view	Phil Quirke, Leeds - UK
15:15 - 15:45	Long-term quality of life and functional outcomes following a Watch-and-Wait approach	Stéphanie Breukink, Maastricht - NL
The IRCAD Lecture:		
15:45 - 16:15	How Artificial Intelligence will revolutionize Minimally Invasive Surgery	Jacques Marescaux, Strasbourg – F
		
16:15 - 16:45	Coffee break	

Tuesday 24.03.2026

8 CME

Chairperson: Christos Kontovounisios, Alberto Arezzo

Leadership

16:45 - 17:45	Hostage at the table - how to negotiate when it matters most	George Kohlrieser, Basel - CH/US
17:45 - 18:15	Let's talk about sex – how to improve function beyond survival	Jacob Reisman, Amsterdam - NL
18:15 - 18:45	The empty pelvis - how to prevent and manage perineal disasters	Paris Tekkis, London - UK

Wednesday 25.03.2026		6 CME
Chairperson: Frédéric Ris, Eloy Espin-Basany		
The Times They Are a-Changin		
08:30 – 09:00	Real-time prediction of surgical outcomes – the Future is Now	Guido Beldi, Bern - CH
09:00 - 09:30	Pelvic exenteration revisited: current indications, oncologic results, and functional outcomes	Christos Kontovounisios, Athens - GR
09:30 - 10:00	The Science and Art of decision-making in Surgery	Carly Bisset, Glasgow - UK
10:00 - 10:30	Intact & OPTIMISTIC: The Microbiome and Colorectal Cancer	Phil Quirke, Leeds - UK
10:30 - 11:00	Artificial Intelligence in Colorectal Surgery – risks, benefits, and a map to success	James Kinross, London - UK
11:00 - 11:30	The Pelvic Floor as the Mirror of the Soul	Jacob Reisman, Amsterdam - NL
11:30 - 12:00	Brunch break	
Chairperson: Christianne Buskens, James Kinross		
Perspective lectures		
12:00 - 12:30	Extra-Anatomical and Lateral Lymph Nodes: When and How to Address Them	Christos Kontovounisios, Athens - GR
12:30 - 13:00	Low risk colon cancer - is endoscopic resection enough?	Jurriaan Tuynman, Amsterdam - NL
13:00 - 13:30	Sustainability in the OR - why it matters and how to do it	Patricia Sylla, New York - USA - NL
13:30 - 14:00	Perspective lectures	
13:30 - 14:00	Endometriosis for the colorectal surgeon	Frédéric Ris, Geneva - CH
14:00 - 14:30	Minimizing anastomotic leak, maximizing early detection, and optimizing repair	Eloy Espin-Basany, Barcelona - SP
14:30 - 15:00	The EAES Lecture: Practical applications of AI to colorectal disease: The CLASSICA and endotheranostics projects	Alberto Arezzo, Torino – IT
15:00	Closure and Farewell	Michel Adamina, Fribourg - CH



Masterclass in Colorectal Surgery		7 CME credits
Sun 22.03.2026	Course director: Andreas Kohler, Bern	09:00 - 18:00
Chairperson: Isacco Montroni, Patricia Tejedor		
09:00 - 09:35	The abdominal wall revisited – robotic incisional and parastomal hernia repair: how I do it	Jonathan Douissard, Geneva - CH
09:35 - 10:10	Handling acute diverticulitis - all you need to know	Rebecca Kraus, Chur - CH
10:10 - 10:45	Surgical leadership - what truly shapes success beyond conventional metrics	Paul Barach, Washington - US
10:45 - 11:05	Coffee break	
Chairperson: Nader Francis, Perparim Limani		
11:05 - 11:40	From Ileus Prevention to Long-Term recovery: Optimizing Functional Outcomes After Colectomy	Isacco Montroni, Milano - IT
11:40 - 12:15	The appendix - from easy to crazy (LAMN, NET, and more)	Perparim Limani, Aarau - CH
12:15 - 12:50	Management strategies for the acute abdomen - ischemia, volvulus, and obstruction	Patricia Tejedor, Madrid - SP
12:50 - 14:00	Lunch	
Chairperson: Rebecca Kraus, Jim Khan,		
14:00 - 14:35	Resect to Cure Crohn's disease? Let the data speak !	Jérémie Lefèvre, Paris - FR
14:35 - 15:10	The ECCO 2026 guidelines for Ulcerative Colitis in clinical practice	Janindra Warusavitarne, London - UK
	 ECCO European Crohn's and Colitis Organisation	
15:10 - 15:45	Evidence that Counts: Translating Clinical Trial Data into Tumor Board Practice	Paris Tekkis, London - UK
15:45 - 16:15	Coffee break	
Chairperson: Esther Consten, Jérémie Lefèvre		
16:15 - 16:50	Surgical errors, performance, and outcomes: how can we improve our training and life-long practice	Nader Francis, Yeovil - UK
16:50 - 17:25	Surgical approaches to rectal cancer - LAR, ELAPE, and APR	Paris Tekkis, London - UK
17:25 - 18:00	Robotic Colorectal Surgery - Stepwise to Mastery	Jim Khan, Portsmouth - UK
18:00	Closure	

The Masterclass in Colorectal Surgery is an intensive one-day Course intended to provide in-depth and interactive learning of topics paramount to the safe practice of colorectal surgery. It has been developed with the Chair of the Education Committee of ESCP in collaboration with Janindra Warusavitarne, Lead Consultant Colorectal Surgeon, St. Marks London, Secretary of the Coloproctology Section of UEMS. As such, this Colorectal THRIVE Masterclass is ideally suited to prepare for the UEMS EBSQ Coloproctology Board or to refresh knowledge. The Masterclass in Colorectal Surgery is listed as an university course by the University of Fribourg. The course can be booked independently of the main congress. Non-editable pdf copies of the presentations are included

Masterclass in Proctology and Pelvic Floor Disorders		7 CME credits
Sun 22.03.2026	Course director: Bruno Roche, Geneva	09:00 - 18:00
Chairperson: Guillaume Meurette, Ionel Romain		
09:00 - 09:35	Proctology Foundations: Exam, Ultrasound, and MRI Complementing the Clinical History	Bruno Roche, Geneva - CH
09:35 - 10:10	Specialization and innovation in proctology - from plain hemorrhoids to AIN and cancer	Roxane D. Staiger, Lucerne - CH
10:10 - 10:45	Anorectal fistula - from simple to complex, time-tested and innovative approaches	Oddeke van Ruler, Rotterdam -NL
10:45 - 11:05	Coffee break	
Chairperson: Roxane Staiger, Bruno Roche		
11:05 - 11:40	Laser in proctology: from bleaching and rejuvenation to fistula closure and pilonidal sinus	Ionel Romain, Saxon - CH
11:40 - 12:15	The pelvic floor explained - anatomy, function, and pathophysiology for surgeons	Guillaume Meurette, Geneva - CH
12:15 - 12:50	State of the art neuromodulation: of fecal incontinence, slow-transit constipation, LARS, and more - technique and cost-effectiveness	Stéphanie Breukink, Maastricht - NL
12:50 - 14:00	Lunch	
Chairperson: Carlijn Witjes, Stéphanie Breukink		
14:00 - 14:35	Transperineal and transvaginal approaches explained	Bruno Roche, Geneva - CH
14:35 - 15:10	The lazy gut - investigations, interventions, and medical treatment	Daniel Pohl, Zürich - CH
15:10 - 15:45	Obstructed defecation syndrome - conservative and operative approaches	Esther Consten, Groningen – NL
15:45 - 16:15	Coffee break	
Chairperson: Oddeke van Ruler, Mike Chilcott		
16:15 - 16:50	The lazy gut - let's take it out! Words of caution and surgical algorithm	Janindra Warusavitarne, London – UK
16:50 - 17:25	Reoperative pelvic floor surgery - advices and techniques when things go wrong	Guillaume Meurette, Geneva - CH
17:25 - 18:00	Proctology and the human soul: pearls of wisdom to building a therapeutic relationship	Bruno Roche, Geneva - CH
18:00	Closure	

The Masterclass in Proctology and Pelvic Floor Disorders is an intensive one-day Course intended to provide in-depth and interactive learning of topics paramount to the safe practice of colorectal surgery. It has been developed with the Chair of the Education Committee of ESCP in collaboration with Janindra Warusavitarne, Lead Consultant Colorectal Surgeon, St. Marks London, Secretary of the Coloproctology Section of UEMS. As such, this Colorectal THRIVE Masterclass is ideally suited to prepare for the UEMS EBSQ Coloproctology Board or to refresh knowledge. The Masterclass in Proctology and Pelvic Floor Diseases is listed as an university course by the University of Fribourg. The course can be booked independently of the main congress. Non-editable pdf copies of the presentations are included.

Transanal Transection and Single Stapled Anastomosis Course

Course Director: Antonino Spinelli Sunday March 22, 2026 9h00 – 17h00

Faculty: Michele Carvello, Georgios Peros, Michel Adamina 7 CME credits

This advanced course is designed for colorectal surgeons with experience in minimally invasive rectal surgery. It includes hands-on training sessions on a biologic training model to **practice TTSS**.

Guided by an **expert faculty led by Prof. Antonino Spinelli and his Team**, the mastermind behind the development of TTSS, participants will gain a comprehensive understanding of the **rationale, indications, patient selection, critical steps, and potential pitfalls** of the technique.

Learning objectives will be achieved through:

- **In-depth didactic lectures**
- **Live surgery demonstrations**
- **Hands-on training sessions**

9:00 - 9:10 **Welcome and Introduction**

9:10 - 9:35 **TME: how to do it**

9:35 - 9:55 **Benefit and Pitfall of taTME in the era of TTSS**

9:55 - 10:20 **TTSS: indications and step-by-step description of the technique**

10:20 - 10:40 **Evidence about TTSS | short-term and long-term outcomes**

10:40 - 11:00 Coffee break

11:00 - 13:00 **Deferred live surgery: laparoscopic and robotic TME augmented by TTSS**

13:00 - 14:00 Lunch

14:00 - 17:00 **Hands-on training: transanal transection, purse-string, single-stapled anastomosis in a biologic training model**

17:00 - 17:10 Course wrap-up

Participants are encouraged to attend in teams of two surgeons to maximize implementation of TTSS upon returning to their institution. The Transanal Transection and Single Stapled Anastomosis Course is listed as an university course by the University of Fribourg. The course can be booked independently of the main congress. Non-editable pdf copies of the presentations are included.

A maximum of 14 participants is foreseen to maximize learning outcomes and interactions.

Leadership Essentials: from innovation to implementation

Sunday, March 22 2026 14h00 - 18h00 4 CME credits

Course Directors: Paul Barach, Philadelphia - Michel Adamina, Bern

Target Audience: Surgeons, surgical team leaders, hospital management

A 30-minute reading and self-assessment ahead of the workshop is required to maximize your learning

Workshop objectives

- Understand systemic organization and its impact on surgical practice and outcomes.
- Understand and develop your leadership skills to drive innovation and implementation.
- Empower surgeons to lead teams effectively.
- Optimize perioperative workflow for efficiency and patient safety.
- Recognize and mitigate burnout; build resilience strategies.

14:00 - 14:30 Introduction & Context

- Welcome and objectives
- Why leadership matters in surgical practice
- Overview of systemic challenges in healthcare

14:30 - 15:00 Systemic Organization & Workflow

- Mapping surgical workflows
- Identifying bottlenecks and inefficiencies
- Strategies for improving coordination and communication

15:00 - 15:30 Leadership Essentials for Surgical Teams

- Identify your leadership style and learn ways to improve your situational leadership
- Building trust and psychological safety in teams
- Appreciate how to assess and improve your decision-making under pressure
- Improve work with multidisciplinary leadership teams, governing boards, and system partners

15:30 - 16:00 Coffee break

16:00 - 16:30 Empowerment & Innovation

- Creating a culture of innovation
- Tools for implementing change in complex systems
- Case studies: successful implementation in surgery

16:30 - 17:00 Burnout & Resilience

- Recognizing signs of burnout in yourself and your team
- Evidence-based resilience strategies
- Peer support and institutional resources

17:00 - 18:00 Interactive Session: Leadership in Action

- Interactive action planning for participants' own institutions
- Key takeaways and resources for continued learning
- Feedback and closing remarks