

**PALTmed Texas Geriatrics Annual Conference 2025: *GERIATRICS: A Capitol Idea***  
**Session Objectives and Speaker Bio(s)**

**Speaker(s): Ezenwa Onyema, MD and Sarah Reichert, DO**

**Title: *Perioperative Management of Older Adults***

Saturday, August 2 from 11:30 am to 12:30 pm

**Objectives:**

1. Apply shared decision-making for older adults having major surgery.
2. Describe the best practices in perioperative risk factor modification.
3. Assess psychological barriers to post surgical inpatient recovery and rehabilitation.

**Ezenwa Onyema** is an Assistant Professor in the Department of Geriatric Medicine and Emergency Medicine at McGovern Medical School. He earned his medical degree at Ross University and completed internal medicine residency at University of Pittsburgh Medical Center and Geriatric Fellowship at UT/McGovern. Dr Onyema is one of the Geriatric Trauma hospitalists at Memorial Hermann Hospital Texas Medical Center, a level 1 trauma center. Ezenwa is one of the champions of the Age Friendly Health Systems initiative in Memorial Hermann Hospital Texas Medical Center where his efforts revolve around implementing measures to improve inpatient outcomes for older adults. He enjoys teaching medical students, nurses, internal medicine and surgical residents.

**Sarah Reichert** is an Assistant Professor in the Department of Emergency Medicine and Trauma Surgery at McGovern Medical School. She earned her Doctor of Osteopathic Medicine degree at Kansas City University of Medicine and Biosciences College of Osteopathic Medicine and completed her internal medicine residency at the University of Texas Health Science Center at Houston (McGovern Medical School). Dr. Reichert is the Geriatric Trauma and Spine Surgery Director for the Hospitalist Division at Memorial Hermann Hospital in the Texas Medical Center a level 1 trauma center. She also focuses much of her clinical time on perioperative medicine in the Pre-anesthesia Clinic at Memorial Hermann Rockets Orthopedic Hospital, implementing evidence based holistic care to improve surgical outcomes of older adults undergoing both urgent and elective orthopedic and spine surgeries. She enjoys partnering with the orthopedic and trauma surgeons and anesthesiologists.