



## Biography

Dr. Ligia Fahl Fonseca has been a nursing educator in undergraduate and graduate programs for over thirty years at Londrina State University in Brazil. She received her Master's Degree from Case Western Reserve University and PhD from the University of São Paulo. She has shared the results of research in conferences both nationally and internationally and has taught short and long-term courses to students of various universities, nursing educators, and health care professionals. She has coordinated the Perioperative Specialization Course and is currently the Perioperative Residency Program coordinator at Londrina State University. She also teaches Nursing Communication for the Master's and PhD Programs.

For the past eight years, Ligia has been the coordinator of the Research and Study Group on Thirst. Motivated by the realization that thirst is a much forgotten and yet highly distressful and prevalent symptom in the perioperative period, the group has worked intensively to uncover high level evidence on thirst management and propose new reliable tools that have been implemented in clinical practice. Extensive research conducted by the group based on recent discoveries in sensation physiology, resulted in the Perioperative Thirst Management Model, an innovative approach. It allows perioperative nurses to manage thirst in an effective and safe manner, with great impact on patient's comfort and care.

Keynote lecture : "Rescuing your patient from the desert: an innovative approach to perioperative thirst management"