



European Society of Regional Anaesthesia HELLAS

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ANNUAL REGIONAL ANAESTHESIA HANDS – ON WORKSHOPS

Small Auditorium (Lectures Hall), «Aretaieion» University Hospital
Athens, Greece

11th CYCLE, 2018

Part I: 19 – 21 October 2018

Part II: 30 November – 2 December 2018



INFO

The Annual **ESRA Hellas Workshops (Part I & II)** are recognized by the **EDRA Diploma Board** as one of the prerequisites towards the **EDRA Diploma Examinations**.

They are accredited with **CME – CPD Credits** by the **Panhellenic Medical Association** and are approved by the **National Drug Organization (EOF)** of Greece.

ORGANIZATION → ESRA Hellas
<http://www.esrahellas.gr>

INFORMATION- PREREGISTRATION

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ANNUAL REGIONAL ANAESTHESIA HANDS – ON WORKSHOP

Organization: ESRA Hellas Directory Board

11th Cycle: 2018

- Accreditation with CME – CPD Credits (Part I and II) by the Pan – Hellenic Medical Association
- Recognized as a prerequisite towards Exam for EDRA Diploma
- Approved by the National Drug Organization (EOF) of Greece

PART I

19 – 21 October 2018

«Aretaieion» University Hospital, Athens, Greece

ORGANIZING & SCIENTIFIC COMMITTEE

President – Coordinator

E. Argyra

Members

E. Antonopoulou

V. Fyntanidou

A. Makris

E. Moka

M. Rekatsina

E. Stavropoulou

K. Theodoraki

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PAPAPOSTOLOU
MEDICAL EQUIPMENT CENTER



European Society of Regional Anaesthesia **HELLAS**

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SCIENTIFIC PROGRAM

Friday 19.10.2018

14.30 – 15.00	VENUE – REGISTRATIONS: Small Auditorium – Lectures Hall, «Aretaieion» University Hospital			
15.00 – 17.00	LECTURES: SMALL AUDITORIUM – ALL GROUPS			
15.00 – 15.30	Introduction: Education on Regional Anaesthesia & EDRA Diploma		E. Argyra	
15.30 – 16.00	Local Anaesthetics: Pharmacokinetics-Pharmacodynamics		E. Moka	
16.00 – 16.15	Basics of Neurostimulation		A. Makris	
16.15 – 16.30	Ultrasound Physics – Application on Regional Anaesthesia		T. Paraskevopoulos T.	
16.30 – 17.00	Basic Anatomy for Regional Anaesthesia (Functional Anatomy & Sono – Anatomy)		E. Stavropoulou	
17.00 – 17.15	COFFEE BREAK			
17.15 – 18.00	PRO – CON DEBATE [in English]: SMALL AUDITORIUM – ALL GROUPS			
	Catheters and not Adjuvants are the best way to prolong Analgesia			
17.15 – 17.35	PRO		E. Argyra	
17.35 – 17.55	CON		A. Delbos	
17.55 – 18.05	REBUTTAL		E. Argyra & A. Delbos	
18.05 – 19.45	CLINICAL WORKSHOP I: WORKSTATIONS & GROUPS Ultrasonographic Identification of Basic Anatomic Structures: Practice on Phantom, Phantom Torso, Anatomical Preparation, Live Model			
Instructors	ULTRASONOGRAPHY GROUP E. Gkliatis, A. Makris, P. Papacharalambous, K. Vitoula			
Workstations (25 min/Workstation)	<u>WORKSTATION 1</u> Live Model A. Makris	<u>WORKSTATION 2</u> Phantom P. Papacharalambous	<u>WORKSTATION 3</u> Anatomical Preparation K. Vitoula	<u>WORKSTATION 4</u> Phantom Torso E. Gkliatis
	GROUPS			
18.05 – 18.30	A	B	C	D
18.30 – 18.55	B	C	D	A
18.55 – 19.20	C	D	A	B
19.20 – 19.45	D	A	B	C

Saturday 20.10.2018

08.45 – 09.00	VENUE – ALL GROUPS: Small Auditorium – Lectures Hall, «Aretaieion» University Hospital			
09.00 – 09.30	LECTURE: SMALL AUDITORIUM – ALL GROUPS			
	Anatomy of Brachial Plexus – 3D Demonstration			A. Delbos
09.30 – 11.00	CLINICAL WORKSHOP II: WORKSTATIONS & GROUPS Upper Limb Peripheral Nerve Blocks			
Instructors	A. Delbos, V. Fyntanidou, E. Lykoudi, G. Stamatiou			
	ULTRASONOGRAPHY IDENTIFICATION		ANATOMICAL LANDMARKS, CLINICAL DEMONSTRATION, USE OF NEUROSTIMULATION	
Workstations (45min/Workstation)	<u>WORKSTATION 1</u> A. Delbos PERIPHERAL NERVE BLOCKS ABOVE THE CLAVICLE Interscalene, Suprascapular & Supraclavicular Nerve Blocks	<u>WORKSTATION 2</u> V. Fyntanidou PERIPHERAL NERVE BLOCKS BELOW THE CLAVICLE Infraclavicular & Axillary Nerve Blocks, Nerve Blocks at Elbow, Forearm & Wrist Level	<u>WORKSTATION 3</u> G. Stamatiou PERIPHERAL NERVE BLOCKS ABOVE THE CLAVICLE Interscalene, Suprascapular & Supraclavicular Nerve Blocks	<u>WORKSTATION 4</u> E. Lykoudi PERIPHERAL NERVE BLOCKS BELOW THE CLAVICLE Infraclavicular & Axillary Nerve Blocks, Nerve Blocks at Elbow, Forearm & Wrist Level
	GROUPS			
09.30 – 10.15	A	B	C	D
10.15 – 11.00	B	C	D	A
11.00 – 11.30	COFFEE BREAK			
11.30 – 13.00	CLINICAL WORKSHOP II: WORKSTATIONS & GROUPS Upper Limb Peripheral Nerve Blocks [Continued]			
	GROUPS			
11.30 – 12.15	C	D	A	B
12.15 – 13.00	D	A	B	C
13.00 – 13.30	LECTURE-INTERACTIVE DISCUSSION: SMALL AUDITORIUM – ALL GROUPS			
13.00 – 13.30	Upper Limb Peripheral Nerve Blocks: Operation – Specific Block Selection [Summing-Up]			V. Fyntanidou
13.30 – 14.00	LUNCH BREAK			

Saturday 20.10.2018 [Continued]

14.00 – 15.30	LECTURES – INTERACTIVE DISCUSSION: SMALL AUDITORIUM – ALL GROUPS			
14.00 – 14.30	Subarachnoid Anaesthesia: Tips & Tricks			C. Staikou
14.30 – 15.00	Epidural Anaesthesia – Analgesia: Where, When and Why			A. Tsaroucha
15.00 – 15.15	Ultrasound Use in Central Neuraxial Blocks			T. Paraskevopoulos
15.15 – 15.30	Thoracic Paravertebral Block: Anatomy, Indications, Contraindications, Complications			A. Makris
15.30 – 17.30	CLINICAL WORKSHOP III: WORKSTATIONS & GROUPS Central & Peripheral Nerve Blocks of the Thorax			
Instructors	T. Paraskevopoulos, A. Rantis, E. Stavropoulou, K. Vitoula			
Workstations (30 min/Workstation)	<u>WORKSTATION 1</u> E. Stavropoulou Paravertebral Block & Erector Spinae Block Ultrasonographic Identification	<u>WORKSTATION 2</u> T. Paraskevopoulos Central Neuraxial Blocks Ultrasonographic Identification	<u>WORKSTATION 3</u> K. Vitoula Intercostal Nerve Block Anatomic Landmarks & Ultrasonographic Identification	<u>WORKSTATION 4</u> A. Rantis PECS Block (I & II) & Serratus Anterior Plane (SAP) Block Ultrasonographic Identification
	GROUPS			
15.30 – 16.00	A	B	C	D
16.00 – 16.30	B	C	D	A
16.30 – 17.00	C	D	A	B
17.00 – 17.30	D	A	B	C

Sunday 21.10.2018

08.45 – 09.00	VENUE – ALL GROUPS: Small Auditorium, «Aretaieion» University Hospital			
09.00 – 10.30	CLINICAL WORKSHOP IV: SMALL AUDITORIUM – ALL GROUPS Regional Anaesthesia & Difficult Airway (Clinical Scenario – Interactive Discussion – Televoting)			
Instructors	E. Moka, G. Vogiatzis			
10.30 – 11.00	COFFEE BREAK			
11.00 – 13.00	CLINICAL WORKSHOP V: WORKSTATIONS & GROUPS Superficial & Deep Cervical Plexus Blocks Anatomy, Block Techniques, US Identification, Indications, Contraindications, Complications		CLINICAL WORKSHOP VI: WORKSTATIONS & GROUPS Airway – Lung Ultrasound	
Instructors	M. Diakomi, E. Stavropoulou		E. Gkliatis, A. Makris	
Workstations (30min/Workstation)	<u>WORKSTATION 1</u> E. Stavropoulou Clinical Practice with Ultrasound	<u>WORKSTATION 2</u> M. Diakomi Clinical Demonstration & Landmarks on Live Model	<u>WORKSTATION 3</u> A. Makris Ultrasonographic Identification & Clinical Practice with Ultrasound	<u>WORKSTATION 4</u> E. Gkliatis Ultrasonographic Identification & Clinical Practice with Ultrasound
	GROUPS			
11.00 – 11.30	A	B	C	D
11.30 – 12.00	B	C	D	A
12.00 – 12.30	C	D	A	B
12.30 – 13.00	D	A	B	C
13.00 – 14.30	CLINICAL WORKSHOP VII: SMALL AUDITORIUM – ALL GROUPS Local Anaesthetic Systemic Toxicity – Simulation of Crisis			
Instructors	Coordination: E. Argyra, Instructors: E. Moka, K. Theodoraki			
13.00 – 13.15	Briefing			K. Theodoraki
13.15 – 14.15	Clinical Scenarios & Televoting			Audience Participation
14.15 – 14.30	Debriefing – Questions & Comments			E. Moka

Faculty List (Instructors, Lecturers, Organizers)

Antonopoulou E, MD, PhD, EDRA, ESRA Hellas Board Member, Senior Consultant Anaesthesiologist, Coordinator - Director of Anaesthesiology Department, General Hospital of Xanthi, Xanthi, Greece

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Lykoudi E, MD, PhD, EDRA

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Makris A, MD, PhD, MSc, EDRA, EDRA Examiner, ESRA Hellas Treasurer, Consultant Anaesthesiologist, Anaesthesiology Department, General Hospital of Athens "Asklepieio - Voula", Athens, Greece

Moka E, MD, PhD, MSc, EDRA, ESRA & EDRA Board Member, EDRA Examiner, ESRA Hellas General Secretary, Senior Consultant Anaesthesiologist, Head of Anaesthesiology Department, Private Hospital «Creta InterClinic», Heraklion, Crete, Greece

Papacharalambous P, MD, Consultant Anaesthesiologist, Fellow of B' Surgical Department, University of Athens, A' Anaesthesiology Clinic, Pain Relief & Palliative Care Unit, "Aretaieion" University Hospital, National & Kapodistrian University of Athens, Athens, Greece

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