



European Society of Regional Anaesthesia HELLAS

<http://www.esrahellas.gr>

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 II

30 November – 02 December 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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SCIENTIFIC PROGRAM

Friday 30.11.2018

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	Applied Statistics in Regional Anaesthesia (with Examples)	K. Theodoraki
	REGIONAL ANESTHESIA IN SPECIFIC PATIENT GROUPS: Specific Considerations – Red Flags	
15.30 – 16.00	Regional Anaesthesia in Obstetrics	P. Matsota
16.00 – 16.15	Regional Anaesthesia in Cardiovascular Patients	A. Bairaktari
16.15 – 16.30	Regional Anaesthesia in Patients with Neurological Diseases	E. Chrona
16.30 – 16.45	Regional Anaesthesia in the Elderly	V. Fyntanidou
16.45 – 17.00	Regional Anaesthesia in the Obese Population	M. Papaioannou
17.00 – 17.30	COFFEE BREAK	
17.30 – 18.00	LECTURES: SMALL AUDITORIUM-ALL GROUPS	
17.30 – 18.00	Regional Anaesthesia and Anticoagulation: Current Guidelines	E. Arnaoutoglou
18.00 – 18.30	Essential Equipment and Monitoring in Regional Anaesthesia – Patient Informed Consent	P. Trantzas
18.30 – 19.30	CLINICAL WORKSHOP I: SMALL AUDITORIUM – ALL GROUPS Neurological Complications of Peripheral Nerve Blocks: Proper Management (Clinical Scenario – Interactive Discussion – Televoting)	
Instructor	A. Douma	

Saturday 01.12.2018

08.45 – 09.00	VENUE – ALL GROUPS: Small Auditorium, «Aretaieion» University Hospital			
09.00 – 09.30	LECTURE: SMALL AUDITORIUM – ALL GROUPS			
	Anatomy of Lower Limb Plexuses and Nerves			P. Kessler
09.30 – 11.00	CLINICAL WORKSHOP II: WORKSTATIONS & GROUPS Lower Limb Peripheral Nerve Blocks – Nerves of Lumbar Plexus			
Instructors	A. Andreou, P. Dimou, P. Kessler, M. Varveri			
	ULTRASONOGRAPHIC IDENTIFICATION		ANATOMICAL LANDMARKS, CLINICAL DEMONSTRATION, USE OF NEUROSTIMULATION	
Workstations (45min/Workstation)	<u>WORKSTATION 1</u> P. Kessler - Lumbar Plexus Block at the Psoas Level (Psoas Compartment Block) - Femoral Nerve Block - Fascia Iliaca Compartment Block (FICB)	<u>WORKSTATION 2</u> P. Dimou - Adductor Canal Block – Saphenous Nerve Block - Obturator Nerve Block - Lateral Femoral Cutaneous Nerve Block	<u>WORKSTATION 3</u> A. Andreou - Lumbar Plexus Block at the Psoas Level (Psoas Compartment Block)	<u>WORKSTATION 4</u> M. Varveri - Femoral Nerve Block - Fascia Iliaca Compartment Block (FICB) - Obturator Nerve Block - Saphenous Nerve Block
	GROUPS			
09.30 – 10.15	A	B	C	D
10.15 – 11.00	B	C	D	A
11.00 – 11.15	COFFEE BREAK			
11.15 – 12.45	CLINICAL WORKSHOP II: WORKSTATIONS & GROUPS Lower Limb Peripheral Nerve Blocks – Nerves of Lumbar Plexus [Continued]			
	GROUPS			
11.15 – 12.00	C	D	A	B
12.00 – 12.45	D	A	B	C

Saturday 01.12.2018 [Continued]

12.45 – 14.15	CLINICAL WORKSHOP III: WORKSTATIONS & GROUPS Peripheral Lower Limb Nerve Blocks – Nerves of Sacral Plexus			
Instructors	E. Antonopoulou, P. Zavridis, P. Kessler, E. Koraki			
	ULTRASONOGRAPHIC IDENTIFICATION		ANATOMICAL LANDMARKS, CLINICAL DEMONSTRATION, USE OF NEUROSTIMULATION	
Workstations (45min/Workstation)	<u>WORKSTATION 1</u> P. Kessler Sciatic Nerve Block - Supragluteal Approach - Subgluteal Approach - Other Approaches	<u>WORKSTATION 2</u> E. Koraki Sciatic Nerve Block - In the Popliteal Fossa - At the Ankle and Foot Level	<u>WORKSTATION 3</u> E. Antonopoulou Sciatic Nerve Block - Supragluteal Approach - Subgluteal Approach - In the Popliteal Fossa	<u>WORKSTATION 4</u> P. Zavridis Peripheral Nerve Blocks - At the Ankle Level - At the Foot Level
	GROUPS			
12.45 – 13.30	A	B	C	D
13.30 – 14.15	B	C	D	A
14.15 – 15.00	LUNCH BREAK			
15.00 – 16.30	CLINICAL WORKSHOP III: WORKSTATIONS & GROUPS Peripheral Lower Limb Nerve Blocks – Nerves of Sacral Plexus [Continued]			
	GROUPS			
15.00 – 15.45	C	D	A	B
15.45 – 16.30	D	A	B	C
16.30 – 17.00	LECTURE – INTERACTIVE DISCUSSION: SMALL AUDITORIUM – ALL GROUPS			
16.30 – 17.00	Peripheral Lower Limb Nerve Blocks: Operation – Specific Block Selection [Summing-Up]			A. Makris

Sunday 02.12.2018

08.45 – 09.00	VENUE – ALL GROUPS: Small Auditorium, «Aretaieion» University Hospital			
09.00 – 11.00	CLINICAL WORKSHOP IV: WORKSTATIONS & GROUPS Truncal Nerve Blocks Anatomy, Block Techniques, Ultrasonographic Identification, Indications, Contraindications, Complications			CLINICAL WORKSHOP V: WORKSTATIONS & GROUPS Intravenous Regional Anaesthesia (IVRA)
Instructors	G. Mazarakis, P. Papacharalambous, A. Rantis			Karanastassi Ch.
Workstations (30min/Workstation)	<u>WORKSTATION 1</u> A. Rantis Quadratus Lumborum Block (QLB) Clinical Practice with Ultrasound	<u>WORKSTATION 2</u> P. Papacharalambous - TAP Block - Rectus Sheath Block Clinical Practice with Ultrasound	<u>WORKSTATION 3</u> G. Mazarakis - Ilioinguinal Nerve Block - Iliohypogastric Nerve Block Clinical Practice with Ultrasound	<u>WORKSTATION 4</u> Ch. Karanastassi Clinical Demonstration and Technique
	GROUPS			
09.00 – 09.30	A	B	C	D
09.30 – 10.00	B	C	D	A
10.00 – 10.30	C	D	A	B
10.30 – 11.00	D	A	B	C
11.00 – 11.30	COFFEE BREAK			
11.30 – 12.00	LECTURES: SMALL AUDITORIUM – ALL GROUPS			
11.30 – 12.00	Continuous Peripheral Nerve Blocks in Chronic Pain Patients			N. Fyrfiris
12.00 – 12.30	Regional Anaesthesia in the Paediatric Population: Tips and Tricks			E. Garini
12.30 – 13.00	Caudal Block in the Paediatric Population			A. Karafotia

Sunday 02.12.2018 [Continued]

13.00 – 14.00	CLINICAL WORKSHOP VI: WORKSTATIONS & GROUPS Peripheral Nerve Blocks in Children: Clinical Practice on Paediatric Models with Ultrasound Use			
Instructors	Coordination: P. Mammi P. Instructors: E. Garini, E. Gkliatis, G. Noutsos, D. Oikonomopoulos			
Workstations (30min/Workstation)	<u>WORKSTATION 1</u> E. Garini Practice on Upper Limb Peripheral Nerve Blocks	<u>ΣΤΑΘΜΟΣ 2</u> E. Gkliatis Practice on Upper Limb Peripheral Nerve Blocks	<u>ΣΤΑΘΜΟΣ 3</u> G. Noutsos Practice on Trunk and Lower Limb Peripheral Nerve Blocks	<u>ΣΤΑΘΜΟΣ 4</u> D. Oikonomopoulos Practice on Trunk and Lower Limb Peripheral Nerve Blocks
	ΟΜΑΔΕΣ			
13.00 – 13.30	A	B	C	D
13.30 – 14.00	C	D	A	B
14.00 – 15.00	SELF – EXAMINATION			

Faculty List (Instructors, Lecturers, Organizers)

Andreou A, MD, PhD, Consultant Anaesthesiologist, Anaesthesiology Department, 251 Air Force General Hospital, (251 GNA), Athens, Greece

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

Argyra E, MD, PhD, EDRA, EDRA Board Member, ESRA Hellas President, Professor of Anaesthesiology, A' Anaesthesiology Clinic, Pain Relief & Palliative Care Unit, Aretaieion University Hospital, National & Kapodistrian University of Athens, Athens, Greece

Arnaoutoglou E, MD, PhD, Professor of Anaesthesiology, Medical School University of Thessaly, Anaesthesiology Department-Pain Relief Unit, General Hospital of Larissa, Larissa, Greece

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Economopoulos D, MD, Senior Consultant Anaesthesiologist, Anaesthesiology Department, Children's General Hospital, "Agia Sofia", Athens, Greece

Fyntanidou B, MD, PhD, ESRA Hellas Board Member, Consultant Anaesthesiologist, Anaesthesiology Clinic & Intensive Care Unit, University of Thessaloniki, Peripheral General Hospital "AHEPA", Thessaloniki, Greece

Fyrfiris N, MD, Consultant Anaesthesiologist, Anaesthesiology Department, General Hospital of Athens «Agios Savvas», Athens, Greece

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Kessler P, MD, PhD, EDRA, Professor of Anaesthesiology, ESRA Councilor for Germany, Chairman of ESRA Cadaver Workshops, EDRA Examiner, Department of Anaesthesiology, Intensive Care and Pain Relief, Orthopaedic University Hospital, Frankfurt, Germany

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Mammi P, MD, PhD, Senior Consultant Paediatric Anaesthesiologist, Former Director – Coordinator of Anaesthesiology Department, Children's General Hospital «Agia Sophia», Athens, Director of Rio Hospital, Patras, Greece

Matsota P, MD, PhD, Associate Professor of Anaesthesiology, B' Anaesthesiology Clinic, Pain Relief & Palliative Care Unit, "Attikon" University Hospital, National & Kapodistrian University of Athens, 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

Faculty List (Instructors, Lecturers, Organizers) [Continued]

Noutsos G, MD, Senior Consultant Anaesthesiologist, Director NHS, Anaesthesiology Department, Children's General Hospital «Agia Sophia», Athens, Greece

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Stavropoulou E, MD, PhD, EDRA, ESRA Hellas Vice President, Senior Consultant Anaesthesiologist, Director NHS, Anaesthesiology Department - Pain Centre, General Hospital of Attiki "KAT", Athens, Greece

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Zavridis P, MD, MSc, Anaesthesiologist, Cyprus Representative in the ESRA Hellas Board, Board Member of the Cyprus Anaesthesia Society, Nicosia, Cyprus