



THE EUROPEAN SOCIETY
OF REGIONAL ANAESTHESIA
& PAIN THERAPY

ESRA

<http://www.esraeurope.org>

ESRA Diploma



Diploma in RA

Aim

- to educate clinicians involved in RA
- to achieve a uniformly high standard of knowledge as judged by an independent Board of Examiners

First written exams September 2007

Do we need it??

- Improving Knowledge, Technical Skills
- Certification
- CV
- Moving across Europe

When



- **Parts I and II** at the ESRA Annual Meeting
- Examinations 2012 at the **XXXI ESRA Congress in Bordeaux, France**
- Registration Fees to both exams cost €100 (€50/retake)
- **On-line Registration will open in March 2012**

Exams 2012: When ?

- During the Annual ESRA Congress in Bordeaux
- Part I: 100 written Multiple Choice Questions (MCQs), Time 2 h

Passed Result of 75% ?? and more

- Part II: After successful Part I (next year)
25 minutes examination given by 2 examiners

- **Part II**

Any applicants who has already taken Part I
before 2012

- Within the last three years

PRE-REQUISITES

Part I

- Minimum of **2 years** in an established training program in anaesthesiology
- Minimum of **1 workshop/course** recognized by the ESRA diploma board in the time frame of 3 years prior to the time of application
- ESRA membership
- Once accepted, the applicant will have to purchase a **registration to the ESRA annual congress**

Part II

- **Certificate**, written by the Head of the Department / Program director of performance of at least:
 - **150 neuraxial** blocks including spinal, epidural and combined spinal/epidural
 - **150 peripheral nerve blocks**
 - **13 points from workshops**
 - **ESRA membership**

150 peripheral nerve blocks

- 75 upper limb nerve blocks including
 - 30 interscalene,
 - 30 infraclavicular/axillary
 - 15 distal nerve blocks at cubital and wrist level
- 75 lower limb nerve blocks including
 - 20 proximal sciatic,
 - 20 femoral,
 - 20 popliteal
 - 15 blocks at ankle level
- 30 various nerve blocks
paravertebral, intercostal, abdominal wall, caudal and Bier's block

Workshops

To apply for ESRA Diploma a candidate must have a minimum of **13 points**

- Minimum 3 points from EDB approved **cadaver** workshops;
- Minimum 4 points from **EDB hands-on workshops**
- Minimum 9 points out of required 13 points should be from EDB approved courses
- **Valid ESRA membership**

Syllabus

- **Anatomy, physiology and pathophysiology** related to regional anaesthesia (including common concomitant diseases like diabetes, chronic lung disease, bleeding disorders etc).
- **Pharmacology** of drugs commonly used in regional anaesthesia and pain therapy
- **Basic of statistics**
Methods and strategies in regional anaesthesia and pain therapy:
in obstetrics, children, elderly, trauma and acute and chronic pain
Neuraxial blocks, peripheral nerve blocks
- **Equipment** for block performance: e.g. nerve stimulator, ultrasound, perineural catheters

Books for ESRA Diploma Preparation

- Admir Hadzic: **Textbook of Regional Anesthesia and Acute Pain Management**: 2007 Mc Graw-Hill Companies, Inc. ISBN 978-0-07-144906-9
- Brendan T. Finucane: **Complications of Regional Anesthesia**: Second Edition, 2007 Springer Science + Business Media, LLC, ISBN 978-0-387-37559-5
- Steven D. Waldman: **Pain Management**, Vol I+ II, 2007 Saunders Elsevier, Philadelphia, ISBN 978-0-7216-0334-6
- John L. Atlee: **Complications in Anesthesia**, 2nd Edition. 2007 Saunders Elsevier, Philadelphia, ISBN 978-1-4160-2215-2
- Joseph M. Neal, James P. Rathmell: **Complications in Regional Anesthesia & Pain Medicine**, 2007 Saunders Elsevier, Philadelphia, ISBN 978-1-4160-2392-0
- Harvey Motulsky: **Intuitive Biostatistics**: 1995 Oxford University Press, ISBN 0-19-508607-4
- Andrew D. Bersten, Neil Soni: **Oh's Intensive Care Manual**: 5th Edition, 2003 Butterworth/Heinemann an imprint of Elsevier Science, ISBN 0-7506-5184-9
- P. Prithvi Raj: **Pain Medicine, A comprehensive Review**: 1996 Mosby-Year Book Inc., ISBN 0-8016-7998-2
- P.H. Abrahams, S.C. Marks Jr, R.T. Hutchings: **McMinn's Color Atlas of Human Anatomy**: 2003 Mosby an Imprint of Elsevier Science, ISBN 0-7234-3212-0
- Gosling, Harris, Whitmore, Willan: **Human Anatomy**, Color Atlas and Text: Fourth Edition, 2002 Mosby an imprint of Elsevier Science Ltd. ISBN 0-7234-3195-7
- Walter F. Boron, Emile L. Boulpaep: **Medical Physiology**: 2003, Saunders an Imprint of Elsevier Science, ISBN 0-7216-3256-4
- Boezaart André: **Anesthesia and Orthopaedic Surgery**, 2006 by McGraw-Hill Companies, ISBN 0-07-144686-9
- Tetzlaff John E: **Clinical Orthopedic Anesthesia**, 1995 by Butterworth-Heinemann a member of the Reed Elsevier group, ISBN 0-7506-9478-5
- Weiss L, Silver JK, Weiss J: **Easy EMG: A Guide to Performing Nerve Conduction Studies and Electromyography**, 2004 by Butterworth-Heinemann an Imprint of Elsevier, ISBN-13: 978-0-7506-7431-7

Diploma 2010

Statistics:

Diploma Part I: success rate 82%

- Pass: 69
- Fail: 15
- Total examined: 84

Diploma Part II: success rate 90%

- Pass: 54
- Fail: 6
- Not shown: 3
- Total examined: 60

Diploma 2011

Statistics:

Diploma Part 1: pass rate 55.89%

- Pass: 117
- Fail: 98
- Total examined: 215

Diploma Part II: pass rate 77.7%

- Pass: 70
- Fail: 20
- Total examined: 90

ESRA Diploma 2011

Part I, 211 participants

- 54% success rate

Part II, 70 participants

- 71% success rate

Greek Diplomates

Full Diploma

- Antonopoulou Elpis 2008
- Serpetinis Ioannis 2008
- Papadopoulos Dimitrios 2010
- Stavropoulou Evmorfia 2010
- Andreou Andreas 2011
- Baltatzi Lambrini 2011
- Noulas Nikolaos 2011
- Lycoudi Eirini 2011

Part I

- Augoustatou Kalirroï 2008
- Paraskevopoulos Tilemachos 2009
- Ketikidou Eygenia 2011
- Koutra Maria 2011

ESRA membership

- <http://www.esraeurope.org/membership>
- <http://www.esrahellas.gr>

EDB – ESRA Diploma Board

Executive Board:

- Alain Borgeat, Chairman
- Slobodan Gligorijevic, Vice-Chairman

Board Members:

- Narinder Rawal
- Chandra Kumar
- Eriphili Argyra
- Xavier Capdevila
- Barry Nicholls
- André van Zundert

Ex-Officio Board member:

- Marc van de Velde, ESRA President



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