



European Society of Regional Anaesthesia **HELLAS**

<http://www.esrahellas.gr>

ANNUAL HANDS – ON REGIONAL ANAESTHESIA WORKSHOPS

8th CYCLE, 2016

Part I: 04 – 06 March 2016

Part II: 01 – 03 April 2016



INFO

The Annual ESRA Hellas Workshops are recognized by the **EDRA Board** as one of the prerequisites towards the **EDRA Diploma Exams**.

They are accredited with **25 CME Credits** by the **Panhellenic Medical Association**.

They are also recognized by the **National Drug Organization (EOF)** of Greece.

ORGANIZATION → ESRA Hellas

<http://www.esrahellas.gr>

INFORMATION – PREREGISTRATION

ESRA Hellas Secretariat

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HANDS – ON REGIONAL ANAESTHESIA WORKSHOP **8th CYCLE 2016**

Awarded with 25CME credits (Part I and II)

Accepted as a prerequisite for the EDRA Diploma

PART I

4, 5, 6 March 2016, Aretaieion University Hospital, Athens

Friday 04/03/2016

15.00 - 15.30	Registration	
15.30 - 16.00	Introductory Lecture by the President of ESRA Hellas – European Diploma of Regional Anaesthesia (EDRA)	E. Argyra
16.00 - 16.30	Basic Anatomy for Peripheral Nerve Blocks	E. Stavropoulou
16.30 – 17.00	Local Anaesthetics: Pharmacokinetics – Pharmacodynamics	E. Moka
17.00 – 17.15	Basics of Neurostimulation (N/S)	E. Gliatis
17.15 – 17.30	Basics of Ultrasounds (US)	A. Makris
17.30 – 18.00	Coffee Break	
18.00 – 18.30	Subarachnoid Anaesthesia in Everyday Clinical Practice New Data - Interactive Discussion	Ch. Staikou
18.30 – 19.00	Epidural and CSE Anaesthesia - Analgesia How, Where and When? Interactive Discussion	A. Tsaroucha
19.00 – 19.30	Regional Anaesthesia and Anticoagulation	G. Kritharidou

Saturday 05/03/2016

08.45 – 09.00	Venue – Registrations			
09.00 – 10.45	CLINICAL WORKSHOP I <i>Identification of Basic Anatomic Structures with Ultrasounds</i> <i>Practice on Fantoms, Anatomical Preparations, Live Model</i>			
Instructors	Ultrasound Group Th. Sarandeas, A. Makris, E. Stavropoulou, P. Papaharalambous			
	Workstation 1 Model	Workstation 2 Fantom Torso	Workstation 3 Anatomical Preparation	Workstation 4 Fantom
Groups	A	B	C	D
	B	C	D	A
	C	D	A	B
	D	A	B	C
10.45 – 11.15	Coffee Break			
11.15 – 11.45	Lecture Hall - All Groups Brachial Plexus Anatomy P. Kessler			
11.45 – 13.15	CLINICAL WORKSHOP II <i>Upper Limb Peripheral Nerve Blocks</i>			
	Workstation 1	Workstation 2	Workstation 3	Workstation 4
Instructors	P. Kessler	Th. Sarandeas	Z. Gambopoulou	A. Makris
	Brachial Plexus Identification with US (interscalene, supraclavicular, infraclavicular)	Brachial Plexus Identification with US (axillary, elbow, forearm, wrist level)	Interscalene, Infraclavicular & Supraclavicular Nerve Blocks	Axillary Block and Blocks at elbow, forearm & wrist level
11.45 – 12.30	A	B	C	D
12.30 – 13.15	B	C	D	A
13.15 – 14.00	Lunch Break			
14.00 – 15.30	CLINICAL WORKSHOP II (continue) <i>Upper Limb Peripheral Nerve Blocks</i>			
14.00 – 14.45	C	D	A	B
14.45 – 15.30	D	A	B	C
15.30 – 16.00	Lecture Hall - All Groups : Paravertebral Nerve Block: Anatomy, Indications, Contra Indications, Complications P. Kessler			
16.00 – 17.00	CLINICAL WORKSHOP III <i>Thoracic Paravertebral Block Techniques</i>			
Instructors	P. Kessler	A. Makris	E. Moka	L. Baltatzi
	Workstation 1	Workstation 2	Workstation 3	Workstation 4
	US Identification & technique	US Identification	Landmarks & Technique	Landmarks & Technique
16.00 – 16.30	A	B	C	D
16.30 – 17.00	C	D	A	B

Sunday 06/03/2016

08.45 – 09.00	Venue : Lecture Hall – All Groups			
09.00 – 09.30	The future of Regional Anaesthesia / Analgesia in the Era of Anaesthesiology Evolution & Development Th. Sarandeas			
9.30 – 10.30	CLINICAL WORKSHOP IV <i>Intercostal block - Anatomy, Block Technique, Indications, Contra Indications, Complications</i>	CLINICAL WORKSHOP V <i>Suprascapular block – Occipital Nerve Blocks. Anatomy, Block Technique, Indications, Contra Indications, Complications</i>		
Instructors	E. Kouroukli	E. Stavropoulou	A. Karra	F. Kremastinou
	Workstation 1 Landmarks Clinical Application (on Live Model)	Workstation 2 Landmarks Clinical Application (on Live Model)	Workstation 3 Landmarks Clinical Application (on Live Model)	Workstation 4 Landmarks Clinical Application (on Live Model)
09.30 – 10.00	A	B	C	D
10.00 – 10.30	C	D	A	B
10.30 – 11.00	Coffee Break			
11.00 – 12.00	CLINICAL WORKSHOP VI Superficial and Deep cervical plexus block Anatomy – Indications – Contraindications – Complications			
Instructors	A. Makris	E. Stavropoulou	E. Gliatis	E. Lykoudi
	Workstation 1 Identification with US	Workstation 2 Identification with US	Workstation 3 Clinical Demonstration	Workstation 4 Clinical Demonstration
11.00 – 11.30	A	B	C	D
11.30 – 12.00	C	D	A	B
12.00 – 13.00	CLINICAL WORKSHOP VII PEC'S BLOCK			
Instructors	A. Rantis		A. Andreou	
	Work Station 1 Clinical Practice with US		Work Station 2 Clinical Practice with US	
	Groups : A & B		Groups : C & D	