



European Society of Regional Anaesthesia **HELLAS**

<http://www.esrahellas.gr>

ANNUAL HANDS – ON REGIONAL ANAESTHESIA WORKSHOPS

7TH CYCLE, 2015 – 2016

Part I: 11 – 13 December 2015

Part II: 05 – 07 February 2016



INFO

The **ESRA Hellas Workshops (Part I & II)** are recognized by the **EDRA Diploma Board** as a prerequisite for your participation in the exams for the EDRA Diploma.

They have been accredited with **25 CME Credits** by the **Panhellenic Medical Association** and are also recognized by the **National Drug Association (EOF)**.

Organization → **ESRA Hellas**

<http://www.esrahellas.gr>

Information – Registrations

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ANNUAL HANDS – ON REGIONAL ANAESTHESIA WORKSHOP

7th CYCLE 2015 – 2016

Awarded with 25CME credits (Part I and II)

Accepted as a prerequisite for the EDRA Diploma

PART I

11, 12, 13 December 2015, Aretaieion University Hospital, Athens, Greece

Friday 11/12/2015

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	Safety and Comfort of Patients undergoing Regional Anaesthesia – Sedation	E. Argyra
17.00 – 17.30	Local Anaesthetics: Pharmacokinetics – Pharmacodynamics	E. Moka
17.30 – 18.00	Coffee Break	
18.00 – 18.30	Basics of Neurostimulation	E. Gliatis
18.30 – 19.00	Basics of Ultrasound	P. Narchi
19.00 – 19.30	Subarachnoid Anaesthesia in Everyday Clinical Practice New Data – Interactive Discussion	Ch. Staikou
19.30 – 20.00	Epidural and CSE Anaesthesia - Analgesia How, Where and When. Interactive Discussion	A. Tsaroucha

Saturday 12/12/2015

08.45 – 09.00	Venue – Registrations			
09.00 – 10.30	CLINICAL WORKSHOP I <i>Identification of Basic Anatomic Structures with Ultrasounds</i> <i>Practice on Fantoms, Animal Preparations, Live Model</i>			
Instructors	Ultrasound Group Th. Sarandeas, T. Paraskevopoulos, A. Makris, A. Pagonidou			
	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
10.30 – 11.00	Coffee Break			
11.00 – 11.30	Lecture Hall - All Groups Brachial Plexus Anatomy – 3 D Demonstration			
				P. Narchi
11.30 – 14.10	CLINICAL WORKSHOP II <i>Upper Limb Peripheral Nerve Blocks</i>			
	Workstation 1 & 1a	Workstation 2	Workstation 3	Workstation 4
Instructors	P. Narchi Th. Sarandeas	Z. Gambopoulou	G. Stamatiou	A. Makris
	Plexus Identification with Ultrasound	Interscalene and Supraclavicular Nerve Blocks with NS	Infraclavicular and Axillary Nerve Blocks	Blocks at elbow, forearm wrist level
11.30 – 12.10	A	B	C	D
12.10 – 12.50	B	C	D	A
12.50 – 13.30	C	D	A	B
13.30 – 14.10	D	A	B	C
14.10 – 14.45	Lunch Break			
14.45 – 15.15	Lecture Hall - All Groups Paravertebral Block: Anatomy, Indications, Contraindications, Complications			
				P. Narchi
15.15 – 16.15	CLINICAL WORKSHOP III <i>Thoracic Paravertebral Block Techniques</i>			
Instructors	P. Narchi	Th. Sarandeas	T. Paraskevopoulos	L. Baltatzi
	Workstation 1	Workstation 2	Workstation 3	Workstation 4
	US technique	US technique	Landmarks on live model	Landmarks on live model
15.15 – 15.45	A	B	C	D
15.45 – 16.15	C	D	A	B

Sunday 13/12/2015

08.45 – 09.00	Venue : Lecture Hall – All Groups			
09.00 – 10.00	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	Workstation 2 Landmarks Clinical Application on Live Model	Workstation 3 Landmarks Clinical Application on Live Model	Workstation 4 Landmarks Clinical Application
09.00 – 09.30	A	B	C	D
09.30 – 10.00	C	D	A	B
10.00 – 10.30	Coffee Break			
10.30– 11.30	CLINICAL WORKSHOP VI Superficial and Deep cervical plexus block <i>Anatomy – Indications – Contraindications – Complications</i>			
Instructors	A. Makris	E. Stavropoulou	Z. Gambopoulou	E. Lykoudi
	Workstation 1 Identification with Ultrasound	Workstation 2 Identification with Ultrasound	Workstation 3 Clinical Demonstration	Workstation 4 Clinical Demonstration
10.30 – 11.00	A	B	C	D
11.00 – 11.30	C	D	A	B
11.30 – 12.00	Regional Anaesthesia and Anticoagulation			G. Kritharidou
12.00 – 12.30	Regional Anaesthesia and Chronic Pain Therapy: When and How?			F. Kremastinou
12.30 – 13.00	Biers's block. Theory and Practice: Clinical Demonstration			Ch. Karanastasi