



European Society of Regional Anaesthesia **HELLAS**

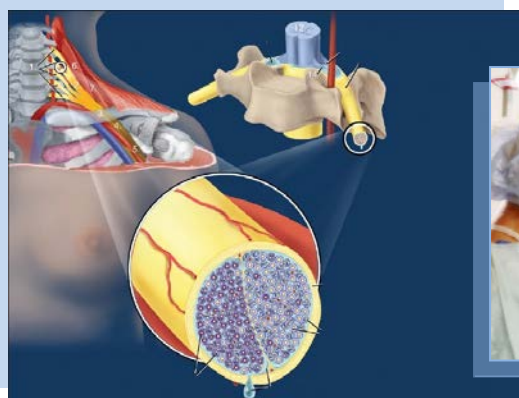
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ANNUAL REGIONAL ANAESTHESIA WORKSHOPS (Hands – On Workshops)

2nd CYCLE, 2011 – 2012

Part I: 10 – 12 December 2010

Part II: 4 – 6 February 2011



INFO

The Annual ESRA Hellas Workshops are accredited by the **ESRA Diploma Board** with **3 credits** towards the **ESRA Diploma** and **28 CME / UEMS credits**

ORGANIZATION → ESRA Hellas

<http://www.esrahellas.gr>

INFORMATION – PREREGISTRATION

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2nd ANNUAL HANDS – ON REGIONAL ANAESTHESIA WORKSHOP

2nd CYCLE, 2010 – 2011

Part I

10 – 12 December 2010

Aretaieion University Hospital, Athens, Greece

Certified & Approved by ESRA Europe Society

(3 credits towards ESRA Diploma)

Friday 10. 12. 2010

15.00 – 15.30	Registrations	
15.30 – 16.00	Introduction – Aim of the Course – ESRA Diploma	E. Argyra
16.00 – 16.30	History of Regional Anaesthesia	G. Papadopoulos
16.30 – 17.00	Functional Anatomy for Regional Nerve Blocks	E. Stavropoulou
17.00 – 17.30	Local Anaesthetics: Pharmacodynamics – Pharmacokinetics – Toxicity	E. Moka
17.30 – 17.45	Διάλειμμα – Καφές	
17.45 – 18.15	Safety and Comfort of Patients under Regional Anaesthesia – Sedation	E. Argyra
18.15 – 18.45	Necessary Equipment for Peripheral Nerve Blocks	D. Papadopoulos
18.45 – 19.15	Spinal Anaesthesia	N. Pavlopoulou
19.15 – 19.45	Epidural & Combined Spinal – Epidural Anaesthesia	A. Tsaroucha

Saturday 11. 12. 2010

08.45 – 09.00	Registrations			
09.00 – 09.30	Principles of Peripheral Nerve Stimulation		T. Paraskevopoulos	
09.30 – 10.00	Basic Principles of Ultrasound Assisted RA		I. Serpentinis	
10.00 – 10.15	Coffee Break			
10.15 – 11.30	Clinical Workshop I (approximately 20’ – 25’ per Group) Identification of Basic Anatomical Structures by US Practice on Fantoms, Animal Preparations and Live Models Group Interchange according to topic			
Instructors	Ultrasound Group Practice on Fantoms: A. Douma Practice on Live Model: I. Zogogiannis, I. Serpentinis Practice on Animal Preparation: T. Paraskevopoulos			
	Station 1	Station 2	Station 3	Station 4
Groups	A	B	C	D
11.30 – 12.30	Occipital and Suprascapular Block		Intercostal Blocks	
Instructors	V. Tsirtsiridou	E. Stavropoulou	E. Kouroukli	F. Kremastinou
	Station A Landmarks – Technique on Live Model	Station B Landmarks – Technique on Live Model	Station C Landmarks – Technique on Live Model	Station D Landmarks – Technique on Live Model
Groups	11.30 – 12.00 A 12.00 – 12.30 C	11.30 – 12.00 B 12.00 – 12.30 D	11.30 – 12.00 C 12.00 – 12.30 A	11.30 – 12.00 D 12.00 – 12.30 B
12.30 – 13.00	Brachial Plexus Anatomy – Lecture Theatre – All Groups A. Borgeat			
13.00 – 13.30	Lunch Break			
13.30 – 17.30	Upper Limb Blocks Hand – On Practice and Distribution to Groups (60 min per group)			
	Stations 1 – 2 Plexus Identification with Ultrasound	Station 3 Interscalene and Supraclavicular Block with NS	Station 4 Infraclavicular and Axillary Block	Station 5 Nerve Blocks at the elbow, forearm, wrist level - NS
Instructors	T. Paraskevopoulos I. Zogogiannis	A. Borgeat	G. Stamatiou	A. Mela
13.30 – 14.30	Group A	Group B	Group C	Group D
14.30 – 15.30	Group B	Group C	Group D	Group A
15.30 – 16.30	Group C	Group D	Group A	Group B
16.30 – 17.30	Group D	Group A	Group B	Group C

Sunday 12. 12. 2010

08.45 – 09.00	Registrations			
09.00 – 10.00	Cervical Plexus Block (approximately 15' per Group) Anatomy – Indications – Complications – Technique			Z. Gambopoulou D. Xarchoulakos T. Saranteas I. Serpentinis
	Station 1: Z. Gambopoulou Station 2: I. Serpentinis		Station 3: D. Xarchoulakos Station 4: T. Saranteas	
Ομάδες	09.00 – 09.30 Group A to Station 1	09.00 – 09.30 Group B to Station 2	09.00 – 09.30 Group C to Station 3	09.00 – 09.30 Group D to Station 4
	09.30 – 10.00 Group A to Station 2	09.30 – 10.00 Group B to Station 1	09.30 – 10.00 Group C to Station 4	09.30 – 10.00 Group D to Station 3
10.00 - 10.15	Coffee Break			
10.15 – 12.15	Paravertebral Block			
10.15 – 10.35	Anatomy – Indications – Contraindications – Complications Lecture Theatre – All Groups			L. Baltatzi
10.40 – 12.10	Hands On Practice – Distribution to Groups (60 min per Group)			
	Station 1 Identification by Ultrasound	Station 2 Identification by Ultrasound	Station 3 Landmarks – Technique	Station 4 Landmarks – Technique
Instructors	Ultrasound Group T. Paraskevopoulos I. Zogogiannis		G. Stamatiou	L. Baltatzi
10.40 – 11.25	Group A	Group B	Group C	Group D
11.25 – 12.10	Group C	Group D	Group A	Group B
12.15 – 14.15	Clinical Practice: Anterior Abdominal Wall Nerve Blocks TAP Block – Ilioinguinal Nerve – Iliohypogastric Nerve – Field Block			
Instructors	A. Douma	I. Zogogiannis	D. Papadopoulos	E. Mastrokosta
	Station 1 Identification by Ultrasound	Station 2 Identification by Ultrasound	Station 3 Landmarks – Technique on Live Model	Station 4 Landmarks – Technique on Live Model
12.15 – 13.15	Group A	Group B	Group C	Group D
13.15 – 14.15	Group C	Group D	Group A	Group B



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2nd ANNUAL HANDS – ON REGIONAL ANAESTHESIA WORKSHOP

2nd CYCLE, 2010 – 2011

Part II

4 – 6 February 2011, Aretaieion University Hospital, Athens, Greece

Certified & Approved by ESRA Europe Society

(3 credits towards ESRA Diploma)

Friday 04. 02. 2011

15.00 – 15.30	Προσέλευση – Αμφιθέατρο	
15.30 – 16.00	Regional Anaesthesia in Obstetrics	I. Siafaka
16.00 – 16.30	Regional Anaesthesia and Anticoagulation: Current Guidelines	G. Kritharidou
16.30 – 17.00	Regional Anaesthesia in the Patient with Cardiovascular Disease: Interactive Session / Clinical Scenarios	A. Bairaktari
17.00 – 17.30	Regional Anesthesia in the Patient with Preexisting Neurological Disease: Interactive Session / Clinical Scenarios	E. Krepi
17.30 – 17.45	Coffee Break	
17.45 – 18.15	Regional Anaesthesia in the Emergency Department	E. Chrona
18.15 – 18.45	Regional Anaesthesia in the Elderly	E. Papastamou

Saturday 05. 02. 2011

08.45 – 09.00	Registrations – Lecture Theatre			
09.00 – 09.25	Lumbosacral Plexus Block Landmarks, Technique, Indications, Video			S. Livanios
09.30 – 09.55	Anatomy of Sciatic and Femoral Nerve			I. Zogogiannis
10.00 – 10.15	Coffee Break			
10.15 – 13.15	Clinical Practice: Sciatic and Femoral Nerve			
	Anatomy of Sciatic Nerve		Anatomy of Femoral Nerve	
	US Guidance Sciatic Nerve	US Guidance Femoral Nerve	Sciatic Nerve Block Technique and Landmarks	Femoral Nerve Block Technique and Landmarks
Instructors	I. Zogogiannis	A. Douma	E. Antonopoulou	N. Pavlopoulou
10.15 – 11.00	Group A	Group B	Group C	Group D
11.00 – 11.45	Group B	Group A	Group D	Group C
11.45 – 12.30	Group C	Group D	Group A	Group B
12.30 – 13.15	Group D	Group C	Group B	Group A
13.15 – 14.00	Lunch Break			
14.00 – 14.30	The most common Regional Blocks in Children: When and How?			V. Matsota
14.30 – 15.00	Bier's Block: Theory and Clinical Application			Ch. Karanastassi
15.00 – 15.30	Continuous Nerve Blocks for Postoperative Analgesia: When and How?			N. Bernali
15.30 – 16.00	Complications of Regional Anaesthesia			D. Papadopoulos

Sunday 06. 02. 2011

08.45 – 09.00	Registrations – Lecture Theatre			
09.00 – 09.25	Anatomy of Lumbosacral Plexus			E. Antonopoulou
09.30 – 11.00	Hands – On Practice: Lumbosacral Plexus (45 min per Station)			
	Station 1 Identification of Lumbar Plexus with Ultrasound	Station 2 Identification of Lumbar Plexus with Ultrasound	Station 3 Lumbosacral Plexus Block (Psoas Compartment Block): Landmarks & Technique on Live Model	Station 4 Lumbosacral Plexus Block (Psoas Compartment Block): Landmarks & Technique on Live Model
Instructors	Ultrasound Group		E. Antonopoulou	D. Papadopoulos
09.30 – 10.15	Group A	Group B	Group C	Group D
10.15 – 11.00	Group B	Group A	Group D	Group C
11.00 – 11.30	Coffee Break			
11.30 – 13.30	Hands – On Practice: Obturator, Genitofemoral, Popliteal, Saphenous Nerve Blocks and Nerve Blocks at Ankle Level (30 min per Station)			
	Station 1 Obturator Genitofemoral Nerve Ultrasound Identification	Station 2 Popliteal, Saphenous Nerve, Ultrasound Identification	Station 3 Popliteal – Saphenous Nerve Block Landmarks and Technique, NS	Station 4 Blocks at Ankle Level Landmarks – Technique
Instructors	Ultrasound Group		E. Antonopoulou	E. Stavropoulou
11.30 – 12.00	Group A	Group B	Group C	Group D
12.00 – 12.30	Group B	Group C	Group D	Group A
12.30 – 13.00	Group C	Group D	Group A	Group B
13.00 – 13.30	Group D	Group A	Group B	Group C
13.30 – 14.30	Multiple Choice Questions Test			