



# 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

**11<sup>th</sup> 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 **32 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**

### **11<sup>th</sup> Cycle: 2018**

- Accreditation with 32 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 I**

**19 – 21 October 2018**

**«Aretaieion» University Hospital, Athens, Greece**

## **ORGANIZING & SCIENTIFIC COMMITTEE**

### **Members**

E. Antonopoulou  
V. Fyntanidou  
A. Makris  
E. Moka  
M. Rekatsina  
E. Stavropoulou  
K. Theodoraki



# European Society of Regional Anaesthesia **HELLAS**

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## **SCIENTIFIC PROGRAM**

**Friday 19.10.2018**

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	Introduction: Education on Regional Anaesthesia & EDRA Diploma		E. Moka	
15.30 – 16.00	Local Anaesthetics: Pharmacokinetics – Pharmacodynamics		E. Moka	
16.00 – 16.15	Basics of Neurostimulation		A. Makris	
16.15 – 16.30	Ultrasound Physics – Application on Regional Anaesthesia		T. Paraskevopoulos	
16.30 – 17.00	Basic Elements of Anatomy for Regional Anaesthesia (Functional Anatomy & Sono – Anatomy)		E. Stavropoulou	
17.00 – 17.15	COFFEE BREAK			
17.15 – 17.45	LECTURE [in English]: SMALL AUDITORIUM – ALL GROUPS			
17.15 – 17.45	The Role of Additives in Peripheral Nerve Blockade		A. Delbos	
18.05 – 19.45	CLINICAL WORKSHOP I: WORKSTATIONS & GROUPS Ultrasonographic Identification of Basic Anatomic Structures: Practice on Phantom, Phantom Torso, Anatomical Preparation, Live Model			
Instructors	ULTRASONOGRAPHY GROUP E. Gkliatis, A. Makris, P. Papacharalambous, K. Vitoula			
Workstations (25 min/Workstation)	<u>WORKSTATION 1</u> Live Model A. Makris	<u>WORKSTATION 2</u> Phantom P. Papacharalambous	<u>WORKSTATION 3</u> Anatomical Preparation K. Vitoula	<u>WORKSTATION 4</u> Phantom Torso E. Gkliatis
	GROUPS			
18.05 – 18.30	A	B	C	D
18.30 – 18.55	B	C	D	A
18.55 – 19.20	C	D	A	B
19.20 – 19.45	D	A	B	C

**Saturday 20.10.2018**

<b>08.45 – 09.00</b>	<b>VENUE – ALL GROUPS:</b> <b>Small Auditorium – Lectures Hall, «Aretaieion» University Hospital</b>			
<b>09.00 – 09.30</b>	<b>LECTURE: SMALL AUDITORIUM – ALL GROUPS</b>			
	Anatomy of Brachial Plexus – 3D Demonstration			<b>A. Delbos</b>
<b>09.30 – 11.00</b>	<b>CLINICAL WORKSHOP II: WORKSTATIONS &amp; GROUPS</b> Upper Limb Peripheral Nerve Blocks			
<b>Instructors</b>	<b>A. Delbos, V. Fyntanidou, E. Lykoudi, G. Stamatou</b>			
	<b>ULTRASONOGRAPHY IDENTIFICATION</b>		<b>ANATOMICAL LANDMARKS, CLINICAL DEMONSTRATION, USE OF NEUROSTIMULATION</b>	
<b>Workstations</b> (45min/Workstation)	<b><u>WORKSTATION 1</u></b> A. Delbos <b>PERIPHERAL NERVE BLOCKS ABOVE THE CLAVICLE</b> Interscalene, Suprascapular & Supraclavicular Nerve Blocks	<b><u>WORKSTATION 2</u></b> V. Fyntanidou <b>PERIPHERAL NERVE BLOCKS BELOW THE CLAVICLE</b> Infraclavicular & Axillary Nerve Blocks, Nerve Blocks at Elbow, Forearm & Wrist Level	<b><u>WORKSTATION 3</u></b> G. Stamatou <b>PERIPHERAL NERVE BLOCKS ABOVE THE CLAVICLE</b> Interscalene, Suprascapular & Supraclavicular Nerve Blocks	<b><u>WORKSTATION 4</u></b> E. Lykoudi <b>PERIPHERAL NERVE BLOCKS BELOW THE CLAVICLE</b> Infraclavicular & Axillary Nerve Blocks, Nerve Blocks at Elbow, Forearm & Wrist Level
	<b>GROUPS</b>			
<b>09.30 – 10.15</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>10.15 – 11.00</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>
<b>11.00 – 11.30</b>	<b>COFFEE BREAK</b>			
<b>11.30 – 13.00</b>	<b>CLINICAL WORKSHOP II: WORKSTATIONS &amp; GROUPS</b> Upper Limb Peripheral Nerve Blocks [Continued]			
	<b>GROUPS</b>			
<b>11.30 – 12.15</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>
<b>12.15 – 13.00</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>
<b>13.00 – 13.30</b>	<b>LECTURE – INTERACTIVE DISCUSSION: SMALL AUDITORIUM – ALL GROUPS</b>			
<b>13.00 – 13.30</b>	Upper Limb Peripheral Nerve Blocks: Procedure – Specific Block Selection [Summing – Up]			<b>V. Fyntanidou</b>
<b>13.30 – 14.00</b>	<b>LUNCH BREAK</b>			

## Saturday 20.10.2018 [Continued]

<b>14.00 – 15.30</b>	<b>LECTURES – INTERACTIVE DISCUSSION: SMALL AUDITORIUM – ALL GROUPS</b>			
<b>14.00 – 14.30</b>	Subarachnoid Anaesthesia: Tips & Tricks			<b>C. Staikou</b>
<b>14.30 – 15.00</b>	Epidural Anaesthesia – Analgesia: Where, When and Why			<b>A. Tsaroucha</b>
<b>15.00 – 15.15</b>	Ultrasound Use in Central Neuraxial Blocks			<b>T. Paraskevopoulos</b>
<b>15.15 – 15.30</b>	Thoracic Paravertebral Block: Anatomy, Indications, Contraindications, Complications			<b>A. Makris</b>
<b>15.30 – 17.30</b>	<b>CLINICAL WORKSHOP III: WORKSTATIONS &amp; GROUPS</b> Central & Peripheral Nerve Blocks of the Thorax			
<b>Instructors</b>	<b>T. Paraskevopoulos, A. Rantis, E. Stavropoulou, K. Vitoula</b>			
<b>Workstations</b> (30 min/Workstation)	<b><u>WORKSTATION 1</u></b> E. Stavropoulou <b>Paravertebral Block &amp; Erector Spinae Block</b> Ultrasonographic Identification	<b><u>WORKSTATION 2</u></b> T. Paraskevopoulos <b>Central Neuraxial Blocks</b> Ultrasonographic Identification	<b><u>WORKSTATION 3</u></b> K. Vitoula <b>Intercostal Nerve Block</b> Anatomic Landmarks & Ultrasonographic Identification	<b><u>WORKSTATION 4</u></b> A. Rantis <b>PECS Block (I &amp; II) &amp; Serratus Anterior Plane (SAP) Block</b> Ultrasonographic Identification
	<b>GROUPS</b>			
<b>15.30 – 16.00</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>16.00 – 16.30</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>
<b>16.30 – 17.00</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>
<b>17.00 – 17.30</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>

**Sunday 21.10.2018**

08.45 – 09.00	<b>VENUE – ALL GROUPS:</b> <b>Small Auditorium, «Aretaieion» University Hospital</b>			
09.00 – 10.30	<b>CLINICAL WORKSHOP IV: SMALL AUDITORIUM – ALL GROUPS</b> Regional Anaesthesia & Difficult Airway (Clinical Scenario – Interactive Discussion – Televoting)			
Instructors	<b>E. Moka, G. Vogiatzis</b>			
10.30 – 11.00	<b>COFFEE BREAK</b>			
11.00 – 13.00	<b>CLINICAL WORKSHOP V: WORKSTATIONS &amp; GROUPS</b> <b>Superficial &amp; Deep Cervical Plexus Blocks</b>  Anatomy, Block Techniques, US Identification, Indications, Contraindications, Complications		<b>CLINICAL WORKSHOP VI: WORKSTATIONS &amp; GROUPS</b> <b>Airway – Lung Ultrasound</b>	
Instructors	<b>M. Diakomi, E. Stavropoulou</b>		<b>E. Gkliatis, A. Makris</b>	
Workstations (30min/Workstation)	<b><u>WORKSTATION 1</u></b> E. Stavropoulou <b>Clinical Practice with Ultrasound</b>	<b><u>WORKSTATION 2</u></b> M. Diakomi <b>Clinical Demonstration &amp; Landmarks on Live Model</b>	<b><u>WORKSTATION 3</u></b> A. Makris <b>Ultrasonographic Identification &amp; Clinical Practice with Ultrasound</b>	<b><u>WORKSTATION 4</u></b> E. Gkliatis <b>Ultrasonographic Identification &amp; Clinical Practice with Ultrasound</b>
	<b>GROUPS</b>			
11.00 – 11.30	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
11.30 – 12.00	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>
12.00 – 12.30	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>
12.30 – 13.00	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>
13.00 – 14.30	<b>CLINICAL WORKSHOP VII: SMALL AUDITORIUM – ALL GROUPS</b> Local Anaesthetic Systemic Toxicity – Simulation of Crisis			
Instructors	<b>Coordination – Instructors: E. Moka, K. Theodoraki</b>			
13.00 – 13.15	Briefing			<b>K. Theodoraki</b>
13.15 – 14.15	Clinical Scenarios & Televoting			<b>Audience Participation</b>
14.15 – 14.30	Debriefing – Questions & Comments			<b>E. Moka</b>

## Faculty List (Instructors, Lecturers, Organizers)

### **Antonopoulou Elpida, MD, PhD, EDRA**

ESRA Hellas Board Member, Senior Consultant Anaesthesiologist,  
Coordinator – Director of Anaesthesiology Department & Pain Therapy Centre, General Hospital of Xanthi, Xanthi, Greece

### **Delbos Alain, MD, PhD**

Senior Consultant Anaesthesiologist, ESRA President, Clinique Medipole Garone, Toulouse, France

### **Diakomi Maria, MD, PhD**

Consultant Anaesthesiologist, Anaesthesiology Department – Pain Therapy Centre, General Hospital of Attiki “KAT”, Athens, Greece

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

### **Gkliatis Emmanouil, MD**

Consultant Anaesthesiologist, Anaesthesiology Department, Children’s General Hospital, “Agia Sofia”, Athens, Greece

### **Lykoudi Eirini, MD, PhD, EDRA**

Senior Consultant Anaesthesiologist, Anaesthesiology Department – Pain Therapy Unit,  
General Hospital of Nea Ionia – Patissia, “Konstantopoulou”, Athens, Greece

### **Makris Alexandros, MD, PhD, MSc, EDRA**

EDRA Examiner, ESRA Hellas Treasurer, Consultant Anaesthesiologist, Anaesthesiology Department,  
General Hospital of Athens “Asklepieio – Voula”, Athens, Greece

### **Moka Eleni, 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

### **Papacharalambous Panagiota, MD**

Consultant Anaesthesiologist, Fellow of B' Surgical Clinic, Faculty of Medicine, National & Kapodistrian University of Athens,  
A' Anaesthesiology Clinic, Pain Relief & Palliative Care Centre,  
"Aretaieion" University Hospital, National & Kapodistrian University of Athens, Athens, Greece

### **Paraskevopoulos Tilemachos, MD, PhD**

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### **Rantis Athanasios, MD, PhD**

Consultant Anaesthesiologist, Anaesthesiology Department, 251 Air Force General Hospital (251 GNA), Athens, Greece

### **Rekatsina Martina, MD, MSc**

Resident in Anaesthesiology, Residents & Trainees Representative in ESRA Hellas Directory Board,  
Residents & Trainees Representative in ESA & ESRA, A' Anaesthesiology Clinic, Pain Relief & Palliative Care Centre,  
"Aretaieion" University Hospital, Faculty of Medicine, National & Kapodistrian University of Athens, Athens, Greece

### **Staikou Chryssoula, MD, PhD, DESA**

Associate Professor of Anaesthesiology, A' Anaesthesiology Clinic, Pain Relief & Palliative Care Centre,  
"Aretaieion" University Hospital, Faculty of Medicine, National & Kapodistrian University of Athens, Athens, Greece

### **Stamatiou Georgia, MD, PhD**

Assistant Professor of Anaesthesiology, Faculty of Medicine, University of Thessaly,  
Head of Anaesthesiology Department, Private Hospital “IASO THESSALIAS”, Larissa, Greece

### **Stavropoulou Evmorfia, MD, PhD, EDRA**

ESRA Hellas Vice President, Senior Consultant Anaesthesiologist, Director NHS, Anaesthesiology Department – Pain Therapy Centre,  
General Hospital of Attiki "KAT", Athens, Greece



## **Faculty List (Instructors, Lecturers, Organizers) – Continued**

### **Theodoraki Kassiani, MD, PhD, DESA**

ESRA Councilor for Greece, ESRA Hellas Specific Affairs Secretary, Associate Professor of Anaesthesiology, A' Anaesthesiology Clinic, Pain Relief & Palliative Care Centre, "Aretaieion" University Hospital, National & Kapodistrian University of Athens, Athens, Greece

### **Tsaroucha Athanasia, MD, PhD**

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### **Vitoula Krystallia, MD**

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### **Voyagis Grigoris, MD, PhD**

Professor of Anaesthesiology, Faculty of Medicine, University Hospital of Patras, President of Hellenic Anaesthesia Society Patras, Greece