



European Society of Regional Anaesthesia HELLAS

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ANNUAL REGIONAL ANAESTHESIA HANDS – ON WORKSHOPS

Small Auditorium (Lectures Hall), «Aretaieion» University Hospital
Athens, Greece

11th 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>

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ANNUAL REGIONAL ANAESTHESIA HANDS – ON WORKSHOP

Organization: ESRA Hellas Directory Board

11th 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 II

30 November – 02 December 2018

«Aretaieion» University Hospital, Athens, Greece

ORGANIZING & SCIENTIFIC COMMITTEE

Members

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

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European Society of Regional Anaesthesia
HELLAS

SCIENTIFIC PROGRAM

Friday 30.11.2018

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	Applied Statistics in Regional Anaesthesia (with Examples)	K. Theodoraki
	REGIONAL ANESTHESIA IN SPECIFIC PATIENT GROUPS: Specific Considerations – Red Flags	
15.30 – 16.00	Regional Anaesthesia in Obstetrics	P. Matsota
16.00 – 16.15	Regional Anaesthesia in Cardiovascular Patients	A. Bairaktari
16.15 – 16.30	Regional Anaesthesia in Patients with Neurological Diseases	E. Chrona
16.30 – 16.45	Regional Anaesthesia in the Elderly	V. Fyntanidou
16.45 – 17.00	Regional Anaesthesia in the Obese Population	M. Papaioannou
17.00 – 17.30	COFFEE BREAK	
17.30 – 18.30	LECTURES: SMALL AUDITORIUM-ALL GROUPS	
17.30 – 18.00	Regional Anaesthesia and Anticoagulation: Current Guidelines	E. Arnaoutoglou
18.00 – 18.30	Essential Equipment and Monitoring in Regional Anaesthesia – Patient Informed Consent	P. Trantzas
18.30 – 19.30	CLINICAL WORKSHOP I: SMALL AUDITORIUM – ALL GROUPS Neurological Complications of Peripheral Nerve Blocks: Proper Management (Clinical Scenario – Interactive Discussion – Televoting)	
Instructor	A. Douma	

Saturday 01.12.2018

08.45 – 09.00	VENUE – ALL GROUPS: Small Auditorium, «Aretaieion» University Hospital			
09.00 – 09.30	LECTURE: SMALL AUDITORIUM – ALL GROUPS			
	Anatomy of Lower Limb Plexuses and Nerves			P. Kessler
09.30 – 11.00	CLINICAL WORKSHOP II: WORKSTATIONS & GROUPS Lower Limb Peripheral Nerve Blocks – Nerves of Lumbar Plexus			
Instructors	A. Andreou, P. Dimou, P. Kessler, M. Varveri			
	ULTRASONOGRAPHIC IDENTIFICATION		ANATOMICAL LANDMARKS, CLINICAL DEMONSTRATION, USE OF NEUROSTIMULATION	
Workstations (45min/Workstation)	<u>WORKSTATION 1</u> P. Kessler - Lumbar Plexus Block at the Psoas Level (Psoas Compartment Block) - Femoral Nerve Block - Fascia Iliaca Compartment Block (FICB)	<u>WORKSTATION 2</u> P. Dimou - Adductor Canal Block – Saphenous Nerve Block - Obturator Nerve Block - Lateral Femoral Cutaneous Nerve Block	<u>WORKSTATION 3</u> A. Andreou - Lumbar Plexus Block at the Psoas Level (Psoas Compartment Block)	<u>WORKSTATION 4</u> M. Varveri - Femoral Nerve Block - Fascia Iliaca Compartment Block (FICB) - Obturator Nerve Block - Saphenous Nerve Block
	GROUPS			
09.30 – 10.15	A	B	C	D
10.15 – 11.00	B	C	D	A
11.00 – 11.15	COFFEE BREAK			
11.15 – 12.45	CLINICAL WORKSHOP II: WORKSTATIONS & GROUPS Lower Limb Peripheral Nerve Blocks – Nerves of Lumbar Plexus [Continued]			
	GROUPS			
11.15 – 12.00	C	D	A	B
12.00 – 12.45	D	A	B	C

Saturday 01.12.2018 [Continued]

12.45 – 14.15	CLINICAL WORKSHOP III: WORKSTATIONS & GROUPS Peripheral Lower Limb Nerve Blocks – Nerves of Sacral Plexus			
Instructors	E. Antonopoulou, P. Zavridis, P. Kessler, E. Koraki			
	ULTRASONOGRAPHIC IDENTIFICATION		ANATOMICAL LANDMARKS, CLINICAL DEMONSTRATION, USE OF NEUROSTIMULATION	
Workstations (45min/Workstation)	<u>WORKSTATION 1</u> P. Kessler Sciatic Nerve Block - Supragluteal Approach - Subgluteal Approach - Other Approaches	<u>WORKSTATION 2</u> E. Koraki Sciatic Nerve Block - In the Popliteal Fossa - At the Ankle and Foot Level	<u>WORKSTATION 3</u> E. Antonopoulou Sciatic Nerve Block - Supragluteal Approach - Subgluteal Approach - In the Popliteal Fossa	<u>WORKSTATION 4</u> P. Zavridis Peripheral Nerve Blocks - At the Ankle Level - At the Foot Level
	GROUPS			
12.45 – 13.30	A	B	C	D
13.30 – 14.15	B	C	D	A
14.15 – 15.00	LUNCH BREAK			
15.00 – 16.30	CLINICAL WORKSHOP III: WORKSTATIONS & GROUPS Peripheral Lower Limb Nerve Blocks – Nerves of Sacral Plexus [Continued]			
	GROUPS			
15.00 – 15.45	C	D	A	B
15.45 – 16.30	D	A	B	C
16.30 – 17.00	LECTURE – INTERACTIVE DISCUSSION: SMALL AUDITORIUM – ALL GROUPS			
16.30 – 17.00	Peripheral Lower Limb Nerve Blocks: Procedure – Specific Block Selection [Summing – Up]			A. Makris

Sunday 02.12.2018

08.45 – 09.00	VENUE – ALL GROUPS: Small Auditorium, «Aretaieion» University Hospital			
09.00 – 11.00	CLINICAL WORKSHOP IV: WORKSTATIONS & GROUPS Truncal Nerve Blocks Anatomy, Block Techniques, Ultrasonographic Identification, Indications, Contraindications, Complications			CLINICAL WORKSHOP V: WORKSTATIONS & GROUPS Intravenous Regional Anaesthesia (IVRA)
Instructors	G. Mazarakis, P. Papacharalambous, A. Rantis			Karanastassi Ch.
Workstations (30min/Workstation)	WORKSTATION 1 A. Rantis Quadratus Lumborum Block (QLB) Clinical Practice with Ultrasound	WORKSTATION 2 P. Papacharalambous - TAP Block - Rectus Sheath Block Clinical Practice with Ultrasound	WORKSTATION 3 G. Mazarakis - Ilioinguinal Nerve Block - Iliohypogastric Nerve Block Clinical Practice with Ultrasound	WORKSTATION 4 Ch. Karanastassi Clinical Demonstration and Technique
	GROUPS			
09.00 – 09.30	A	B	C	D
09.30 – 10.00	B	C	D	A
10.00 – 10.30	C	D	A	B
10.30 – 11.00	D	A	B	C
11.00 – 11.30	COFFEE BREAK			
11.30 – 13.00	LECTURES: SMALL AUDITORIUM – ALL GROUPS			
11.30 – 12.00	Continuous Peripheral Nerve Blocks in Chronic Pain Patients			N. Fyrfiris
12.00 – 12.30	Regional Anaesthesia in the Paediatric Population: Tips and Tricks			E. Garini
12.30 – 13.00	Caudal Block in the Paediatric Population			A. Karafotia

Sunday 02.12.2018 [Continued]

13.00 – 14.00	CLINICAL WORKSHOP VI: WORKSTATIONS & GROUPS Peripheral Nerve Blocks in Children: Clinical Practice on Paediatric Models with Ultrasound Use			
Instructors	Coordination: P. Mammi Instructors: E. Garini, E. Gkliatis, G. Noutsos, D. Oikonomopoulos			
Workstations (30min/Workstation)	<u>WORKSTATION 1</u> E. Garini Practice on Upper Limb Peripheral Nerve Blocks	<u>ΣΤΑΘΜΟΣ 2</u> E. Gkliatis Practice on Upper Limb Peripheral Nerve Blocks	<u>ΣΤΑΘΜΟΣ 3</u> G. Noutsos Practice on Truncal and Lower Limb Peripheral Nerve Blocks	<u>ΣΤΑΘΜΟΣ 4</u> D. Oikonomopoulos Practice on Truncal and Lower Limb Peripheral Nerve Blocks
	GROUPS			
13.00 – 13.30	A	B	C	D
13.30 – 14.00	C	D	A	B
14.00 – 15.00	SELF – EXAMINATION			

Faculty List (Instructors, Lecturers, Organizers)

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