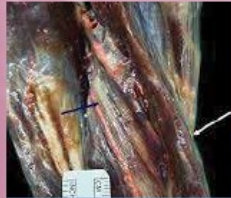


16 CME – CPD Credits
awarded by the Panhellenic Medical Association

10.5 Points
as an ESRA European Diploma of Regional Anaesthesia
Approved Workshop



1st Regional Anaesthesia and Pain Hands - On Cadaver Workshop

Thessaloniki, GREECE
May 31 - June 1, 2024

Department of Anatomy, Faculty of Medicine
Aristotle University of Thessaloniki

Organized by:



ESRA Hellas, Zone of Greece & Cyprus



Turkish Society of Regional Anaesthesia



Hellenic Society of Pain Management and Palliative Care (PARHSYA)

With the Kind Support of

- Clinic of Anaesthesiology & Intensive Care, AHEPA University Hospital, Thessaloniki, Greece
- Anaesthesiology Department, Papageorgiou General Hospital, Thessaloniki, Greece

Under the Auspices of
Faculty of Medicine, School of Health Sciences, Aristotle University of Thessaloniki, Greece



1st Regional Anaesthesia and Pain Hands - On Cadaver Workshop

Thessaloniki, GREECE
May 31 - June 1, 2024

Department of Anatomy, Faculty of Medicine
Aristotle University of Thessaloniki

Organizing & Scientific Committee

Chairs

Evmorfia Stavropoulou (Greece)
Ioanna Siafaka (Greece)
Fatma Sarıcaoğlu (Turkey)

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Eirini Asouchidou	Maria Tileli
Metaxia Bareka	Athina Vadalouka
Emmanouil Gkliatis	Kristallia Vitoula

Local Organizing Committee

Aikaterini Amaniti
Nikolaos Anastasopoulos
Maria Doumparatzí
Nikolaos Lazaridis
Georgios Paraskevas
Despoina Sarridou
Freideriki Sifaki
Georgia Tsaousi
Marianna Varveri

SCIENTIFIC PROGRAM

Friday, May 31st 2024

08.00 – 08.30 Arrivals – Registrations

08.30 – 09.00 Introduction – Welcome Addressings

- Evmorfia Stavropoulou (ESRA Hellas President)
- Ioanna Siafaka (President of PARHSYA)
- Fatma Sarıcaoğlu (President of Turkish Society of Regional Anaesthesia)
- Eleni Argyriadou (Professor of Anaesthesiology, Aristotle University of Thessaloniki, Greece)
- Eleni Koraki (Anaesthesiology Department, General Hospital of Thessaloniki «Papageorgiou»)
- Eleni Moka (ESRA President)
- Athina Vadalouka (ESRA Past President)

09.00 – 09.10 Delegates Allocation to Groups

Instructions for Optimal Groups Rotation at Working Stations

09.10 – 13.30 Clinical Workshop I: UPPER EXTREMITY BLOCKS SESSION

09.10 – 10.00 I (A). LECTURES

Chairpersons: Eleni Moka (Greece), Fatma Sarıcaoğlu (Turkey)

09.10 – 09.35 Brachial and Cervical Plexus – Anatomical Considerations

Speaker: Evmorfia Stavropoulou (Greece)

09.35 – 10.00 Upper Extremity PNBs – How to Make an Optimal Choice?

Speaker: Yavuz Gürkan (Turkey)

10.00 – 10.30 Coffee Break

Clinical Workshop I: UPPER EXTREMITY BLOCKS SESSION (Continued)

10.30 – 13.30 I (B). HANDS – ON PRACTICE

Interactive Teaching & Hands – On Practice at Working Stations
(8 pax per Group, 30 minutes at each Working Station – Rotation)

Workshop Leaders: Evmorfia Stavropoulou (Greece), Alexandros Makris (Greece)

Anatomists on Site: Georgios Paraskevas (Greece), Eirini Asouchidou (Greece), Nikolaos Anastasopoulos (Greece)

Working Station 1.

Practice on Dissected Cadaver (Supine Position)

Interscalene – Supraclavicular – Infraclavicular – Axillary Approaches to Brachial Plexus

Instructors – Demonstrators: Eleni Koraki (Greece), Yavuz Gürkan (Turkey)

Working Station 2.

Practice on Fresh Frozen Cadaver (Supine Position)

US Scanning & Needling for Peripheral Nerve Blocks above the Clavicle

Instructors – Demonstrators: Alexandros Makris (Greece), Can Aksu (Turkey)

Working Station 3.

Practice on Fresh Frozen Cadaver (Supine Position)

US Scanning & Needling for Peripheral Nerve Blocks Below the Clavicle

Instructors – Demonstrators: Marianna Varveri (Greece), Fatma Sarıcaoğlu (Turkey)

Working Station 4.

Practice on Fresh Frozen Cadaver (Supine Position)

US Scanning & Needling for Peripheral Nerve Blocks at Elbow, Forearm and Hand

Instructors – Demonstrators: Freideriki Sifaki (Greece), Hadi Ufuk Yörükoğlu (Turkey)

Working Station 5.

Practice on Live Model (Supine Position)

US Scanning – Peripheral Nerve Blocks Above the Clavicle

Instructors – Demonstrators: Metaxia Bareka (Greece), Maria Tileli (Greece)

Working Station 6.

Practice on Live Model (Supine Position)

US Scanning – Peripheral Nerve Blocks Below the Clavicle

Instructors – Demonstrators: Kristallia Vitoula (Greece), Fani Alevrogianni (Greece)

Delegates Allocation to Groups – Groups Rotation at Working Stations

	Working Station 1	Working Station 2	Working Station 3	Working Station 4	Working Station 5	Working Station 6
10.30 – 11.00	Group A	Group B	Group C	Group D	Group E	Group F
11.00 – 11.30	Group F	Group A	Group B	Group C	Group D	Group E
11.30 – 12.00	Group E	Group F	Group A	Group B	Group C	Group D
12.00 – 12.30	Group D	Group E	Group F	Group A	Group B	Group C
12.30 – 13.00	Group C	Group D	Group E	Group F	Group A	Group B
13.00 – 13.30	Group B	Group C	Group D	Group E	Group F	Group A

13.30 – 14.30 Lunch Break – Light Meal

SCIENTIFIC PROGRAM

Friday, May 31st 2024

14.30 – 18.45 Clinical Workshop II: LOWER EXTREMITY BLOCKS SESSION

14.30 – 15.20 II (A). LECTURES

Chairpersons: Elpida Antonopoulou (Greece), Yavuz Gürkan (Turkey)

14.30 – 14.55 Lumbar and Sacral Plexus – Anatomical Considerations

Speaker: Can Aksu (Turkey)

14.55 – 15.20 Lower Extremity PNBs – How to Make an Optimal Choice?

Speaker: Metaxia Bareka (Greece)

15.20 – 15.45 Coffee Break

Clinical Workshop II: LOWER EXTREMITY BLOCKS SESSION (Continued)

15.45 – 18.45 II (B). HANDS – ON PRACTICE

Interactive Teaching & Hands – On Practice at Working Stations
(8 pax per Group, 30 minutes at each Working Station – Rotation)

Workshop Leaders: Eleni Moka (Greece), Alexandros Makris (Greece)

Anatomists on Site: Georgios Paraskevas (Greece), Eirini Asouchidou (Greece), Nikolaos Lazaridis (Greece)

Working Station 1.

Practice on Dissected Cadaver (Supine Position)

SIFIB – PENG Block – Femoral Nerve Block – LFCN, Obturator and Adductor Canal Block (ACB)

Instructors – Demonstrators: Alexandros Makris (Greece), Hadi Ufuk Yörükoğlu (Turkey)

Working Station 2.

Practice on Fresh Frozen Cadaver (Supine & Lateral or Prone Position)

US Scanning & Needling for Peripheral Nerve Blocks of Lumbar Plexus

Instructors – Demonstrators: Kristallia Vitoula (Greece), Maria Doumparatzis (Greece)

Working Station 3.

Practice on Fresh Frozen Cadaver (Supine & Lateral or Prone Position)

US Scanning & Needling for Peripheral Nerve Blocks of Sacral Plexus

Instructors – Demonstrators: Marianna Varveri (Greece), Can Aksu (Turkey)

Working Station 4.

Practice on Fresh Frozen Cadaver (Supine Position)

US Scanning & Needling for Necessary PNBs for Knee Surgery

Instructors – Demonstrators: Freideriki Sifaki (Greece), Fatma Sarıcaoğlu (Turkey)

Working Station 5.

Practice on Live Models (Supine – Lateral – Prone Position)

US Scanning for Lumbar Plexus Blocks

Instructors – Demonstrators: Evmorfia Stavropoulou (Greece), Fani Alevrogianni (Greece)

Working Station 6.

Practice on Live Models (Supine or Prone – Lateral Position)

US Scanning for Sacral Plexus Blocks

Instructors – Demonstrators: Eleni Koraki (Greece), Maria Tileli (Greece)

Delegates Allocation to Groups – Groups Rotation at Working Stations

	Working Station 1	Working Station 2	Working Station 3	Working Station 4	Working Station 5	Working Station 6
15.45 – 16.15	Group A	Group B	Group C	Group D	Group E	Group F
16.15 – 16.45	Group F	Group A	Group B	Group C	Group D	Group E
16.45 – 17.15	Group E	Group F	Group A	Group B	Group C	Group D
17.15 – 17.45	Group D	Group E	Group F	Group A	Group B	Group C
17.45 – 18.15	Group C	Group D	Group E	Group F	Group A	Group B
18.15 – 18.45	Group B	Group C	Group D	Group E	Group F	Group A

18.45 – 19.00 Debriefing – End of 1st Day

SCIENTIFIC PROGRAM

Saturday, June 1st 2024

08.10 – 12.30 Clinical Workshop III: TRUNCAL BLOCKS SESSION

08.10 – 09.00 **III (A). LECTURES**

Chairpersons: Eleni Moka (Greece), Fatma Sarıcaoğlu (Turkey)

08.10 – 08.35 Anatomical Considerations of Truncal Blocks

Speaker: Freideriki Sifaki (Greece)

08.35 – 09.00 Truncal Blocks – How to Make an Optimal Choice?

Speaker: Despoina Sarridou (Greece)

09.00 – 09.30 Coffee Break

Clinical Workshop III: TRUNCAL BLOCKS SESSION (Continued)

09.30 – 12.30 **III (B). HANDS – ON PRACTICE**

Interactive Teaching & Hands – On Practice at Working Stations
(8 pax per Group, 30 minutes at each Working Station – Rotation)

Workshop Leaders: Eleni Koraki (Greece), Alexandros Makris (Greece)

Anatomists on Site: Georgios Paraskevas (Greece), Eirini Asouchidou (Greece), Nikolaos Anastasopoulos (Greece)

Working Station 1.

Practice on Dissected Cadaver (Prone Position)

Central Nerve Blocks – PVB, ESP, MTP Blocks

Instructors – Demonstrators: Alexandros Makris (Greece), Yavuz Gürkan (Turkey)

Working Station 2.

Practice on Fresh Frozen Cadaver (Supine – Prone Position)

US Scanning & Needling for Fascial Plane Blocks of the Thoracic Region

Instructors – Demonstrators: Emmanouil Gkliatis (Greece), Fatma Sarıcaoğlu (Turkey)

Working Station 3.

Practice on Fresh Frozen Cadaver (Supine – Lateral – Prone Position)

US Scanning & Needling for Fascial Plane Blocks of the Abdominal Region

Instructors – Demonstrators: Marianna Varveri (Greece), Can Aksu (Turkey)

Working Station 4.

Practice on Fresh Frozen Cadaver (Prone Position)

US Scanning & Needling for Central Nerve Blocks

Instructors – Demonstrators: Metaxia Bareka (Greece), Hadi Ufuk Yörükoğlu (Turkey)

Working Station 5.

Practice on Live Models (Supine – Lateral – Prone Position)

US Scanning for Thoracic Region Fascial Plane Blocks

Instructors – Demonstrators: Evmorfia Stavropoulou (Greece), Fani Alevrogianni (Greece)

Working Station 6.

Practice on Live Models (Supine – Lateral – Prone Position)

US Scanning of Abdominal Region Fascial Plane Blocks

Instructors – Demonstrators: Kristallia Vitoula (Greece), Maria Tileli (Greece)

Delegates Allocation to Groups – Groups Rotation at Working Stations

	Working Station 1	Working Station 2	Working Station 3	Working Station 4	Working Station 5	Working Station 6
09.30 – 10.00	Group A	Group B	Group C	Group D	Group E	Group F
10.00 – 10.30	Group F	Group A	Group B	Group C	Group D	Group E
10.30 – 11.00	Group E	Group F	Group A	Group B	Group C	Group D
11.00 – 11.30	Group D	Group E	Group F	Group A	Group B	Group C
11.30 – 12.00	Group C	Group D	Group E	Group F	Group A	Group B
12.00 – 12.30	Group B	Group C	Group D	Group E	Group F	Group A

12.30 – 13.30 Lunch Break – Light Meal

SCIENTIFIC PROGRAM

Saturday, June 1st 2024

13.30 – 18.00 Clinical Workshop IV: CHRONIC PAIN SESSION

13.30 – 14.30 IV (A). LECTURES

Chairpersons: Athina Vadalouka (Greece), Aikaterini Amaniti (Greece)

13.30 – 14.00 Cervical Spine: Nerve Roots / Medial Branches / Cervical Plexus / Stellate Ganglion **Speaker:** Martina Rekatsina (Greece)

14.00 – 14.30 Lumbar Spine: Lumbar Facets / Sacroiliac Joint / Caudal Posterior pelvis **Speaker:** Fatma Sarıcaoğlu (Turkey)

14.30 – 15.00 Coffee Break

Clinical Workshop IV: CHRONIC PAIN SESSION (Continued)

15.00 – 18.00 IV (B). HANDS – ON PRACTICE

Interactive Teaching & Hands – On Practice at Working Stations
(8 pax per Group, 30 minutes at each Working Station – Rotation)

Workshop Leaders: Einiri Kouroukli (Greece), Ioanna Sifaka (Greece)

Anatomists on Site: Georgios Paraskevas (Greece), Eirini Asouchidou (Greece), Nikolaos Anastasopoulos (Greece)

Working Station 1.

Practice on Dissected Cadaver (Prone Position)

Chronic Pain Blocks of the Neuraxis

Instructors – Demonstrators: Alexandros Makris (Greece), Maria Tileli (Greece)

Working Station 2.

Practice on Fresh Frozen Cadaver (Supine Position)

US Scanning & Needling for Anterior Neck Muscles, Stellate Ganglion Block (Cervical Sympathetic Block) - Cervical Roots Blocks & Cervical Plexus Block

Instructors – Demonstrators: Evmorfia Stavropoulou (Greece), Hadi Ufuk Yörükoğlu (Turkey)

Working Station 3.

Practice on Fresh Frozen Cadaver (Supine – Lateral Position)

Shoulder US Scanning & Needling: Shoulder Joint, Rotator Cuff, Biceps Tendon, SASDB, Suprascapular, Axillary, Pectoralis Nerves Blocks

Instructors – Demonstrators: Marianna Varveri (Greece), Can Aksu (Turkey)

Working Station 4.

Practice on Fresh Frozen Cadaver (Supine – Lateral Position)

US Scanning & Needling: Suprascapular Nerve / Shoulder Joint / Upper Limb Common Nerve Entrapment Syndromes

Instructors – Demonstrators: Metaxia Bareka (Greece), Eleni Koraki (Greece)

Working Station 5.

Practice on Live Models (Supine – Lateral Position)

US Scanning: Suprascapular & Axillary Nerves, Shoulder Joint, Upper Limb Common Nerve Entrapment Syndromes

Instructors – Demonstrators: Martina Rekatsina (Greece), Fatma Sarıcaoğlu (Turkey)

Working Station 6.

Practice on Live Models (Supine Position)

US Scanning: (a) Abdominal Wall Neuropathy after Surgery – Ilioinguinal, Iliohypogastric, Genitofemoral Nerve Blocks
(b) Management of Meralgia Paresthetica – Lateral Femoral Cutaneous Nerve Block

Instructors – Demonstrators: Kristallia Vitoula (Greece), Emmanouil Gkiatis (Greece)

Delegates Allocation to Groups – Groups Rotation at Working Stations

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15.00 – 15.30	Group A	Group B	Group C	Group D	Group E	Group F
15.30 – 16.00	Group F	Group A	Group B	Group C	Group D	Group E
16.00 – 16.30	Group E	Group F	Group A	Group B	Group C	Group D
16.30 – 17.00	Group D	Group E	Group F	Group A	Group B	Group C
17.00 – 17.30	Group C	Group D	Group E	Group F	Group A	Group B
17.30 – 18.00	Group B	Group C	Group D	Group E	Group F	Group A

18.00 – 18.30 End of Workshop: Questions – Discussion – Conclusions

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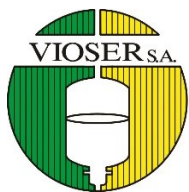
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