

HANDS - ON PRACTICE • ANATOMY • EDUCATION • EXCELLENCE

RA CADAVER WORKSHOP — ATHENS —

3rd Edition

Official Language: English

ADVANCING RA SKILLS
THROUGH ANATOMY



ATHENS, GREECE

13 - 14 NOVEMBER 2026



HANDS-ON CADAVER
DISSECTION



EXPERT FACULTY
AND MENTORSHIP



SMALL GROUPS
MAXIMUM LEARNING



PRECISION
IN PRACTICE

UEMS – EACCME CME/CPD Points
ESRA – DRA Points

ATHENS

*Where knowledge
meets experience*



REAL ANATOMY
REAL EXPERIENCE



LEARN
PRACTICE
EXCEL



DEDICATION
TO RA
EDUCATION

PRACTICE. PERFECT. PERFORM.

Co – Organization



Info & Registrations
info@esrahellas.gr

Venue

ATTC – Anatomy Techniques & Training Centre,
Maroussi, Athens, Greece

RA CADAVER WORKSHOP

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Organizing & Scientific Committee

Chairs

- Evmorfia Stavropoulou
- Alparslan Kus
- Athina Vadalouka

Members

- Emmanouil Fandridis
- Eleni Moka
- Kassiani Theodoraki
- Metaxia Bareka
- Kristallia Vitoula
- Eleni Koraki
- Martina Rekatsina
- TBA (Turkey)

Trainees Representative

- Fani Alevrogianni (Greece)
- TBA (Turkey)

Venue

ATTC
Anatomy Techniques & Training Centre

35 Sorou Str., Maroussi, Athens, Greece
PC 151 25
Tel no: +30 210 6109992



Under the Auspices

- A' Anaesthesiology Clinic, Pain Relief & Palliative Care Centre, Aretaieion University Hospital, National & Kapodistrian University, Athens, Greece
- Upper Limb - Hand, Microsurgery Clinic, KAT General Hospital of Athens, Greece
- Faculty of Medicine, National & Kapodistrian University, Athens, Greece

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WELCOME MESSAGE

Dear Colleagues, Dear Friends

Welcome to Athens – Where Knowledge Meets Experience

For the 3rd consecutive year, it is with great pride and heartfelt enthusiasm that we welcome you to our Joint RA Cadaver Workshop in the historic city of Athens.

Athens, the cradle of medicine, science, and education, provides the perfect setting for hands-on learning, collaboration, and professional growth. Here, knowledge meets experience, and anatomy becomes the foundation for advancing skills, building confidence, and striving for excellence.

This workshop is more than an educational event—it is a celebration of friendship, mutual respect, and the strong bond between the Greek and Turkish medical communities. Together, we continue to demonstrate that science, education, and shared purpose can bring people closer and create lasting partnerships that transcend borders.

We are honored to have such distinguished faculty and dedicated participants joining us for this unique experience. May these days be filled with learning, inspiration, meaningful exchanges, and unforgettable moments.

Welcome to Athens. Welcome to a tradition of excellence.

May our shared passion for education strengthen our friendship and inspire the future of Regional Anaesthesia.

Thank you for being part of this growing tradition.

Practice. Perfect. Perform. Together.

On behalf of the Organizing Committee

Evmorfia Stavropoulou (Greece)
ESRA Hellas President

Alparslan Kus (Turkey)
RAD President

Athina Vadalouka (Greece)
PARHSYA President

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QR Code to be added

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SCIENTIFIC PROGRAMME

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Friday, 13 November 2026

08:00 – 08:20	VENUE – ARRIVALS – REGISTRATIONS
08:20 – 08:30	WELCOME MESSAGES & ADDRESSINGS E. Stavropoulou (<i>Greece</i>), <i>ESRA Hellas President</i> A. Kus (<i>Turkey</i>), <i>RAD President</i> A.Vadalouka (<i>Greece</i>), <i>PARHSYA President</i>
08:30 – 08:40	Allocation to Groups & Instructions for Optimal Rotation to Workstations during the Workshop E. Stavropoulou & F. Alevrogianni
08:40 – 09:45	SESSION 1: UPPER LIMB PNBs Basic Introductory Lectures & Live Demonstration Chairpersons: E. Stavropoulou, A. Kus, A. Vadalouka
08:40 – 08:55	Basic Principles of Ultrasound Guidance during PNBs – Tips & Tricks Speaker: E. Moka
08:55 – 09:10	Basic Elements of Applied Anatomy of Brachial Plexus – Key Anatomical Considerations Speaker: F. Alevrogianni
09:10 – 09:30	LIVE DEMONSTRATION PNBs across Brachial Plexus – From Centre to Periphery Demonstrator: T. Paraskevopoulos
09:30 – 09:45	Q&A – Discussion
09:45 – 10:15	COFFEE BREAK

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Friday, 13 November 2026

10:15 – 13:15	<p>SESSION 2: UPPER LIMB PNBs – WORKSHOP I Hands On Practice on Tissue Specimens, Phantoms, Cadavers & Live Models</p>
	<p>Workshop Leaders: E. Koraki – TBA (Turkey) <i>Interactive Teaching & Hands – On Practice at Working Stations</i> <i>(6 – 7 pax per Group, 30 minutes at each Working Station – Rotation)</i></p>
	<p>Working Station 1: Hands-on Practice in US-Guided Needle Placement (Tissue Specimens & Blue Phantom) Demonstrators: A. Saridaki – M. Mavrommati</p>
	<p>Working Station 2: Practice on Dissected Cadaver (Supine Position) Demonstration of Brachial Plexus Anatomy for Upper Limb PNBs Demonstrators: E. Fandridis – Resident</p>
	<p>Working Station 3: Practice on Fresh Frozen Cadaver (Supine Position) US Scanning & Needling for PNBs above & below the Clavicle Demonstrators: M. Varveri – TBA (Turkey)</p>
	<p>Working Station 4: Practice on Fresh Frozen Cadaver (Supine Position) US Scanning & Needling for PNBs at Elbow, Forearm and Hand Level Demonstrators: F. Sifaki – TBA (Turkey)</p>
	<p>Working Station 5: US Guided Practice & Scanning on LIVE Model (Supine Position) Blocks above the Clavicle Demonstrators: K. Vitoula – O. Klavdianou</p>
	<p>Working Station 6: US Guided Practice & Scanning on LIVE Model (Supine Position) Blocks below the Clavicle & at Peripheral Branches Demonstrators: D. Morella – E. Kapetanaki</p>

Time	Working Station 1	Working Station 2	Working Station 3	Working Station 4	Working Station 5	Working Station 6
10:15 – 10:45	Group A	Group B	Group C	Group D	Group E	Group F
10:45 – 11:15	Group F	Group A	Group B	Group C	Group D	Group E
11:15 – 11:45	Group E	Group F	Group A	Group B	Group C	Group D
11:45 – 12:15	Group D	Group E	Group F	Group A	Group B	Group C
12:15 – 12:45	Group C	Group D	Group E	Group F	Group A	Group B
12:45 – 13:15	Group B	Group C	Group D	Group E	Group F	Group A

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Friday, 13 November 2026

13:15-14:00	LUNCH BREAK
14:00 – 15:00	SESSION 3: TRUNCAL BLOCKS (ANTERIOR THORACIC – ABDOMINAL WALL) & ANTERIOR LOWER LIMB BLOCKS Basic Introductory Lectures & Live Demonstration Chairpersons: E. Moka – TBA (Turkey) - I. Sifaka
14:00 – 14:15	Fascial Plane Blocks of Anterior Thoracic & Abdominal Wall (PECS I-II, SAP, TAP, Rectus Sheath, Ilioinguinal & Iliohypogastric Blocks) – Basic Elements of Applied Anatomy & Key Anatomical Considerations Speaker: D. Papadopoulou
14:15 – 14:30	Basic Elements of Applied Anatomy of Anterior Lower Limb Blocks (FNB, PENG, FICB, ACB) – Tips & Tricks Speaker: V. Brozou
14:30 – 14:45	LIVE DEMONSTRATION Anterior Lower Limb Blocks – From Centre to Periphery Demonstrator: M. Bareka
14:45 – 15:00	Q&A – Discussion
15:00 – 15:15	COFFEE BREAK

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Friday, 13 November 2026

15:15 – 16:45	SESSION 4: TRUNCAL BLOCKS (ANTERIOR THORACIC – ABDOMINAL WALL) & ANTERIOR LOWER LIMB BLOCKS – WORKSHOP II Hands On Practice on Cadavers & Live Models
	Workshop Leaders: K. Vitoula – TBA (Turkey) <i>Interactive Teaching & Hands – On Practice at Working Stations</i> <i>(6 – 7 pax per Group, 30 minutes at each Working Station – Rotation)</i>
	Working Station 1: Practice on Fresh Frozen Cadaver (Supine Position) Scanning & Needling for Fascial Plane Blocks of the Anterior Thoracic Wall Region (PECS I-II, SAP Fascial Plane Blocks) Demonstrators: E. Kalaitzis– T. Milousis
	Working Station 2: Practice on Fresh Frozen Cadaver (Supine Position) Scanning & Needling for Fascial Plane Blocks of the Anterior Abdominal Wall Region (TAP, Rectus Seath, Ilioinguinal & Iliohypogastric Nerve Blocks) Demonstrators: F. Sifaki - F. Alevrogianni
	Working Station 3: Practice on Fresh Frozen Cadaver (Supine Position) US Scanning & Needling for Anterior Lower Limb Blocks (FNB, PENG, ACB, FICB) Demonstrators: E. Stavropoulou – TBA (Turkey)

Time	Working Station 1	Working Station 2	Working Station 3	Working Station 4	Working Station 5	Working Station 6
15:15 – 15:45	Group A	Group B	Group C	Group D	Group E	Group F
15:45 – 16:15	Group F	Group A	Group B	Group C	Group D	Group E
16:15 – 16:45	Group E	Group F	Group A	Group B	Group C	Group D

16:45 – 17:00	COFFEE BREAK
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Friday, 13 November 2026

17:00 – 18:30	SESSION 4: TRUNCAL BLOCKS (ANTERIOR THORACIC – ABDOMINAL WALL) & ANTERIOR LOWER LIMB PNBs – WORKSHOP II (Continued) Hands On Practice on Cadavers & Live Models
	Workshop Leaders: K. Vitoula – TBA (Turkey) <i>Interactive Teaching & Hands – On Practice at Working Stations</i> <i>(6 – 7 pax per Group, 30 minutes at each Working Station – Rotation)</i>
	Working Station 4: Practice on LIVE Model (Supine Position) US Scanning for Fascial Plane Blocks of the Anterior Thoracic & Abdominal Wall Region (PECS I-II, SAP, TAP, Rectus Seath Fascial Plane Blocks, & Ilioinguinal & Iliohypogastric Nerve Blocks) Demonstrators: A. Rantis – N. Firiris
	Working Station 5: Practice on LIVE Model (Supine Position) US Scanning for Anterior Lower Limb PNBs (FNB, PENG, ACB) Demonstrators: A. Andreou – N. Noulas
	Working Station 6: Practice on LIVE Model (Supine Position) US Scanning for Anterior & Lateral Lower Limb Blocks (Fascia Iliaca Block, Obturator & Lateral Femoral Cutaneous Nerve Blocks) Demonstrators: M. Makripodi – C. Maglari

Time	Working Station 1	Working Station 2	Working Station 3	Working Station 4	Working Station 5	Working Station 6
17:00 – 17:30	Group D	Group E	Group F	Group A	Group B	Group C
17:30 – 18:00	Group C	Group D	Group E	Group F	Group A	Group B
18:00 – 18:30	Group B	Group C	Group D	Group E	Group F	Group A

18.30 END of DAY 1

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Saturday, 14 November 2026

07:45 – 08:00	ARRIVALS
08:00 – 09:00	SESSION 5: TRUNCAL BLOCKS (POSTERIOR THORACIC – ABDOMINAL WALL) & CENTRAL NEURAXIAL BLOCKS Basic Introductory Lectures & Live Demonstration Chairpersons: K. Theodoraki – TBA (Turkey) – E. Kouroukli
08:00 – 08:15	Basic Elements of Applied Anatomy of Fascial Plane Blocks of Posterior Thoracic Wall (ESP & Thoracic Paravertebral Blocks) – Key Anatomical Considerations Speaker: V. Georgakopoulou
08:15 – 08:30	Basic Elements of Applied Anatomy of Posterior Abdominal Wall Blocks (QL & Lumbar Paravertebral Blocks) – Key Anatomical Considerations Speaker: E. Koraki
08:30 – 08:45	LIVE DEMONSTRATION Applied Anatomy of Lumbar Central Neuraxial Blocks – Tips & Tricks Demonstrator: E. Stavropoulou
08:45 – 09:00	Q&A – Discussion
09:00 – 09:30	COFFEE BREAK

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Saturday, 14 November 2026

09:30 – 12:30	SESSION 6 – TRUNCAL BLOCKS (POSTERIOR THORACIC – ABDOMINAL WALL) & CNBs – WORKSHOP III Hands On Practice on Cadavers & Live Models
	<p>Workshop Leaders: K. Theodoraki – TBA (Turkey) <i>Interactive Teaching & Hands – On Practice at Working Stations</i> (6 – 7 pax per Group, 30 minutes at each Working Station – Rotation)</p>
	<p>Working Station 1: Practice on Simulator US Scanning for ESP, Paravertebral, Central Neuraxial Blocks Demonstrators: E. Stavropoulou – F. Alevrogianni</p>
	<p>Working Station 2: Practice on Fresh Frozen Cadaver (Prone Position) US Scanning & Needling for ESP, Paravertebral, QL Block Demonstrators: D. Sarridou – TBA (Turkey)</p>
	<p>Working Station 3: Practice on Fresh Frozen Cadaver (Prone Position) US Scanning & Needling for Lumbar CNBs Demonstrators: E. Koraki – TBA (Turkey)</p>
	<p>Working Station 4: US Guided Practice & Scanning on LIVE Model (Sitting, Prone or Lateral Position) US Scanning for Thoracic ESP & Thoracic Paravertebral Block Demonstrators: E. Moka – TBA (Turkey)</p>
	<p>Working Station 5: US Guided Practice & Scanning on LIVE Model (Sitting, Prone or Lateral Position) US Scanning for QL & Lumbar Paravertebral Block Demonstrators: E. Saoulidou – O. Klavdianou</p>
	<p>Working Station 6: US Guided Practice & Scanning on LIVE Model (Sitting, or Lateral Position) US Assisted Lumbar CNBs Demonstrators: F. Sifaki – M. Mavrommati</p>

Time	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

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Saturday, 14 November 2026

12:30 – 13:00	LUNCH BREAK
13:00 – 14:00	SESSION 7: SACRAL PLEXUS & BRANCHES Basic Introductory Lectures & Live Demonstration Chairpersons: E. Chrona – M. Loizou – S. Anisoglou
13:00 – 13:15	Basic Elements of Applied Anatomy of Sacral Plexus – Key Anatomical Considerations Speaker: M. Rekatsina
13:15 – 13:30	Basic Elements of Applied Anatomy of Sciatic Nerve at the Level of Gluteus Muscles and Trochanter – Key Anatomical Considerations Speaker: A. Ntakoula
13:30 – 13:45	LIVE DEMONSTRATION Applied Anatomy of PNBs at Popliteal Region & Foot & Ankle Level – Tips & Tricks Demonstrator: K. Vitoula
13:45 – 14:00	Q&A – Discussion
14:00 – 14:30	COFFEE BREAK

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Saturday, 14 November 2026

14:30 – 17:30	SESSION 8: SACRAL PLEXUS & BRANCHES – WORKSHOP IV Hands On Practice on Cadavers & Live Models
	<p>Workshop Leaders: M. Rekatsina – TBA (Turkey) <i>Interactive Teaching & Hands – On Practice at Working Stations</i> (6 – 7 pax per Group, 30 minutes at each Working Station – Rotation)</p>
	<p>Working Station 1: Practice on Fresh Frozen Cadaver (Prone Position) US Scanning & Needling for Sacral Plexus & Sciatic Nerve Block (Gluteus Muscle Level) Demonstrators: E. Kalaitzis – TBA (Turkey)</p>
	<p>Working Station 2: Practice on Fresh Frozen Cadaver (Prone Position) US Scanning & Needling for Sciatic Nerve Block (Popliteal Region) & Blocks at the Level of Foot & Ankle Demonstrators: E. Stavropoulou – F. Alevrogianni</p>
	<p>Working Station 3: US Guided Practice & Scanning on LIVE Model (Prone Position) US Scanning for Sacral Plexus Demonstrators: M. Riga – O. Klavdianou</p>
	<p>Working Station 4: US Guided Practice & Scanning on LIVE Model (Prone or Lateral Position) US Scanning for Sciatic Nerve Block (Gluteus Muscle Level) Demonstrators: K. Sorokos – TBA (Turkey)</p>
	<p>Working Station 5: US Guided Practice & Scanning on LIVE Model (Supine, Prone or Lateral Position) US Scanning for Sciatic Nerve Block (Popliteal Region) Demonstrators: A. Ntakoula – M. Mavrommati</p>
	<p>Working Station 6: US Guided Practice & Scanning on LIVE Model (Prone, Lateral or Supine Position) US Guided Blocks at the Level of Foot & Ankle Demonstrators: E. Lykoudi– E. Kapetanaki</p>

Time	Working Station 1	Working Station 2	Working Station 3	Working Station 4	Working Station 5	Working Station 6
14:30 – 15:00	Group A	Group B	Group C	Group D	Group E	Group F
15:00 – 15:30	Group F	Group A	Group B	Group C	Group D	Group E
15:30 – 16:00	Group E	Group F	Group A	Group B	Group C	Group D
16:00 – 16:30	Group D	Group E	Group F	Group A	Group B	Group C
16:30 – 17:00	Group C	Group D	Group E	Group F	Group A	Group B
17:00 – 17:30	Group B	Group C	Group D	Group E	Group F	Group A

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Saturday, 14 November 2026

17:30 – 18:00	COFFEE BREAK
18:00 – 19:00	SESSION 9: SUM UP & CLOSURE LECTURES What did we Learn How to Apply Anatomical Knowledge in Clinical Practice Chairpersons: A. Bairaktari – E. Stavropoulou – TBA (Turkey)
18:00 – 18:15	Shoulder Surgery – Optimal Block Selection Speaker: M. Makripodi
18:15 – 18:30	Hip Surgery – Optimal Block Selection Speaker: K. Sorokos
18:30 – 18:45	Knee Surgery – Optimal Block Selection Speaker: M. Riga
18:45 – 19:00	Q&A – Discussion / Workshop Conclusions
19:00	END of DAY 2 – END of WORKSHOP / CERTIFICATES of ATTENDANCE

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LEARN MORE ABOUT OUR WORK

Thank you for participating in our workshop.

For additional resources, training opportunities, and information about our projects, please visit our websites:



<https://www.esrahellas.gr/en/>



<https://grpalliative.gr/>



<https://www.turkrad.org.tr/>