

**41<sup>st</sup> ESRA**  
**Annual Congress**  
The art of pain management



## WS LEADERS RA



Dear Workshop - Leaders

First of all, we would like to thank you for your willingness to take part in a cadaver workshop at the 41<sup>st</sup> ESRA Annual Congress on Regional Anaesthesia and Pain Medicine.

Here you can find some helpful information for the upcoming Cadaver Workshops in Prague.

The travel to the WS is to be carried out by each participant and faculty member themselves using either the public transport or taxi, this would require sufficient time.

Please allow approximately 45 minutes for your journey from the congress center to the anatomy.

The WS need to start on time, even in case that not all participants or faculty members show up on time. The workshop leaders and demonstrators should arrive 10-15 min before the start of the workshop, so the pre-workshop meeting with the WS leader can take place as well they can familiarise themselves with the cadavers and the ultrasound machines prior to start of the WS.

You should welcome all participants briefly at the beginning of the workshop and explain the schedule. In order to run the workshop as smooth as possible we would suggest giving the demonstrators a 2 minutes warning before the end of each 25 min session to allow them to finish the discussion and actually move the participants from one station to another.

Refreshments are offered during the approximately 20-25 min break after the 3<sup>rd</sup> group change – in the middle of the workshop.

The groups are often mixed in terms of previous scanning / needling experience. Participants will be allocated to the groups by Vivien and use the coloured wristbands.

Each workshop lasts 3 hours in total time. Rotation every 25 min through 6 stations allows for coffee break with duration of approximately 20 min after 3<sup>rd</sup> rotation. There will be a maximum of 6 participants per group.

There will only be soft embalmed whole-body cadavers, with one demonstrator per station suitable for scanning and injecting small amount of fluid. Ultrasound machine will be available at all stations.



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The main objective is to briefly demonstrate 1-2 typical nerve blocks, followed by participants carrying out blockades themselves. Standard regional anaesthesia needles and syringes will be available.

The demonstration should be more clinically oriented. This means that the typical blocks for standard operations are explained, and that the anatomy applied to that particular block(s) should be highlighted - effect of various anatomical structures (bone, fascia, inter muscular spaces, etc.) on LA spread, avoidance of other structures (vascular, pleura, neuraxial, etc.) important for safe performance of the block, which certainly also promotes discussion between demonstrator and participants.

**Workstation 1: Upper limb blocks (Supine Position)**

Interscalene (Superior Trunk) blocks  
Supraclavicular block  
Axillary brachial plexus block  
Cervical plexus block

**Workstation 2: Upper Limb and chest blocks (Supine Position)**

Infraclavicular block  
Inter-Pectoral Plane block  
Pecto-Serratus Plane block  
Serratus Anterior Plane block

**Workstation 3: Thoracic trunk blocks (Prone Position)**

Thoracic paravertebral block  
Erector Spinae Plane block  
Inter-Transverse Plane block

**Workstation 4: Abdominal trunk blocks (Supine Position)**

Transversus Abdominis Plane block  
Rectus Sheath block  
Iliohypogastric / Ilioinguinal nerve block

**Workstation 5: Lower limb blocks (Supine Position)**

Suprainguinal Fascia Iliaca block  
PENG block  
Femoral nerve block  
Obturator n. block  
Femoral Triangle / Adductor Canal block

**Workstation 6: Lower limb blocks (Lateral Position)**

Quadratus Lumborum blocks  
Lumbar Plexus (Shamrock) block  
Proximal and distal Sciatic n. blocks  
iPACK



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Please contact the demonstrators in your workshop to check their assignments to the stations according to their preferences. Demonstrators for cadaveric workshop should prepare themselves for practical demonstration of allocated topics.

The workshop leaders have the authority to double check that the demonstrators are happy with their allocations and, if necessary, make appropriate changes.

One experienced anatomist is available for help at all times during the workshops. Likewise, the ESRA Events Manager Vivien is also available in case of any logistic difficulties or being late ... Contact Vivien directly via her mobile: + 49 15161054370

### **Workshop Address?**

Institute of Anatomy  
U Nemocnice 1563, 128 00 Nové Město  
Prague  
Czech Republic

### **How to get to the Workshop?**

#### **METRO >>> 15-20 min**

- Walk 2 min, 220 metres to Metro Station Vyšehrad
- Take Line C (red) direction >> Letňany
- Exit at 1<sup>st</sup> stop (I. P. Pavlova)
- Walk slightly downhill approximately 750 metres (Jecna – Katerinska – U Nemocnice) streets

Opposite direction take Metro Line C (red) at I.P.Pavlova direction >>> Haje  
Exit at 1<sup>st</sup> stop (Vysehrad)

#### **TAXI >>> 10-15 min**

#### **WALKING >>> 25-30 min**

Your help is greatly appreciated!

Sincerely,

  
Paul Kesster

  
Peter Merjavý

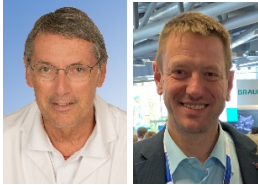
Chairs ESRA Regional Anaesthesia Cadaver Workshops



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## WS DEMONSTRATORS RA



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