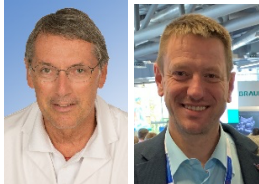




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## CADAVER WORKSHOPS LEADERS & DEMONSTRATORS RA

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Dear Workshop - Leaders

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

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



**A SHUTTLE SERVICE WILL BE PROVIDED FROM/TO THE NOVA SPEKTRUM** for travel to the WS.  
Please see the schedule end of document and online.

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 familiarize 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 colored 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.

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

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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 European Society of  
Regional Anaesthesia & Pain Therapy**  
Crossing Boundaries, Transforming Care

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?

Domus Medica

Address: Sognsvannsveien 9 - Oslo, Norway

How to go there:

**A SHUTTLE SERVICE WILL BE PROVIDED FROM/TO THE NOVA SPEKTRUM**

**Meeting point NOVA:**

in front of the THON HOTEL ARENA - Nesgata 1, 2004 Lillestrøm, Norway

**Meeting point IMB CADAVER LAB:**

Domus Medica – Gaustad - Sognsvannsveien 9 - 0372 Oslo



## SHUTTLE SCHEDULE

NEW SCHEDULE!	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
ROUTE			
NOVA SPEKTRUM -> IMB-CADAVER LAB	07:00	07:00	07:00
NOVA SPEKTRUM -> IMB-CADAVER LAB	10:15	10:15	10:15
IMB-CADAVER LAB -> NOVA SPEKTRUM	11:15	11:15	11:15
NOVA SPEKTRUM -> IMB-CADAVER LAB	14:00	14:00	14:00
IMB-CADAVER LAB -> NOVA SPEKTRUM	14:45	14:45	14:45
IMB-CADAVER LAB -> NOVA SPEKTRUM	18:15	18:15	X

Your help is greatly appreciated!

Sincerely,

 Paul Kessler  
 Peter Merjavý

Chairs of the Anatomy workshops: **Paul Kessler, Andrzej Krol, Peter Merjavý**