



WS PAIN DEMONSTRATORS



Dear Workshop - Demonstrators

First of all, we would like to thank you for your willingness to take part in a cadaver workshop at the 43rd ESRA Annual Congress on Regional Anaesthesia and Pain Medicine.

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

A BUS SHUTTLE SERVICE will be provided FROM/TO the congress centre for travelling to the workshop. More information soon.

The WS needs to start on time, even if not all participants or faculty members show up on time. The workshop leaders and demonstrators should familiarize themselves with the cadavers and the ultrasound machines prior to start of the WS if time allows.

The groups are often mixed in terms of previous scanning / needling experience. Participants will be allocated to the groups by Vivien and use 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 3rd rotation. There will be maximum 6 participants per group.

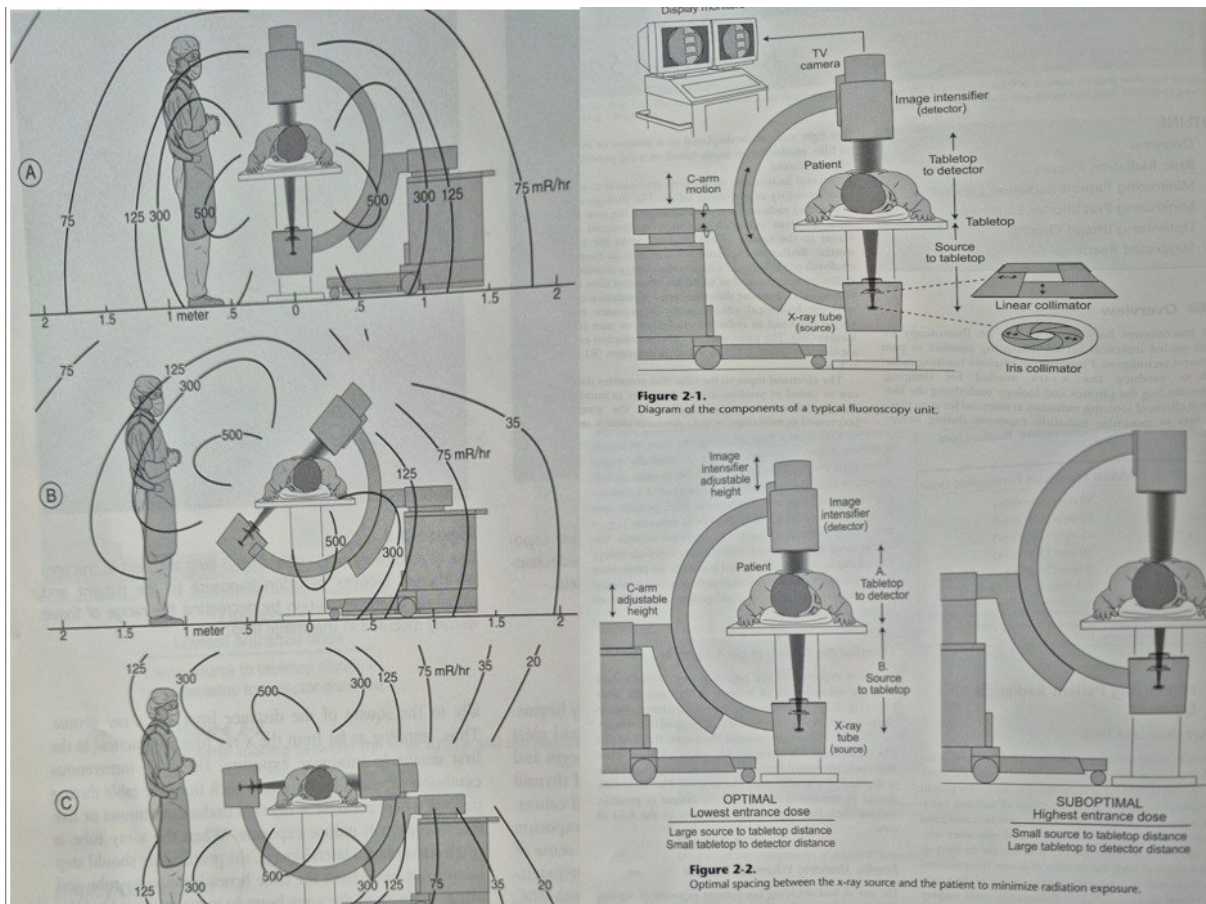
There will only be soft embalmed whole-body cadavers, with one demonstrator per station suitable for scanning and injecting small amount of fluid. Ultrasound machine will be available at all stations and one C-arm for the fluoroscopy station.



RADIATION SAFETY (if applicable)

Please make short introduction about radiation safety

1. Everyone within 2 m distance should wear radiation protection: lead gown and collar
2. Clear signs of radiation risk will be displayed
3. Ensure delegates do not put unprotected body areas (hands) in the beam during scanning
4. Reassure the radiation risk during single shot exposure carry minimal risk
5. Apply ALARA acronym (As Low As Reasonably Achievable) as during routine hospital activity
6. Attached picture of optimised C- arm positioning



YOUR JOB

You will be contacted by the chair of your workshop. Send her/him your **cell phone number** you will be using during the congress. You will also get her/his cell phone number in the case there are any problems. Likewise, the ESRA Event Manager – Vivien is also available in **case of any logistic difficulties or being late contact Vivien directly via her mobile: + 49 15161054370**



In the case you do not get a message from the workshop chair, contact her/him yourself to be sure you can exchange your phone numbers.

Your topic allocations were sent to you with the congress invitation. Prepare a session of 25 minutes (time for each rotation) keeping in mind that this is a **clinical** workshop (see below). *Please check the topic of your workshop and the planned positioning of the cadavers. If you would like the cadavers to be positioned differently at the station, please contact the WS Leader in advance so that the cadavers do not have to be moved on the day of the course.*

Be at the workshop at least 15 minutes before the start.

Check your cadaver, US machines, material.

After the introduction by the chair, you will take the first group to your workstation and start.

Give a short introduction and demonstration about the topic.

However, this is a hands-on workshop: delegates have to scan themselves!

The topic has been selected based on clinical scenarios most common in chronic pain management

Keep a clinical approach, relate to cases, scenarios, pathologies based on anatomy!

If you have a «*beginners*» workshop, adapt your demonstrations to basics of the assigned block and let the delegates scan themselves. If you have an «*advanced*» group, then move quick from the basics to more specific details (different approaches, interesting anatomy, possible complications etc).

The success of the Chronic Pain Workshop lies in your skilled hands!

43RD **ESRA**

ANNUAL CONGRESS

SPREADING KNOWLEDGE, TRANSFORMING CARE

9-12/SEP/2026

LISBON, PORTUGAL



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



Workshop Address?

AHED - Advanced Health Education | Health Campus

NOVA Medical School - Campus de Carcavelos

R. Luanda 166, 2775-369 Parede, Portugal

How to go there:

A SHUTTLE SERVICE will be provided from the congress centre to the anatomical institute.

Updates will follow.

Your help is greatly appreciated!

Sincerely,

Two handwritten signatures in blue ink. The first signature is 'Andrzej Krol' and the second is 'David Lorenzana'.

Andrzej Krol

David Lorenzana

Chairs ESRA Pain Workshop

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OVERVIEW PAIN WORKSHOPS

Workshop Pain 1 - ABDOMEN, CHEST, THORAX, LUMBAR SPINE, PELVIS, HIP & KNEE

Leader: TBD

Workstation 1. Knee Osteoarthritis - Knee Osteoarthritis -Intraarticular injection Genicular Nerves Radiofrequency Ablation (Cadaver Supine)

Workstation 2. Abdomen. Abdominal wall Neuropathy after Surgery: Ilioinguinal, Iliohypogastric, Genitofemoral Nerve Block. Management of Meralgia Parasthetica: Lateral Femoral Cutaneous Nerve Block. (Cadaver Supine)

Workstation 3. Hip Osteoarthritis. Intraarticular Injections and Periarticular Nerves Blocks: Femoral, Obturator, AON) (Cadaver Supine)

Workstation 4. Chest and Thorax. Post-Thoracotomy Pain incl Cryotherapy: Intercostal Nerve Block. Thoracic Spine Pain - Medial Branch, Facet Joint and Costotransverse Joint Injections. Paravertebral Block - Thoracolumbar Fascia Plane Blocks. (Cadaver Prone)

Workstation 5. Cadavers for Fluoroscopy - Lumbar Spine. Selective Nerve Root: Transforaminal Injection - Lumbar Spine Pain: Lumbar Medial Branch and Facet Joint Injections. (Cadaver Prone)

Workstation 6. Pudendal Neuropathy & Gluteal Pain Syndrome (GPS) Caudal Epidural Injections. (Cadaver Prone)

Workshop Pain 2 - HEAD & NECK BLOCKS

WS Leader: TBD

Workstation 1. Sacroiliac Joint and Caudal Fluoroscopy and Ultrasound guided incl. Cryoanalgesia (Cadaver Prone)

Workstation 2. Stellate Ganglion Block (Cervical Sympathetic Block) Cervical Nerve Roots & Cervical Plexus Block (Cadaver Supine/Lateral)

Workstation 3. Cervical Medial Branch Blocks. (Cadaver Lateral)

Workstation 4. Occipital Nerves (GON, TON, LON). (Cadaver Prone/Lateral)

Workshop 5 Cranial nerves & distal branches (Cadaver Supine)

Workstation 6. Shoulder Joint Denervation, Suprascapular nerve, Lateral pectoralis, Axillary (Cadaver Lateral/Pone)