



## WS PAIN LEADERS



Dear Workshop - Leaders

First, we would like to thank you for your willingness to take part in a cadaver workshop at the 43<sup>rd</sup> 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, the ultrasound machines and fluoroscopy as required prior to start of the WS if time allows.

You should welcome all participants briefly at the beginning of the workshop and explain the schedule. To run the workshop as smooth as possible we would suggest giving the demonstrators a 3-minute 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 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.

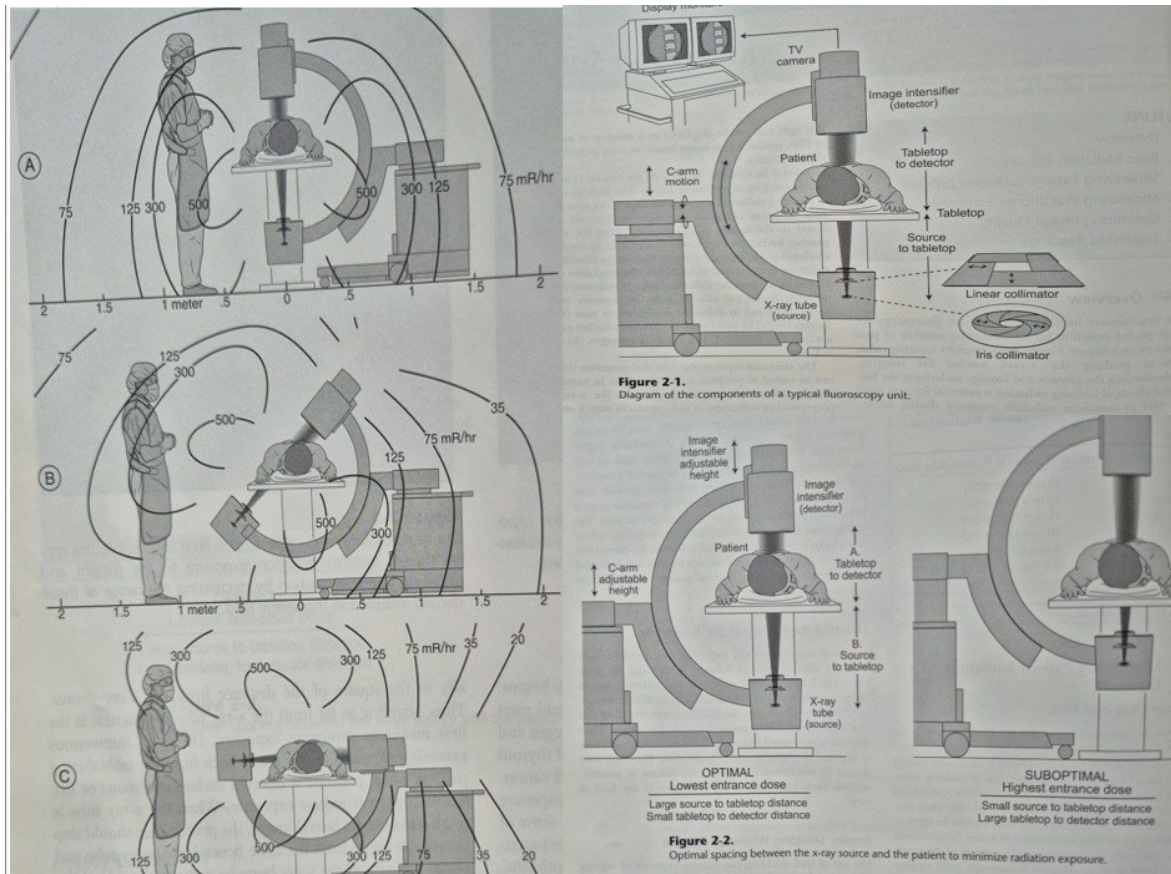
There will only be soft embalmed whole-body cadavers, with one demonstrator per station suitable for scanning and injecting small amount of fluid. Ultrasound machine will be available at all stations and one C-arm for the fluoroscopy station.



### RADIATION SAFTY (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:

Please contact the demonstrators in your workshop to exchange your cell-phone numbers and 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.

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

Check that all cadavers, US machines, materials, and if the demonstrators are there.

The chair is NOT supposed to make ANY demonstrations.

In general, there is no live demonstration to all participants at the beginning of the workshop! This is a hands-on workshop, NOT a live demonstration and NOT a «*all blocks in one go*» workshop.

Start the workshop and keep the time for the rotations in order to finish the workshop on time.

Walk around and get an impression of how demonstrators are performing, how delegates interact etc.

In the case of any problems, you cannot solve please call:

ESRA Events Manager: Vivien Penning- Titze: +49 15161054370

Coordinator Pain Workshops: Andrzej Krol: +44 775 661 55 12

### Workshop Address?

**AHED - Advanced Health Education | Health Campus**

**NOVA Medical School - Campus de Carcavelos**

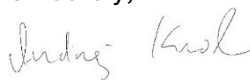
**R. Luanda 166, 2775-369 Parede, Portugal**

### 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,



Andrzej Krol



David Lorenzana

Chairs ESRA Pain Workshop



## **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/Prone)