



WS RA 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 familiarise 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 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 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.

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.



Demonstrators for cadaveric workshop should prepare themselves for practical demonstration of allocated topics. If you are not happy with your allocation and only, if necessary, appropriate changes should be made – contact your workshop leader.

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

One experienced anatomist is available for help at all times during the workshops. 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**

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,


Paul Kesster


Peter Merjavý

Chairs ESRA Regional Anaesthesia Cadaver Workshops