

**19<sup>th</sup> East Surrey Regional Anaesthesia Course 2021**

**PROGRAMME**

***26th 27th & 28th May 2021***

# Day 1: Wednesday 26<sup>th</sup> May 2021

St. George's Hospital Anatomy Hall, London

Timings	Event
9:30 -10:00	Registration
10:00 -12:00	Cadaver workshop
12:00 -12:45	Lunch
12:45-13:00	Move to dissection room
13:00-14:20	Cadaver workshop
14:30 -15:15	Lecture
15:15 - 15:30	Debriefing, feedback and close

Station		Notes
<b>Station 1</b> Thorax/Abdomen	Quadratus Lumborum Paravertebral space/erector spinae muscles	Dry pro sections
Soft tissue	Needling: Thorax/Abdomen QLB/ESP/PVB	Prone/soft
<b>Station 2</b> Lower limb	Popliteal – Sciatic N: Common peroneal and tibial N, Nerves around the ankle	Dry pro- sections
Soft tissue	Needling: Lower Limb Sciatic/Popliteal	Prone/soft
<b>Station 3</b> Around Clavicle	Nerve roots C4-T1 Brachial plexus –trunks and divisions above clavicle Below clavicle- Brachial plexus: Cords and distal branches around the axilla:	Dry pro sections
Soft tissue	Needling: Around the clavicle Infraclavicular/Supraclavicular/Interscalene blocks	Supine/soft
<b>Station 4</b> Thorax/Trunk	Pecs/Serratus Anterior/Abdominal wall	Dry pro section
Soft tissue	Needling: Trunk Pec blocks/Serratus blocks/ Abdo wall blocks	Supine/Soft
<b>Station 5</b> Pelvis/Lower limb	Fascia iliaca /femoral nerve and vessels/Adductor canal	Dry pro sections
Soft tissue	Needling: Pelvis Femoral block/Fascia iliaca/Adductor canal	Supine/Soft

## Day 2: Thursday 27<sup>th</sup> May 2021 at East Surrey Hospital, Redhill

Timings	Event
08:15 - 09:00	Registration, tea and coffee
09:00 - 09:15	Welcome and introduction
09:15 - 09:35	<b>Lecture 1</b>
09:35 -10:25	Workshop Round 1
10:25 -10:45	Tea and coffee
10:45 -11:35	Workshop Round 2
11:35 -12:25	Workshop Round 3
12:30 -12:50	<b>Lecture 2</b>
12:50 -13:45	Lunch & Trade Exhibition
13:50 -14:40	Workshop Round 4
14:40 -15:30	Workshop Round 5
15:30 - 15:50	Tea and Coffee
15:50 - 16:40	Workshop Round 6
16:40 - 17:30	Workshop Round 7
17:30	Debrief, Feedback and close

### The Workshops

1. Technology, Image Generation, Probe handling and Needling.
2. Simulated Scenarios.
3. Upper limb-above and around Clavicle (Interscalene and Supraclavicular).
4. Upper Limb-below Clavicle. (Infraclavicular, Axillary, Distal Median, Radial and Ulnar).
5. Abdominal Wall (Rectus, TAP, QLB and Ilioinguinal Blocks).
6. Lower Limb (Femoral, Fascia Iliac, Popliteal).
7. Neuraxial US (Epidural and Paravertebral).
8. Thorax (Serratus anterior, Pecs, Erector Spinae).
9. Ankle Block, Adductor canal block.

### Note:

- ✓ Each workshop lasts 50 minutes
- ✓ Each attendee attends 7 workshops
- ✓ Delegates with no previous experience in Regional anaesthesia and US are recommended to attend workshops 1 and 2
- ✓ Delegates with some previous experience of Regional anaesthesia and US select any 7 of the 9 workshops
- ✓ Workshop numbers are limited to 3 delegates per demonstrator

## Day 3: Friday 28<sup>th</sup> February 2021 at East Surrey Hospital, Redhill

Timings	Event
08:30 - 08:45	Welcome and Introduction.
8:45 -11:45	Live Interactive Demos from theatres. (this session includes a break for tea and coffee)
11:45-12:15	<i>Lecture 1</i>
12:15 - 13:15	Lunch and Trade Exhibition
13:15 - 16:15	Live Interactive Demos from theatres (this session includes a break for tea and coffee)
16:15 - 17:00	<i>Lecture 2</i>
17:00	Debrief, Feedback and Close

**Note:**

- ✓ Live interactive demonstrations from theatre via video/audio link to the lecture theatre, featuring at least 8 - 10 common procedures, Q&A and panel discussion:
  - ✓ We aim to do Interscalene, Supraclavicular, Infraclavicular, Axillary, Erector Spinae, Serratus Anterior PECS, Quadratus Lumborum, Rectus sheath, FIB supra inguinal approach, Popliteal and Ankle blocks:
- \*\*The blocks demonstrated are subject to the day list.**