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| Friday 1 September 2023 | | | |
| Start | **End** | **Lecture/station** | Speaker |
| 08:30 | **09:00** | **Registration** |  |
| 09:00 | **09:15** | **Welcome to the Plan A Blocks course - evidence** | Dr Madan Narayanan |
| 09:15 | **09:30** | **Basics of ultrasound machine** | Dr Madan Narayanan |
| 09:30 | **09:45** | **Recognition of structures (with on-line demo)** | Dr Matt Sinnott |
| 09:50 | **10:20** | **Scanning on Volunteers (7 stations) - Basic** | All faculty |
| 10:20 | **10:35** | **Basics of needling - Lecture** | Dr Franklin Wou |
| 10:35 | **11:05** | **Practical needling (7 phantoms, 7 needles, 7 probe covers, gloves)** | ALL Faculty |
| 11:05 | **11:20** | **Coffee break** |  |
| 11:20 | **11:35** | **Principles of US guided blocks – ergonomics, how to choose the needle, drugs, sterility, safety checks, monitoring)** | Dr Alex Photiou |
| 11:35 | **12:15** | **Plan A blocks** | Dr Jawaad Malik |
| 12:15 | **12:45** | **LUNCH** |  |
| 12:45 | **14:45** | **Scanning on Volunteers (8 stations) – 30 min per station** |  |
|  |  | **Scanning on Volunteers (4 stations)** **rotations**: Interscalene/ Axillary Brachial plexus block/Femoral block/Adductor canal block/Popliteal sciatic block/Erector Spinae plane block/Rectus sheath block |  |
| 14:45 | **15:00** | **Break** |  |
| 15:00 | **17:00** | **Scanning on Volunteers (4 stations)** **rotations**: Interscalene/ Axillary Brachial plexus block/Femoral block/Adductor canal block/Popliteal sciatic block/Erector Spinae plane block/Rectus sheath block **INCLUDING CONSOLIDATION STATION** |  |
| 17:00 | **17:30** | **Q&A, feedback and close** | Dr Inna Kuchynska & Madan Narayanan |
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