

ESRAC

22nd East Surrey Regional Anaesthesia Course

21st – 23rd February 2024

Programme

Day 1

Wednesday 21st Feb 2024

Cadaver workshops

Anatomy Department, Guys Hospital

08:30 – 09:30	Faculty registration, brief and review stations
09:30 – 09:45	Delegate registration and brief
09.45 – 10.15	Lecture: 'Sonoanatomy of Plan A Blocks' by Dr Arun Venkataraju
10:15 – 10:30	Delegates and faculty to go to stations
10:30 – 11:15	<i>Workshop Round 1</i>
11:15 – 12:00	<i>Workshop Round 2</i>
12:00 – 12:45	<i>Workshop Round 3</i>
12:45 – 13:45	Lunch
13:45 – 14:00	Delegates and faculty to go to stations
14:00 – 14:45	<i>Workshop Round 4</i>
14:45 – 15:30	<i>Workshop Round 5</i>
15:30 – 16:15	<i>Workshop Round 6</i>
16:15 – 16:30	Close

Station	Description	Notes
Station 1 Thorax	Paravertebral space/erector spinae muscles	Dry pro sections
Soft tissue	Needling: Thorax. ESP/PVB	Prone/soft
Station 2 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
Station 3 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
Station 4 Thorax	Pecs/Serratus Anterior	Dry pro section
Soft tissue	Needling: Thorax Pec blocks/Serratus blocks	Supine/Soft
Station 5 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
Station 6 Abdomen	Quadratus Lumborum/Abdominal wall	Dry pro section
Soft tissue	QL/ Abdominal wall blocks	Supine/Soft

Thursday 22nd February 2024

Ultrasound workshops

Holiday Inn, London Gatwick

08:15 – 09:00	Registration and Coffee
09:00 – 09:15	Welcome and introduction
09:15 – 09:35	Lecture: 'Liposomal Bupivacaine' by Dr Morné Wolmarans
09:35 – 10:15	<i>Workshop Round 1</i>
10:15 – 10:35	Break
10:35 – 11:15	<i>Workshop Round 2</i>
11:15 – 11:55	<i>Workshop Round 3</i>
11:55 – 12:35	<i>Workshop Round 4</i>
12:35 – 12:55	Lecture: 'Transitional Pain- what is beyond opioids?' by Dr Athmaja Thottungal
12:55 – 14:00	Lunch
14:00 – 14:40	<i>Workshop Round 5</i>
14:40 – 15:20	<i>Workshop Round 6</i>
15:20 – 15:40	Break
15:40 – 16:20	<i>Workshop Round 7</i>
16:20 – 17:00	<i>Workshop Round 8</i>
17:00 – 17:15	Close

Station	Description
Station 1: Technology, Image Generation, Probe Handling & Needling	Only for beginners
Station 2: Upper Limb (Above clavicle)	Interscalene, superior trunk & supraclavicular
Station 3: Upper Limb (Below clavicle)	Infraclavicular, axillary, distal radial, medial & ulnar
Station 4: Anterior Chest wall	Serratus plane, pecs and parasternal
Station 5: Back	Neuroaxial, ESP & paravertebral
Station 6: Abdominal wall	Rectus sheath, TAP, QLB and ilioinguinal blocks
Station 7: Lower Limb 1	Femoral, FIB and PENG
Station 8: Lower limb 2	Popliteal and IPACK
Station 9: Lower limb 3	Adductor canal and Ankle blocks

Friday 23rd February 2024

Live interactive video demonstrations from theatres
Holiday Inn, London Gatwick

08:30 – 08:45	Welcome and Introduction.
08:45 – 11:45	Live Interactive Demos from theatres (<i>includes a break</i>)
11:45 – 12:15	Lecture: 'RA in Day case Surgery' by Dr Maria Paz Sebastian
12:15 – 13:15	Lunch
13:15 – 16:15	Live Interactive Demos from theatres (<i>includes a break</i>)
16:15 – 17:00	Lecture: 'Is it the end of Perineural catheters for elective Orthopaedic surgery?' by Dr Oliver Tweedie
17:00	Debrief, Feedback and Close

Note:

- Each live interactive demonstration session is streamed from theatres via a video link to the conference hall. This aims to feature Plan A blocks with a Q&A and faculty panel discussion.
- There will be a 15–20-minute morning and afternoon break, however, due to live streaming from theatres, the times for all of Day 3 will be flexible to ensure most blocks can be seen.
- We aim to show as many of the following as possible, however, blocks demonstrated are subject to what is available on the theatre list that day:

- *Interscalene*
- *Supraclavicular*
- *Infraclavicular*
- *Axillary*
- *Erector Spinae*
- *Serratus Anterior*
- *PECS*
- *Quadratus Lumborum*
- *Rectus sheath*
- *Femoral*
- *FIB supra inguinal approach*
- *Adductor canal block*
- *Popliteal*

Keynote Speakers

Dr. Morné Wolmarans

Consultant Anaesthetist
RA-UK Past President
EDRA Chairman



Dr. Maria Paz Sebastian

Consultant Anaesthetist
Royal National Orthopaedic
Hospital

Dr. Athmaja Thottungal

Consultant Anaesthetist
East Kent University Hospital
ESRA and RAUK speaker



Dr. Oliver Tweedie

Consultant Anaesthetist
Dorset County Hospital NHS
Foundation Trust

Dr. Arun Venkataraju

Consultant Anaesthetist
Basingstoke and North Hampshire Hospital



Course Directors

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