

ESRAC

23rd East Surrey Regional Anaesthesia Course

19th – 21st March 2025

Programme

Day 1

Wednesday 19th March 2025

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: “Learning How to Learn USRA”
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 Above clavicle	Nerve roots C4-T1 Brachial plexus –trunks and divisions above clavicle	Dry pro sections
Soft tissue	Needling: supraclavicular/Interscalene blocks	Supine/soft
Station 4 Below clavicle	Below clavicle- Brachial plexus: Cords and distal branches around the axilla	Dry pro section
Soft tissue	Needling: Infraclavicular/ axillary	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 Thorax /abdomen supine	Pecs/ Serratus anterior/ Quadratus Lumborum/Abdominal wall	Dry pro section
Soft tissue	Needling: Thorax – pec blocks/ serratus blocks/ QL/ Abdominal wall blocks	Supine/Soft

Thursday 20th March 2025

Ultrasound workshops

Holiday Inn, London Gatwick

08:15 – 09:00	Registration and Coffee
09:00 – 09:10	Welcome and introduction
09:10 – 09:30	Lecture: Regional Anaesthesia for Shoulder Surgery
09:30 – 10:10	<i>Workshop Round 1</i>
10:10 – 10:50	<i>Workshop Round 2</i>
10:50 – 11:00	Break
11:00 – 11:40	<i>Workshop Round 3</i>
11:40 – 12:20	<i>Workshop Round 4</i>
12:20 – 13:00	<i>Workshop Round 5</i>
13:00 – 14:00	Lunch
14:00 – 14:40	<i>Workshop Round 6</i>
14:40 – 15:20	<i>Workshop Round 7</i>
15:20 – 15:40	Break
15:40 – 16:20	<i>Workshop Round 8</i>
16:20 – 17:00	<i>Workshop Round 9</i>
17:00 – 17:15	Close

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

Friday 21st March 2025

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: Regional Anaesthesia for Knee Surgery-what's new?
12:15 – 13:15	Lunch
13:15 – 16:15	Live Interactive Demos from theatres (<i>includes a break</i>)
16:15 – 17:00	Lecture: "Updates on New Blocks"
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*

Distinguished Faculty



Dr. Morné Wolmarans

Consultant Anaesthetist
RA-UK Past President
EDRA Chairman

Dr. Maria Paz Sebastian

Consultant Anaesthetist
Royal National Orthopaedic Hospital
RAUK council



Dr. Athmaja Thottungal

Consultant Anaesthetist
East Kent University Hospital
ESRA and RAUK speaker

Dr. Arun Venkataraju

Consultant Anaesthetist
Basingstoke and North
Hampshire Hospital



Dr. Madan Narayanan

Consultant Anaesthetist
NHS Frimley Health
Foundation Trust

Dr. Luis Valdes

Consultant Anaesthetist
Vilches Hospital Costa del Sol
ESRA General Secretary



Course Directors

Dr. Venkat Duraiswamy

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