

Hands-on Workshops

November 10th, 2024

Hands-on workshops are optional and for workshops only, no other program.

08:00 - 10:00 Upper Extremity Blocks Workshop

Workshop lead instructors:

Catherine Vandepitte, Imré Van Herreweghe and Angela Lucia Balloco.

Goals: The unique format of this workshop is designed to provide you with a whole range of skills to perform the most frequently indicated blocks in your everyday practice.

- ▶ Ample time to practice the scanning techniques on models and learn how to obtain the optimal US images for the most common approaches guided by expert instructors
- ▶ Description of the technique, main indications and patient preparation
- ▶ In depth overview of the relevant anatomy using reversed anatomy illustrations and animations, to better understand the foundations of block efficacy and safety
- ▶ Comprehensive understanding of device settings for optimal results
- ▶ Discussions on block techniques, tips and tricks

Content:

- ▶ Interscalene and Supraclavicular blocks
- ▶ Infraclavicular block
- ▶ Axillary and distal nerve blocks

Target audience: Practitioners willing to acquire and/or improve their skills in performing the most useful ultrasound-guided peripheral nerve blocks.

10:00 - 10:20 Coffee Break

10:20 - 12:20 Lower Extremity Blocks Workshop

Workshop lead instructors:

Catherine Vandepitte, Imré Van Herreweghe and Angela Lucia Balloco.

Goals: The unique format of this workshop is designed to provide you with a whole range of skills to perform the most frequently indicated blocks in your everyday practice.

- ▶ Ample time to practice the scanning techniques on models and learn how to obtain the optimal US images for the most common approaches guided by expert instructors
- ▶ Description of the technique, main indications and patient preparation
- ▶ In depth overview of the relevant anatomy using reversed anatomy illustrations and animations, to better understand the foundations of block efficacy and safety
- ▶ Discussions on block techniques, tips and tricks

Content:

- ▶ Fascia iliaca block, Femoral nerve and subsartorial blocks
- ▶ Subgluteal and Popliteal sciatic nerve blocks
- ▶ Distal nerves at the level of the ankle

Target audience: Practitioners willing to acquire and/or improve their skills in performing the most useful ultrasound-guided peripheral nerve blocks.

12:20 - 13:00 **Lunch Break**

13:00 - 15:00 **Neuraxial Techniques and Truncal Blocks Workshop**

Workshop lead instructors:

Catherine Vandepitte, Imré Van Herreweghe and Angela Lucia Balloco.

This session will follow the format of a master class delivered by top experts in the field, covering the essential knowledge, scanning practice tips and tricks and safety precautions that are essential to perform neuraxial and truncal blocks.

Goals:

- ▶ Practice the scanning techniques on models and learn how to obtain the optimal US images for the most common approaches guided by expert instructors
- ▶ Description of the techniques, main indications and patient preparation.
- ▶ In depth overview of the relevant anatomy, using reversed anatomy illustrations and animations, to better understand the foundations of block efficacy and safety
- ▶ Live demonstration of systematic scanning techniques to identify standard views
- ▶ Discussions on block techniques, tips and tricks

Content:

- ▶ Neuraxial Techniques
- ▶ Paravertebral and Erector Spinae
- ▶ Pectoral nerves and Serratus Plane blocks
- ▶ TAP blocks & Quadratus lumborum

Target audience: Practitioners with interest in introducing US guidance to spinal and epidural techniques, and US-guided paravertebral blocks.

15:00 - 15:20 **Coffee Break**

15:20 - 17:20 Pain Workshop

Workshop lead instructors:

Amar Salti

NYSORA Pain Workshop is an educational program presented by world class faculty to enhance knowledge about pain and related interventional procedures.

The program will include practical hands-on ultrasound-guided pain and musculoskeletal blocks.

Delegates will be able to:

- ▶ Gain fundamental knowledge on the anatomy of targeted areas.
- ▶ Practice on live models to develop scanning and injection techniques.
- ▶ Recognize common pathologies of the musculoskeletal system, as seen on ultrasound.
- ▶ Discuss the mechanism of regenerative medicine and find the right indications.
- ▶ Develop a strategy to implement ultrasonography into clinical practice.
- ▶ The sessions will include didactic instructions by interplay of 3D and anatomy presentations and ultrasound scanning demonstration.
- ▶ The delegates then break up into small groups with instructors for practical hands-on scanning and discussion of case management.