

# Hands-on Workshops

November 10<sup>th</sup>, 2024

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

**08:00 - 10:00**    **Upper Extremity Blocks Workshop**    Mira Meeting room (2<sup>nd</sup> Floor)

**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**    Mira Meeting room (2<sup>nd</sup> Floor)

**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.

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**12:20 - 13:00**    **Lunch Break**

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

Mira Meeting room (2<sup>nd</sup> Floor)

**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.

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**15:00 - 15:20**    **Coffee Break**

15:20 - 17:20

**Pain Workshop: Spine / Elbow & Wrist /  
Head & Neck / Knee Protocols**

Mira Meeting room (2<sup>nd</sup> Floor)

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**Workshop lead instructor:**

*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.