



State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY

Building Knowledge and
Science in Regional Anaesthesia
and Pain Medicine

ESRA CADAVER WORKSHOP

Witten/Herdecke University,
Germany
4-5 December 2021



ESRA Office: Rue de Chantepoulet 10, 1201 Geneva, Switzerland
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Info and Registrations
esraeurope.org

ESRA Cadaver Course

4th and 5th December 2021

Department of Anatomy, University of Witten/Herdecke, Germany

Day 1 – Saturday 4th December 2021

08:00 – 08:30 Registration

08:30 – 08:45 Introduction

08:45 – 09:15 Lecture

Applied anatomy for Upper Limb Blocks

09:15 – 09:30 Live demo 1 – Upper Limb Blocks

09:30 – 10:00 Lecture

Applied anatomy for chest & Abdominal blocks

10:00 – 10:15 Live demo 2 – Chest & Abdominal blocks

10:15 – 10:45 Tea/Coffee

Hands-on Ultrasound and cadaveric session

10:45 – 11:45 Upper limb blocks (ISB, SCB, ICB, AxB)

30 min cadaver hands on

30 min ultrasound hands on

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11:45 – 12:45 Trunk blocks (PECS, SAPB, RSB, IH/II, TAP)

30 min cadaver hands on

30 min ultrasound hands on

13:00 – 13:45 Lunch

(SEC) Soft Embalmed Cadaveric Hands-on scanning & needling session

13:45 – 14:45 SEC WS 1

Interscalene, Supraclavicular, Cervical Plexus

14:45 – 15:45 SEC WS 2

Infraclavicular (costoclavicular), Axillary

15:45 – 16:00 Tea/Coffee

16:00 – 17:00 SEC WS 3

PECS, SAPB, Rectus Sheath, IH/II block

17:00 – 18:00 SEC WS 4

Distal Upper Limb Blocks



Day 2 – Sunday 5th December 2021

07:50 – 08:00 Faculty arrival/set up room for Day 2

08:00 – 08:30 Lecture

Applied anatomy for Lower Limb blocks

08:30 – 08:45 Live Demo 3 - Lower Limb Blocks

08:45 – 09:15 Lecture

Applied anatomy for Spinal & Paraspinal blocks

09:15 – 09:30 Live Demo 4 – Spinal & Paraspinal blocks

09:30 – 10:00 Tea/Coffee

Hands-on Ultrasound and cadaveric session

10:00– 11:00 Lower limb blocks (SIFIB, PENG, FEM, LCNT, OBT, ACB, Poplit)

30 min cadaver hands on

30 min ultrasound hands on

11:00 – 12:00 Spinal/Paraspinal (Neuraxial, Th PVB, ESP, MTP)

30 min cadaver hands on

30 min ultrasound hands on

12:00 – 12:45 Lunch

(SEC) Soft Embalmed Cadaveric Hands-on scanning & needling session

12:45 – 13:45 SEC WS 5

Parasacral, subgluteal & popliteal sciatic

13:45 – 14:45 SEC WS 6

Paravertebral, MTP, ESP (+/- catheter)

14:45 – 15:00 Coffee/Tea

15:00 – 16:00 SEC WS 7

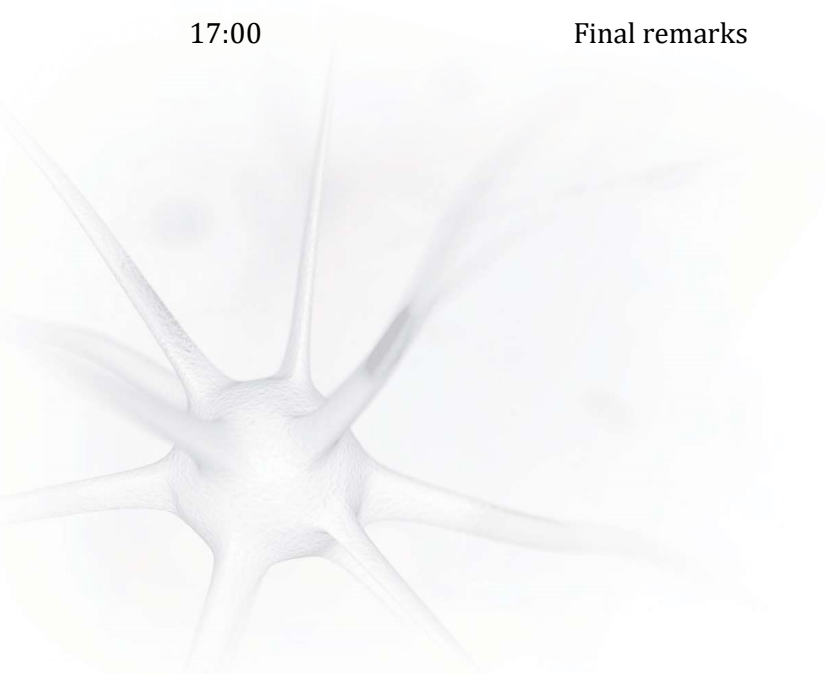
Femoral, PENG, LFCN, Obturator, SIFIB

16:00 – 17:00 SEC WS 8

ACB/FTB, iPACK, Ankle

17:00

Final remarks



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