

5th ESRA

Residents & Trainees Workshop

21-22 April 2023, Porto



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Important info:

The course is held in two locations:

Venue 1 - Hospital das Forças Armadas, Pólo Porto - for hands on workshops **and** Venue 2 - Porto University's Simulation Center, Porto - for simulations only.

The venue 1 is shortly described in programme as Hospital and the venue 2 as Simulation centre. Organiser is responsible for transport between locations.

1st day: Friday, 21st April 2023

08:30-09:00: Welcome, introduction and organisation remarks at – all faculty, at Hospital

	Group A	Group B	Group C	Group D
<u>09:00-13:00:</u>	Simulation scenarios	Hands-on session	Hands-on session	Hands-on session
Venue:	<u>Simulation centre</u>	<u>Hospital</u>	<u>Hospital</u>	<u>Hospital</u>

13:00-14:00 Lunch

	Group A	Group B	Group C	Group D
<u>14:00-18:00:</u>	Hands-on session	Simulation scenarios	Hands-on session	Hands-on session
Venue:	<u>Hospital</u>	<u>Simulation centre</u>	<u>Hospital</u>	<u>Hospital</u>

18:00-18:30 Closure of the 1st day

2nd day: Saturday, 22nd April 2023

	Group A	Group B	Group C	Group D
<u>09:00-13:00:</u>	Hands-on session	Hands-on session	Simulation scenarios	Hands-on session
Venue:	<u>Hospital</u>	<u>Hospital</u>	<u>Simulation centre</u>	<u>Hospital</u>

13:00-14:00 Lunch

	Group A	Group B	Group C	Group D
<u>14:00-18:00:</u>	Hands-on session	Hands-on session	Hands-on session	Simulation scenarios
Venue:	<u>Hospital</u>	<u>Hospital</u>	<u>Hospital</u>	<u>Simulation centre</u>

18:00-18:30 Closure of the course at **Hospital**

- * Each group (A, B, C and D) consists of 2 subgroups with 6 participants
- * There are total of 6 hands-on-workshop:
 - POCUS: airway, gastric, thoracic
 - Shoulder: interscalene, supraclavicular brachial plexus
 - Elbow and Hand: infraclavicular, axillary, terminal branches radial, ulnar, median
 - Hip: Lateral Cutaneous, Femoral, Fascia Iliaca, PENG
 - Knee and foot: Femoral Triangle, Adductor Canal, Sciatic popliteal approach; Ankle
 - Abdominal and Thoracic Wall: TAP subcostal and lateral approach, rectus sheath, ilioinguinal; Pectoserratus, Erector spine
- * Each subgroup (6 participants) will rotate to every hands-on-workshop (105 min per session).
- * Simulation scenarios will be played by 3 participants directly in the simulator room and indirectly to the rest of the group in the *teaching* room though video display. Joint debriefing and discussion of the scenario is to take place after every simulation scenario. * Simulation scenarios:
 - Total spinal
 - LAST
 - Epidural Hematoma
 - Mal-function peripheral nerve catheter
 - Compartment syndrome
 - Embolic cement syndrome
 - Post Dural Puncture Headache
 - Neurologic Nerve damage after regional anaesthesia

