



8th ESRA

Residents & Trainees Workshop

8-9 May 2026, Porto



PROGRAMME



Friday, 8 May 2026

08:00-08:45 Registration opens

08:45-09:00 Welcome, introduction and organisational remarks – *All Faculty*

09.00-13.00 Simulation scenarios & Hands-on sessions – *All Faculty*

GROUP A Simulation scenarios	GROUP C Ultrasound hands-on session
GROUP B Ultrasound hands-on session	GROUP D Ultrasound hands-on session

13:00-13:45 Lunch

13:45-14:00 Spotlight session: How to prepare for the ESRA-DRA written exam - *Oya Cok*

14.00-18.00 Simulation scenarios & Hands-on sessions – *All Faculty*

GROUP A Ultrasound hands-on session	GROUP C Ultrasound hands-on session
GROUP B Simulation scenarios	GROUP D Ultrasound hands-on session

18:00-18:30 Closure of the 1st day – *all faculty*



Saturday, 9 May 2026

14.00-18.00 Simulation scenarios & Hands-on sessions – *All Faculty*

GROUP A Ultrasound hands-on session	GROUP C Simulation scenarios
GROUP B Ultrasound hands-on session	GROUP D Ultrasound hands-on session

13:00-13:45 Lunch

13:45-14:00 Spotlight session: How to prepare for the ESRA-DRA oral exam – *Peter Merjavý*

14.00-18.00 Simulation scenarios & Hands-on sessions – *All Faculty*

GROUP A Ultrasound hands-on session	GROUP C Ultrasound hands-on sesión
GROUP B Ultrasound hands-on session	GROUP D Simulation scenarios

18:00-18:30 Closure of the 1st day – *all faculty*

9 hands-on ultrasound workshop stations:

- POCUS: airway, gastric, thoracic
- Shoulder: interscalene, superior trunk; supraclavicular
- Arm: infraclavicular, axillary, terminal branches radial, ulnar, median
- Hip: lateral cutaneous, femoral, fascia iliaca, PENG
- Knee: femoral triangle, adductor canal
- Foot: Sciatic popliteal approach; Ankle block
- Abdominal Wall: TAP subcostal and lateral, rectus sheath, ilioinguinal
- Thoracic Wall: pectoserratus block, erector spine
- Ultrasound neuraxial block

Simulation scenarios:

- Total spinal
- LAST
- Epidural hematoma
- Malfunction of peripheral nerve catheter
- Compartment syndrome
- Embolic cement syndrome
- Post dural puncture headache
- Neurologic nerve damage after regional anaesthesia

