

XXII ESRA Eastern Europe Regional Anaesthesia Cadaver Workshop

31st October – 2nd November 2025, Budapest, Hungary

Day 1, Friday 31st October 2025

12:00 – 12:45	Registration	
12:45 – 13:00	Welcome	
13:00 – 14:20	Lectures Upper extremity	Chair
	Anatomy of brachial plexus	20 min
	Nerve blocks above clavicle	20 min
	Nerve blocks below clavicle	20 min
14:20 – 14:50	Coffee	
14:50 – 16:20	Lectures Thoracic & Abdominal wall blocks	Chair
	Anatomy of thoracic and abdominal wall	20 min
	Thoracic wall blocks	20 min
	Abdominal wall blocks	20 min
	Principles of needle insertion for RA	15 min
	Workshop 1 – Phantom needling	all faculty
16:30 – 16:50	Out of plane techniques (Step Down & Dynamic NT techniques)	20 min
16:50 – 17:10	In Plane techniques (Perpendicular and Angled IP techniques)	20 min

Day 2, Saturday 1st November 2025

08:15 Workshop assignments Merjavy 10 min

08:30 – 12:20 **Workshop 2 – Upper Limb** **Coffee 10:30-11:00**

Station (40 min each) Rotation groups A1-E1 Rotation groups A2-E2

Demonstrator

Demonstrator

CAD Upper limb	1)	6)
S- SoEm CAD Needling (ISB/ICB)	2)	7)
S- SoEm CAD Needling (SCB/AxB)	3)	8)
Live U/S above clavicle	4)	9)
Live U/S below clavicle	5)	10)

WS supervisors

12:20 – 13:10 Lunch

13:10 – 17:00 **Workshop 3 – Thorax & Abdomen** **Coffee 15:10-15:40**

Station (40 min each) Rotation groups A1-E1 Rotation groups A2-E2

Demonstrator

Demonstrator

CAD Thorax & Abdomen	1)	6)
S- SoEm CAD Needling (Thx)	2)	7)
S- SoEm CAD Needling (Abdo)	3)	8)
Live U/S Thoracic blocks	4)	9)
Live U/S Abdominal blocks	5)	10)

WS supervisors:

Day 3, Sunday 2nd November 2025

08:00 – 09:10	Lectures Lower extremity	Chair
	Anatomy of Lumbo-sacral plexus	20 min.
	Lumbar plexus blocks	20 min
	Sacral plexus blocks	20 min

09:20 - 13:10 **Workshop 3 – Lower Limb** **Coffee 10:40-11:10**

Station (40 min each)	Rotation groups A1-E1	Rotation groups A2-E2
	Demonstrator	Demonstrator
CAD Lower Limb	1)	6)
S – SoEm CAD Needling (LPIx)	2)	7)
P – SoEm CAD Needling (SPIx)	3)	8)
Live U/S Lumbar plexus	4)	9)
Live U/S Sacral plexus	5)	10)

WS supervisors

13:10 – 14:00 Lunch

14:00 – 17:00 **Workshop 4 (live ultrasound scanning & free cadaveric needling)**

Coffee 15:30-16:00

Station (30 min each)	Rotation groups A1-E1	Rotation groups A2-E2
	Demonstrator/USG	Demonstrator/USG
SSN Ant/Post + CPB	1)	6)
Distal UL blocks	2)	7)
Ankle block	3)	8)
S- SoEm - CAD scanning UL + Thx	4)	9)
S- SoEm - CAD scanning LL + Abdo	5)	10)

WS supervisors

17:00 Closing remarks

SoEm CAD (soft embalmed cadaver for scanning/needling) S- supine, P – prone
U/S (ultrasound)

Faculty:

ESRA:
Hungary