

ESRA-Spain WORKSHOPS Valencia 2025

Accredited for ESRA-DRA UP TO 11 HO-UP

Thursday 2nd October 2025

Workshops.

Each workshops' Workstation is limited to a maximum of 8 delegates.

BASIC WORKSHOP: PREPARING TO PASS THE ESRA-DRA EXAM, SURGERY AND CLINICAL SITUATIONS IN THE UPPER MEMBER. 09:00-11:00 h (2 HO-UP).
02/10/2025:

WS Leader:

- Major shoulder surgery: Alternatives to interscalene block. **Dr. Concepción del Olmo (ESRA member).**
- Decisions of brachial plexus block around the clavicle. Understanding the differences between supra and infraclavicular approaches **Dr. Xavier Sala-Blanch (ESRA member).**
- Elbow surgery in patients with inability to abduct the arm. Alternatives to axillary block. **Dr. Carlos Morros (ESRA member).**
- Axillary block for hand surgery and how to rescue block failures. **Dr. Carlos Yarnoz (ESRA member).**

BASIC WORKSHOP: PREPARING TO PASS THE ESRA-DRA EXAM, SURGERY AND CLINICAL SITUATIONS IN THE LOWER MEMBER. 11:30-13:30 h (2 HO-UP).
02/10/2025:

WS Leader:

- Femoral triangle / adductor canal approach **Dr. Pablo Casas (ESRA member).**
- Subgluteal sciatic block **Dr. Concepción del Olmo (ESRA member).**
- Popliteal sciatic nerve block **Dr. M^a Carmen Martínez (ESRA member).**
- Important cutaneous nerve blocks of the lower extremity: lateral femoral cutaneous nerve, saphenous nerve at calf level, posterior cutaneous nerve of the thigh, sural nerve and at ankle level **Dr. Xavier Sala-Blanch (ESRA member).**

TIPS AND TRICKS OF THE ECOGUIDED PUNCTURE IN REGIONAL ANAESTHESIA: HIGH RELIABILITY SIMULATORS FOR IN-PLANE AND OUT-OF-PLANE BLOCKING. 13:30-14:30 h (1 HO-UP). 02/10/2025:

WS Leader:

- Interscalene and supraclavicular. **Dr. Joana Baldó.**
- Axillary block. **Dr. Estefanía Martínez.**
- Femoral and Adductor canal. **Dr. Hipolito Labandeyra (ESRA member).**
- Popliteal sciatic. **Dr. Lucas Rovira (ESRA member).**
- Paravertebral. **Dr. Jorge Hernando (ESRA member).**

BASIC WORKSHOP: PREPARING TO PASS THE ESRA-DRA EXAM, SURGERY AND CLINICAL SITUATIONS IN ABDOMINAL SURGERY. 16:00-17:45 h (2 HO-UP). 02/10/2025:

WS Leader: **Dr. Luis Valdés (ESRA member).**

- Blockade of the anterior branches of the abdominal intercostal nerves. Rectus sheath block and SUBCOSTAL TAP block. **Dr. M^a Carmen Martínez (ESRA member).**
- Blockade of the lateral and anterior branches of the abdominal intercostal nerves. Quadratus Lumborum block (QL1, QL2, QL3) **Dr. M^a Teresa Fernández (ESRA member).**
- Indications and performance of the block for inguinal hernia: Ilioinguinal block and Iliohypogastric genital branch of the genito-femoral **Dr. Carlos Yarnoz (ESRA member).**
- Indications and performance of the Lumbar Paravertebral Block: compartmental PSOAS **Dr. Elena Segura (ESRA member).**

BASIC WORKSHOP: PREPARING TO PASS THE ESRA-DRA SURGERY EXAM AND CLINICAL SITUATIONS IN THORACIC REGION 18:00-19:30 h (2 HO-UP). 02/10/2025:

WS Leader:

- THORACOTOMY: Indications and performance of thoracic paravertebral block, fascial block of the erector spinae plane (ESP) and MTP **Dr. Pablo Kot.**
- BREAST SURGERY. Indications and performance of pectoral block I (Pecs I), modified pectoral block (Pecs II) and serratus interfascial plane: I (BRILMA) **Dr. M^a Carmen Martínez (ESRA member).**
- COSTAL FRACTURES: Serratus anterior plane block (SAP), Rhomboid intercostal and subserratus plane block (RISS) and intercostal block **Dr. M^a Teresa Fernández (ESRA member).**

- **STERNOTOMY: Parasternal intercostal plane block Dr. Luis Valdés (ESRA member).**

Live demos.

During the scanning time, the demonstrator is not obliged to show all the blocks that appear in each listing, only the ones that he considers most important. As they are interactive, the lists are an aid for delegates, in case during the scanning time they are particularly interested in a specific approach.

ULTRASOUND LIVE DEMO ACCORDING TO CLINICAL SITUATIONS AND SURGICAL INDICATIONS: INFERIOR EXTREMITY. 09:00-11:00 h. 02/10/2025: WS Leader: Dra. Marta Carrió (ESRA member).

Patient 1: Hip surgery. Dr. Pablo Casas (ESRA member).

- Psoas compartment block.
- Lumbar quadral block I, II, III.
- Suprainguinal iliofacial nerve block.
- Femoral nerve block.
- Lateral femoral cutaneous nerve block.
- Posterior femoral cutaneous nerve block.
- Superior gluteal nerve block.
- inferior gluteal nerve block.
- Clunate nerve block (superior, medial and inferior).
- Tansgluteal sciatic nerve block.
- Anterior hip capsule block (PENG).
- Posterior hip capsule block.

Patient 2: Knee surgery. Dr. Marta Carrió (ESRA member).

- Anterior cutaneous nerve block of the thigh.
- Femoral triangle block.
- Adductor canal block (proximal, medial and distal).
- Subgluteal block of the sciatic nerve.
- Mid-femoral sciatic nerve block.
- Proximal and distal i-pack block.
- Genicular nerve block (SM,SL, IM, IL).
- Anterior descending genicular nerve block.
- Fibular recurrent nerve block.

Patient 3: Foot surgery. Dr. M^a Carmen Martínez (ESRA member).

- Sciatic nerve block (out-of-plane, medial and lateral approaches).
- Tibial nerve block.
- Common peroneal nerve block.
- Superficial peroneal nerve block.
- Deep peroneal nerve block.
- Sural nerve block.
- Subsarthral saphenous nerve block.
- Saphenous nerve block in leg (internal saphenous vein).

ULTRASOUND LIVE DEMO ACCORDING TO UNUSUAL CLINICAL SITUATIONS AND SURGICAL INDICATIONS. 16:00-17:30 h . 02/10/2025: WS Leader: **Dr. Pablo Rodríguez.**

Patient 1: Eyes. **Dr. Pablo Rodríguez.**

- Peribulbar anaesthesia.
- Retrobulbar anaesthesia.
- Facial nerve block.

Patient 2: Craniofacial: face and neck blocks. **Dr. Pablo Rodríguez.**

- Superficial cervical plexus block.
- Major occipital nerve block.
- Block of the minor occipital nerve.
- Auriculotemporal nerve block.
- Frontal and supratrochlear nerve block.
- Infraorbital nerve block.
- Mentonian nerve block.
- Recurrent laryngeal nerve block.

ULTRASOUND LIVE DEMO ACCORDING TO CLINICAL SITUATIONS AND SURGICAL INDICATIONS: UPPER EXTREMITY. 17:30-19:30 h . 02/10/2025: WS Leader: **Dr. Xavier Sala-Blanch (ESRA member).**

Patient 1: Arthroscopic shoulder surgery. **Dr. Xavier Sala-Blanch (ESRA member).**

- Interscalene block: C5-C6.
- Interscalene block: C6-C7.
- Upper trunk block (inter truncal).
- Upper trunk block (inter division).
- Anterior suprascapular block.
- Posterior suprascapular block.
- Suprascapular infrascapular block.
- Anterior circumflex nerve block.
- Posterior circumflex nerve block.

Patient 2: Clavicle surgery. **Dr. Hipolito Labandeyra (ESRA member).**

- Superficial cervical plexus block: C4.
- Clavipectoral fascia block.
- Lateral pectoral nerve block.
- Spinal nerve block.

Patient 3: Elbow surgery. **Dr. Carlos Morros (ESRA member).**

- Supraclavicular pocket corner block.
- Costoclavicular block.
- Para-coracoid infraclavicular block.
- Axillary block.

Patient 4: Hand surgery: Brachial plexus terminal branch block. **Dr. Vicente Roqués (ESRA member).**

- Mid-humeral median nerve block, elbow forearm.
- Musculocutaneous or lateral cutaneous-antebrachial nerve block.
- Medial antebrachial cutaneous nerve block.

- Mid-humeral ulnar nerve block, elbow, forearm.
- Radial nerve block mid-humeral and elbow.
- Sensory radial nerve block, forearm.
- Anterior and posterior interosseous nerve block.
- Digital nerve block.

Friday 3rd October 2025

Workshops.

Each workshop's Workstation is limited to a maximum of 8 delegates.

ADVANCED WORKSHOP: PREPARING TO PASS THE ESRA-DRA POCUS ECOGRAPHY EXAM FOR ANAESTHESIOLOGISTS. 09:00-11:10 h. 03/10/2025: WS
Leader: **Dr. Blanca Martínez.**

- POCUS Advanced Neurosonology for muscle and nerve assessment. Sonoelastography. **Dr. Pablo Kot.**
- POCUS for vascular assessment Carotid duplex study. Haemodynamic reserve. **Dr. Pablo Cuesta.**
- POCUS for abdominal assessment Gastric content assessment. **Dr. Elena Segura (ESRA member).**
- POCUS Cardiac ultrasound: Contractility and ejection fraction. Pulmonary thromboembolism (indirect cardiac ultrasound signs) assessment of deep vein thrombosis and vascular accesses. **Dr. Marta Carrió (ESRA member).**

ADVANCED WORKSHOP-PREPARING YOU TO PASS THE ESRA-DRA ULTRASOUND POCUS EXAM FOR ANAESTHESIOLOGISTS. 11:30-13:30 h . 03/10/2025: WS
Leader: **Dr. Blanca Martínez.**

- POCUS for airway management. **Dr. Pablo Kot.**
- POCUS for assessment of diaphragmatic mobility, pneumothorax, pleural effusion and condensation. **Dr. Lucas Rovira (ESRA member).**
- POCUS for abdominal assessment (high energy trauma): RUQ (Morison's space/hepatorenal space), LUQ (perisplenic space), and pelvis view (cul-de-sac and urinary bladder). **Dr. Elena Segura (ESRA member).**
- Ultrasound of the inferior vena cava: inferior vena cava collapsibility index. Monitoring of response to fluid therapy. **Dr. Pablo Cuesta.**

ADVANCED WORKSHOP: PREPARING TO PASS THE ESRA-DRA EXAMINATION PERIOPERATIVE SCAN: LOWER MEMBER 16:00-18:00 h (2 HO-UP). 03/10/2025:

WS Leader: **Dr. Marta Carrió (ESRA Member).**

- Analgesia for femoral neck fractures: alternatives to femoral nerve block. **Dr. Jorge Hernando (ESRA member)**.
- Analgesia for knee prostheses: femoral nerve block, femoral triangle or adductor canal block? **Dr. Pablo Casas (ESRA member)**.
- Anaesthesia and analgesia in endomedullary nail after tibial and peroneal diaphysis fracture. Effective regional analgesia and prevention of compartment syndrome. **Dr. Carlos Yarnoz (ESRA member)**.
- Anaesthesia for rearfoot surgery. Popliteal block and its alternatives. **Dr. Mireia Rodríguez (ESRA member)**.

Live demos.

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LIVE DEMO OF ULTRASOUND IN PREGNANT PATIENTS. 18.00-19.30 h. 03/10/2025:

Leader: **Dr. Inocencia Fornet**.

- Sonoanatomy of the lumbar spine and sacrum: epidural block, saddle block, paracervical block. Dr. Carmen Corbella.
- Gastric ultrasound and predictive models of volume and content. **Dr. Elena Segura (ESRA member)**.
- Transverse abdominal plane block. **Dr. M^a Teresa Fernández (ESRA member)**.
- Evaluation of the airway. **Dr. Pablo Kot**.
- Transthoracic echocardiography and lung ultrasound: early diagnosis of pre-eclampsia. **Dr. Pablo Cuesta**.

LIVE DEMO OF ECOGRAPHY ACCORDING TO CLINICAL SITUATIONS AND SURGICAL INDICATIONS: 09.00-11.00 h . 03/10/2025: Leader: **Dr. Carlos Yarnoz (ESRA member)**.

INFERIOR EXTREMITY

Patient 1: Hip surgery. **Dr. Pablo Casas (ESRA member)**.

- Compartment block psoas.
- Lumbar quadral block I, II, III.
- Suprainguinal iliofacial nerve block.
- Femoral nerve block.
- Lateral femoral cutaneous nerve block.
- Posterior femoral cutaneous nerve block.
- Superior gluteal nerve block.
- inferior gluteal nerve block.
- Clunate nerve block (superior, medial and inferior).

- Tansgluteal sciatic nerve block.
- Anterior hip capsule block (PENG).
- Posterior hip capsule block.

Patient 2: Knee surgery. **Dr. Carlos Yarnoz (ESRA member).**

- Anterior cutaneous nerve block of the thigh.
- Femoral triangle block.
- Adductor canal block (proximal, medial and distal).
- Subgluteal block of the sciatic nerve.
- Mid-femoral sciatic nerve block.
- Proximal and distal i-pack block.
- Genicular nerve block (SM,SL, IM, IL).
- Anterior descending genicular nerve block.
- Fibular recurrent nerve block.

UPPER EXTREMITY

Patient 1: Arthroscopic shoulder surgery: **Dr. Xavier Sala Blanch (ESRA member).**

- Interscalene block: C5-C6.
- Interscalene block: C6-C7.
- Upper trunk block (inter truncal).
- Upper trunk block (inter division).
- Anterior suprascapular block.
- Posterior suprascapular block.
- Suprascapular infrascapular block.
- Anterior circumflex nerve block.
- Posterior circumflex nerve block.

LIVE DEMO OF ECOGRAPHY: FASCIAL BLOCKING IN REGIONAL ANAESTHESIA
ACCORDING TO SURGERY. 11.30-13.30 h. 03/10/2025: Leader:

- Erector spinae plane esp block (erector spinae plane esp block). **Dr. Carlos Morros (ESRA member).**
- Clavicle surgery, clavipectoralis fascia block? Alone or together? **Dr. Hipolito Labandeyra (ESRA member).**
 - Superficial cervical plexus block: C4.
 - Clavipectoral fascia block.
 - Lateral pectoral nerve block.
 - Spinal nerve block.
- Serratus anterior plane, intercostal rhomboid plane and subserratus blocks in patients with thoracic trauma. **Dr. M^a Teresa Fernández (ESRA member)..**
- Block of the iliac fascia and parasacral ischial plane. **Dr. Luis Valdés (ESRA member).**

LIVE DEMO IN PAEDIATRIC ANAESTHESIA: WAYS OF APPROACHING DIFFERENT
SCENARIOS AND BLOCKS IN PAEDIATRIC ANAESTHESIA. 11.30-13.30 h.
03/10/2025: WS Leader: **Dr. Belén de José María (ESRA member).**

Demonstrators: **Dra. Belén de José María (ESRA member), Dr. Ester Banús, Dr. Montserrat Navarro, Dr. Armando Sánchez.**

Paediatric blocks:

- EESS: infraclavicular, axillary and peripheral.
- Trunk: Paravertebral thoracic Ilioinguinal-Iliohypogastric Rectus abdominis Peridural Caudal.
- Ell: Femoral, sciatic.