

# USRA PLAN B/C/D +



**28th Feb 2025** | Northern Ireland Regional Anaesthesia Society

Cost £TBC (payable at: <https://www.niras.org.uk>)

Organisers: **Dr Nick Black** and **Dr Catherine Poots** on behalf of the NIRAS Committee

This course is aimed at those who have significant experience plan A blocks and are looking to expand their regional further. The plan B/C/D blocks are alternatives for when plan A blocks are not appropriate or possible.

It is aimed at **Senior Anaesthetic Residents, SAS Anaesthetists** and **Consultants** who want to improve their Regional Anaesthesia knowledge and skills.

*Faculty:*

Dr Ryan Sykes

Dr Jacek Sobocinski

Dr Sean Shevlin

Dr David Johnston

Dr Jonathan McCarter

Dr Lloyd Turbitt

Dr Catherine Poots

Dr Michael Jones

## Course schedule

### **08:30 – 09:00: Welcome and introduction**

*Dr Nick Black / Dr Catherine Poots*

### **09:00 – 10:00: Session 1, Chair: Dr Jonny McCarter**

#### Consent, neuraxial and arms

- Talk 1 (25 mins): Consent in USRA, *Dr Michael Jones*
- Talk 2 (25 mins): Neuraxial Ultrasound and the tricky spinal, *Dr Catherine Poots*
- Q&A with faculty – Ask the expert

### **10:00 – 10:30 Coffee Break**

### **10:30 – 11:45: Session 2, Chair: Dr Catherine Poots**

#### Chest, hips, knees and toes

- Talk 1 (20 mins): Blocking the chest, *Dr David Johnston*
- Talk 2 (20 mins): Blocking Hips and Knees, *Dr Ryan Sykes*
- Talk 3 (20 mins): Proximal and Distal Sciatic: there is more than the popliteal approach! *Dr Sean Shevlin*
- Q&A with Faculty – ask the expert.

### **11:45 – 12:45 Session 3, Chair: Dr Nick Black**

#### Upper limbs and practice development

- Talk 1 (20 mins): Talk 1 (20 mins): Shoulder blocks sparing the diaphragm and supra/infraclavicular blocks, *Dr Lloyd Turbitt*
- Talk 2 (20-30mins): How to continue to develop your regional anaesthetic practice - TBC
- Q&A with faculty

### **12:45 – 1:30: Lunch**

## **1:30 – 4:30 Session 4**

USS scanning - Scanning Stations x 6-8 (30 mins each)

Station 1: Shoulders (Superior trunk / phrenic nerve sparing blocks / cervical plexus)

Station 2: Arms (Supraclavicular / infraclavicular / distal blocks)

Station 3: Chest (PVB / SAPB / PECs)

Station 4: Hips (Lumbar plexus / QL / SIFIB)

Station 5: Knees (ACB / Femoral / Genicular / iPack)

Station 6: Neuraxial

Station 7-8: Free Scan – the delegates decide! Have a question or block specific to your practice, ask away!

## **4:30 – 4:45 Final session**

Closing remarks