10th Annual
University of California, San Diego
Regional Anesthesia Course
La Jolla, California
October 22-23, 2015
Basic Workshop:
• Expert faculty
• State of the art facilities
• Small group learning
• Hands on ultrasound scanning with live models
• Practice needle alignment on phantom models
• Review block anatomy with dissected cadavers demonstrating each of the nerve blocks
• Practice crisis management in our high fidelity simulator

Vascular Access Workshop:
• Learn the details of ultrasound guided arterial line placement, peripheral and central venous access
• Practice needling and ultrasound alignment techniques using innovative vascular access models

Advanced Workshop (to ensure small group size, registration limited to 40 spots):
• Perform actual ultrasound guided blocks in realtime on cadavers under the guidance of our faculty

OBJECTIVES
At the conclusion of this program, the participant should be able to:
1. Interpret sonoanatomy of commonly performed nerve blocks and vascular procedures.
2. Assess various benefits of using real time, ultrasound guidance for regional anesthesia administration and vascular access.
3. Explain principals of physics of ultrasonography and ergonomical efficient set up of equipment.
4. Discuss differentiating arteries, veins, nerves, tendons and muscles and apply knowledge in optimizing needle view in Phantoms.
5. Perform blocks in cadavers using real time sonography under 1-2 faculty assistance.

Feedback from prior attendees:
“This was, by far, the best regional course I have ever attended. The course was so well designed, with plenty of opportunity for hands-on practice. I learned a lot from being able to see the dissections of the nerves and their shapes. And, of course, the opportunity to practice physically doing blocks on the cadavers, over and over again, is something that I have not had the chance to do before. It made me feel confident about doing these blocks on patients. And it helped me to understand how to use our ultrasound machine better.”

“I very much enjoyed your course. I have seen significant improvement in my daily scanning and in my hand eye coordination in performing the blocks. In addition, my blocks take much less time since I have attended your course. I very much appreciated your personal involvement in teaching and interacting with all the course participants.”

“Just wanted to mention what a terrific experience I had attending your regional/ultrasound workshop. It was great to hear your many years of wisdom and experience in this field, as well as from the enthusiastic group of instructors who were present. The cadaver lab experience is very unique for this kind of workshop and I found it very useful, especially for some of the advanced blocks like sciatic and paravertebral. I would highly recommend your workshop!”
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>0730-0755</td>
<td><strong>REGISTRATION &amp; CONTINENTAL BREAKFAST</strong></td>
</tr>
</tbody>
</table>
| 0755-0800 | Introduction and Welcome  
NavParkash S. Sandhu, M.D. M.S.                                   |
| 0800-0820 | Basics of Ultrasound  
Amanda Monahan, M.D.                                    |
| 0820-0905 | Upper Extremity Blocks  
NavParkash S. Sandhu, M.D. M.S.                               |
| 0905-1950 | Lower Extremity Blocks  
Bahareh Khatibi, M.D.                                      |
| 0950-1000 | **Coffee Break**                                                      |
| 1000-1025 | Perineural Infusions, Pain Pumps  
Brian M. Ilfeld, M.D., M.S.                              |
| 1025-1045 | Managing a Regional Anesthesia Service  
Michael L. Bishop, M.D.                                 |
| 1045-1125 | Nerve Injuries - Managing a Patient with Postop Nerve Deficit  
David Hardman, M.D., M.B.A.  
University of North Carolina at Chapel Hill |
| 1125-1145 | Additives to Local Anesthetics  
Joel Feinstein, M.D.                                              |
| 1145-1215 | **Lunch**                                                              |

Workshop is held in the beautiful Center for the Future of Surgery in the new Medical Education and Telemedicine building on the UCSD campus in La Jolla, California.
Live ultrasound models allow you to scan and clarify exactly what you are seeing with our panel of expert faculty.

Cross reference what you see by ultrasound with our dissected cadavers allowing you to literally see what is underneath the skin.

1215-1730

**Hands-on Workshop**

1. **Cadaver Front:**
   a. Interscalene and neck anatomy
   b. Brachial plexus and upper extremity peripheral nerves
   c. Abdominal Wall
   d. Femoral nerve, Adductor canal and Saphenous Nerve

2. **Cadaver Back:**
   a. Thoracic spine
   b. Lumbar Plexus
   c. Subgluteal Sciatic and Popliteal
   d. Ankle

3. Ultrasound Deep Cervical & Interscalene
4. Ultrasound Supraclavicular and Infraclavicular
5. Ultrasound Axillary and Distal Arm Blocks
6. Ultrasound Femoral and Adductor Canal
7. Knobology and Phantom Practice
8. Sciatic & Popliteal Fossa Blocks
9. TAP Blocks
10. Thoracic Paravertebral Blocks
11. Lumbar Plexus Blocks
12. Spine Sonoanatomy and Real Time Needle
13. Guidance on a Pig’s Spine
14. Simulation: Crisis Management
DAY 2: Friday October 23, 2015

0730-0800AM  CONTINENTAL BREAKFAST

0800-0915  Trunk Blocks – Panel
(Faculty: Drs. Karamakar, Capan Suresh, Madison, Sandhu, Arya)

- Neuraxial ultrasound imaging
- Thoracic paravertebral blocks
- Intercostal blocks
- Transversus Abdominus Plane blocks
- US guided retrobulbar block
- Cervical Plexus block
- Spinal Anesthesia and Cardiac Valvular Disease

0915-1030  Hands-on Workshop (continued)

1. Cadaver Front:
   a. Interscalene and neck anatomy
   b. Brachial plexus and upper extremity peripheral nerves
   c. Abdominal Wall
   d. Femoral nerve, Adductor canal and Saphenous Nerve

2. Cadaver Back:
   a. Thoracic spine
   b. Lumbar Plexus
   c. Subgluteal Sciatic and Popliteal
   d. Ankle

3. Ultrasound Deep Cervical & Interscalene
4. Ultrasound Supraclavicular and Infraclavicular
5. Ultrasound Axillary and Distal Arm Blocks
6. Ultrasound Femoral and Adductor Canal
7. Knobology and Phantom Practice
8. Sciatic & Popliteal Fossa Blocks
9. TAP Blocks

10. Thoracic Paravertebral Blocks
11. Lumbar Plexus Blocks
12. Spine Sonoanatomy and Real Time Needle
13. Guidance on a Pig’s Spine
14. Simulation: Crisis Management

1030-1200  Ultrasound Guided Vascular Access Workshop

- Introduction to Ultrasound
- Overview of Ultrasound Guided Vascular Techniques
- Imaging stations for vascular access of arterial, CV and peripheral venous lines

1200-1230  Lunch

General Registrants Adjourned

ADVANCED REGISTRANTS ONLY*

1230-1730  Advanced Ultrasound Guided Cadaver Workshop*
Workshop attendees will perform various ultrasound guided blocks in cadavers under faculty guidance. One faculty per two attendees.

1730  ADJOURNMENT

*Attendance for the advanced workshop is limited to 40 participants AND must be registered for the full program. Advanced Ultrasound Guided Workshop is limited to pre-registered participants only.
Course Director:
NavParkash S. Sandhu, M.D., M.S.
Clinical Professor of Anesthesiology
Director, Regional Anesthesia & Acute Pain Service
University of California, San Diego
nsandhu@ucsd.edu

Co-Directors:
Amanda Monahan, M.D.
Assistant Clinical Professor of Anesthesiology
University of California, San Diego

Engy Said, M.D.
Assistant Clinical Professor of Anesthesiology
University of California, San Diego

Featured Faculty:
Wendy Abramson, M.D.
Assistant Clinical Professor of Anesthesiology
University of California, San Diego

Richard H. Bellars, M.D.
Assistant Clinical Professor of Anesthesiology
University of California, San Diego

Michael Bishop, M.D.
Clinical Professor
University of California, San Diego

Rekha K. Chandrabose, MD
Assistant Clinical Professor of Anesthesiology
University of California, San Diego

Ching-Rong Cheng, M.D.
Associate Clinical Professor of Anesthesiology
University of California, San Diego

Rodney Gabriel, M.D.
Regional Anesthesia Fellow
University of California, San Diego

Brian Ilfeld, M.D., M.S.
Professor of Anesthesiology in Residence
Director, Regional Anesthesia Clinical Research
University of California, San Diego

Jennifer Jou, M.D.
Regional Anesthesia Fellow
University of California, San Diego

Bahareh Khatibi, M.D.
Assistant Clinical Professor of Anesthesiology
University of California, San Diego

Nick Kormylo, M.D.
Associate Clinical Director, Thornton Hospital
Department of Anesthesiology
University of California, San Diego

Sarah Madison, M.D.
Assistant Clinical Professor of Anesthesiology
University of California, San Diego

Patrick Nguyen, M.D.
Staff Anesthesiologist
UCSD Healthcare and University of California, San Diego

Laura Park, M.D.
Regional Anesthesiology Fellow
University of California, San Diego

Preetham Suresh, M.D.
Associate Clinical Professor of Anesthesiology
University of California, San Diego

Jacklynn Sztain, M.D.
Staff Anesthesiologist
UCSD Healthcare and University of California, San Diego
Guest Faculty:

Levon Capan, M.D.
Professor, Department of Anesthesiology
Vice Chairman Department of Anesthesiology
New York University, New York

Manoj Karamakar, M.D.
Professor, Dept. of Anesthesia and Intensive Care
Director of Pediatric Anesthesia
Chinese University of Hong Kong

David Hardman, M.D., M.B.A.
Professor of Anesthesiology
Vice Chair for Professional Affairs
The University of North Carolina at Chapel Hill

Charanjit Bahniwal, M.D.
Staff Anesthesiologist
Department of Anesthesiology
Cleveland Clinic

Joel Feinstein, M.D.
Assistant Professor
Department of Anesthesiology
University of Alabama

VK Arya, M.D.
Professor of Anesthesiology
University of Manitoba
Manitoba, Canada
UCSD 10th Annual Regional Anesthesia Course:
October 22-23, 2015

Conference Location:
UC San Diego Center for the Future of Surgery
Medical Education and Telemedicine Building
UC San Diego Health System
9500 Gilman Drive
La Jolla, CA 92093

Directions, Parking and Hotels:

Hotels Nearby:
- Sheraton La Jolla
  sheratonla-jolla.com/UCSD
  (866) 500-0335
  $159/night *
  Rate Plan ID: UCSD

- Hyatt La Jolla
  la-jolla.hyatt.com
  (858) 552-1234
  $179/night *

* Rates subject to change and availability for standard rooms only. Mention UCSD for discounted rate.

Feel free to contact with any questions:
Contact: reganesthesia@ucsd.edu
Phone: 619-543-8274
FAX: 619-543-6162
http://regional.ucsd.edu

ACCREDITATION
The University of California, San Diego School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of California, San Diego School of Medicine designates this live activity for a maximum of 17.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CULTURAL AND LINGUISTIC COMPETENCY
This activity is in compliance with California Assembly Bill 1195 which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. Cultural competency is defined as a set of integrated attitudes, knowledge and skills that enable health care professionals or organizations to care effectively for patients from diverse cultures, groups, and communities. Linguistic competency is defined as the ability of a physician or surgeon to provide patients who do not speak English or who have limited ability to speak English, direct communication in the patient’s primary language. Cultural and linguistic competency was incorporated into the planning of this activity. Additional resources on cultural and linguistic competency and information about AB1195 can be found on the UCSD CME website at http://cme.ucsd.edu.
UCSD 10th Annual Regional Anesthesia Course Registration

Name: ___________________________________________________________

Degree:  ☐ MD  ☐ DO

E-Mail Address: ___________________________________________________

University Affiliation / Practice Name: ___________________________________________________________

Mailing Address: ___________________________________________________________

Billing Address: ☐ Same as above

Phone: (________) _________________________________________

☐ Check - Make payable to: UC REGENTS

For Credit Card Payment:
Please visit http://regional.ucsd.edu and click on the Register Now button.

Early Bird Registration:
$50 discount will be offered to those who register by August 31st, 2015. Use discount code: EarlyBird at checkout.

Policies:

• Payment must be received by October 1, 2015.

• If paying by credit card, address must match that listed with your credit card company.

• Fees may not be paid by telephone.

• Refund Requests will be granted if made prior to October 15, 2015. Postmark date applies.

Mail payment and registration to:
University of California, San Diego
Department of Anesthesiology
9300 Campus Point Drive, MC0801
La Jolla, CA 92037-0801

Email or Fax completed form to:
Regional Anesthesia
reganesthesia@ucsd.edu
FAX: 619-543-6162

Registration Fees:

• Basic Workshop: $650

• Basic + Vascular Access Workshop: $750

• Basic + Vascular Access + Advanced Workshop*: $1650

*Attendance for the advanced workshop is limited to 40 participants AND must be registered for the full program.

Advanced Ultrasound Guided Workshop is limited to pre-registered participants only.