Fifth Annual

Ultrasound–Guided / Cadaver Course in Regional Anesthesia and Central Vascular Access

May 30–31, 2015

An exciting opportunity to acquire hands-on experience with:
- Cadavers
- Phantoms
- Volunteers

Best value for your CME dollars...
Register today!

The Julien F. Biebuyck Faculty and Alumni Library
Room C2860
Biomedical Research Building
Penn State Milton S. Hershey Medical Center, Hershey, PA
Audience
Local/National Specialty Physicians | Anesthesia Resident Physicians | Fellows

Purpose
This program is designed to enable participants to:

- Review the anatomy of the peripheral nerves, ergonomics and physics through the use of ultrasound
- Refine clinical skills appropriate for basic and advanced ultrasound-guided nerve blocks
- Acquire hands-on experience with nerve blocks, cannulation of vessels on cadaver/phantoms and volunteers using ultrasound
Highlights

- Basic and advanced learning tracks tailored to your needs
- Hands-on practice of ultrasound imaging on volunteers, and regional anesthesia/vascular access procedures on cadavers
- Multi-media didactic sessions
- Cognitive and procedural skills taught by internationally recognized instructors
- MOCA® Part II lifelong learning and self-assessment credits approved by the American Board of Anesthesiology®
- Written, multiple-choice tests for MOCA® Participants
- ASRA Regional Anesthesia Portfolio
- Expert cadaver dissections performed by members of the Penn State Department of Anatomy

Maintenance of Certification in Anesthesiology Program® and MOCA® are registered certification marks of The American Board of Anesthesiology®
Objectives

Upon completion, participants should be able to:

- Differentiate the ultrasound images of vessels, peripheral nerves, tendons and nerve plexi, and be able to discuss methods for improvement of ultrasound images to achieve the most benefit from the technique.

- Describe the benefits of using real-time, ultrasound guidance for regional anesthesia administration.

- Demonstrate proficient and appropriate use of ultrasound scanning techniques in identifying specific targets, such as the needle, blood vessels, nerve structures or surrounding organs pertinent to peripheral nerve blocks.

- Acquire hands-on nerve scanning skills and acquire hand-eye coordination and needling skills on living volunteers and anatomic models.

Academic Coordinators

Sanjib Adhikary, MD*
Associate Professor of Anesthesia
Director, Regional Anesthesia and Acute Pain

Patrick M. McQuillan, MD*
Professor of Anesthesia and Pediatrics
Vice Chair for Clinical Affairs
Faculty

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Associate Professor of Anesthesiology
Director, General Anesthesia

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University of Toronto
Fellowship Coordinator and Regional Anesthesia
Fellowship Program Director
Department of Anesthesia
Toronto Western Hospital

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Assistant Professor of Anesthesiology

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Schulich School of Medicine
University of Western Ontario

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Fellow, Simulation Education Research

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Assistant Professor of Anesthesiology and Critical Care
Hospital of the University of Pennsylvania

Carlo D. Franco, MD
Chairman, Regional Anesthesia
JHS Hospital of Cook County
Professor of Anesthesiology and Anatomy
Rush University Medical Center

J. Eric Greensmith, MD, PhD, FCCP
Chief, Department of Anesthesia
Lancaster Regional Medical Center

Anita Gupta, DO, PharmD
Vice Chair of Regional Anesthesia and Pain Medicine
Associate Professor of Anesthesiology
Medical Director at University Pain Institute
Department of Anesthesiology and Perioperative Medicine
Drexel University College of Medicine
Hahnemann University Hospital

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Department of Anesthesiology and Critical Care
Perelman School of Medicine
University of Pennsylvania

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Fellowship Coordinator
Department of Anaesthesia
Sunnybrook Health Sciences Centre

Kristin Ondecko Ligda, MD
Assistant Professor of Anesthesiology
University of Pittsburgh School of Medicine

Sanjay Sinha, MD
Director of Regional Anesthesia
St. Francis Hospital and Medical Center
Assistant Clinical Professor
University of Connecticut

Elizabeth Sinz, MD*
Professor of Anesthesiology and Neurosurgery
Associate Dean, Clinical Simulation
Associate Vice Chair for Simulation

Thomas Verbeek, MD*
Assistant Professor of Anesthesiology

Julie Vuong, MD*
Instructor in Anesthesiology

Anna Westrick, MD
Director, Acute Pain Service
Princeton Anesthesia Services, LLC
University Medical Center of Princeton at Plainsboro

*Penn State Milton S. Hershey Medical Center
Penn State College of Medicine
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<thead>
<tr>
<th>Time</th>
<th>Basic Track</th>
<th>Advanced Track</th>
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<tbody>
<tr>
<td>7:30–8:00 am</td>
<td>Registration and Breakfast</td>
<td>Registration and Breakfast</td>
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<tr>
<td>8:00–8:15 am</td>
<td>Introduction</td>
<td>Introduction</td>
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<tr>
<td>8:15–9:00 am</td>
<td>Image Acquisition Techniques</td>
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<tr>
<td>9:00–9:15 am</td>
<td>Break</td>
<td>Break</td>
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<tr>
<td>9:15–10 am</td>
<td>Ultrasound and Related Physics; Sonoanatomy of Upper Extremity</td>
<td>Advanced Upper Extremity Sonoanatomy; Introduction to Continuous Catheters</td>
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<tr>
<td>10:00–12:30 pm</td>
<td><strong>Upper Extremity:</strong> Interscalene, Supraclavicular, Infraclavicular, and Axillary Approaches to the Brachial Plexus; Distal Upper Extremity Blocks</td>
<td>Upper Extremity: Interscalene and Infracavicular Catheter Techniques; Superficial Cervical Plexus, Suprascapular, and Axillary Nerve Blocks</td>
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<td>- Volunteer Scanning</td>
<td>- Volunteer Scanning</td>
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<td>- Needling Practice</td>
<td>- Needling Practice</td>
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<tr>
<td>12:30–1:30 pm</td>
<td>Lunch</td>
<td>Lunch</td>
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<tr>
<td>1:30–2:15 pm</td>
<td>Basic Blocks of Lower Extremity</td>
<td>Advanced Lower Extremity Sonoanatomy; Introduction to Continuous Catheters</td>
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<tr>
<td>2:15–4:15 pm</td>
<td><strong>Lower Extremity:</strong> Femoral, Saphenous, Popliteal, Sub-Gluteal Sciatic</td>
<td>Lower Extremity: Femoral/Fascia Iliaca, Lateral Femoral Cutaneous, Obturator, Popliteal Catheter Techniques, Adductor Canal, Lumbar Plexus, and Ankle Block</td>
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<tr>
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<td>- Volunteer Scanning</td>
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<td>- Needling Practice</td>
<td>- Needling Practice</td>
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<tr>
<td>4:15–5:30 pm</td>
<td>How I do It (Case Discussion)</td>
<td>How I do It (Case Discussion)</td>
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**Program**  
**Sunday, May 31, 2015**

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<tr>
<th>Time</th>
<th>VASCULAR ACCESS TRACK BASIC TRACK</th>
<th>NEURAXIAL AND TRUNCAL ADVANCED TRACK</th>
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<tbody>
<tr>
<td>7:30–8:00 am</td>
<td>Registration and Breakfast</td>
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<tr>
<td>8:00–8:45 am</td>
<td>Overview of Ultrasound-Guided Central Line Technique</td>
<td>8:00–8:45 am Sonoanatomy Related to Thoracic and Lumbar Spine</td>
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<tr>
<td>8:45–9:30 am</td>
<td>Best Practices for Central Line Placement 2015</td>
<td>8:45–9:30 am Sonoanatomy Related to Abdominal and Thoracic Wall</td>
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<tr>
<td>9:30–9:45 am</td>
<td>Break</td>
<td>9:30–9:45 am Break</td>
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<tr>
<td>9:45–12:00 pm</td>
<td>Central Vascular Access: Internal Jugular, Subclavian, Axillary, Femoral - Volunteer Scanning - Needling Practice</td>
<td>9:45–12:00 pm Truncal and Neuraxial Blocks: TAP, Quadratus Lumbarum, Fascia Transversalis, Rectus Sheath, and Ilioinguinal / Iliohypogastric Block - Volunteer Scanning - Needling Practice</td>
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<tr>
<td>12:00–12:30 pm</td>
<td>Refreshments</td>
<td>12:00–12:30 pm Refreshments</td>
</tr>
<tr>
<td>12:30–1:00 pm</td>
<td>4 P’s of Safe and Effective Regional Block Technique (Open Discussions)</td>
<td>12:30–1:00 pm 4 P’s of Safe and Effective Regional Block Technique (Open Discussions)</td>
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<tr>
<td>1:00–1:45 pm</td>
<td>Program Evaluation Post-Test for MOCA® Participants</td>
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CME Credit

AMA

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Penn State College of Medicine and the Pennsylvania Society of Anesthesiologists. Penn State College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Penn State College of Medicine designates this live activity for a maximum of 13.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

MOCA®

Lifelong Learning and Self-Assessment Credit

The ABA® has approved this course for Part II Lifelong Learning and Self-Assessment Credit for MOCA®. This self-assessment activity helps fulfill the self-assessment CME requirement for Part II of the Maintenance of Certification in Anesthesiology Program (MOCA®) of The American Board of Anesthesiology (ABA®). Please consult the ABA® website, www.theABA.org, for a list of all MOCA® requirements.

If you choose MOCA® participation, you will be required to provide your ABA® ID number, and take written pre-and post-tests in order to receive MOCA® credit.

ASA/ASRA Ultrasound-Guided Regional Anesthesia (UGRA) Portfolio

The sessions from last year’s course were approved as eligible for submission as part of the ASA/ASRA UGRA Portfolio, and the sessions from this course will be submitted for similar approval as well.
Cancellation Policy

Cancellations received later than:

- May 23, 2015
  will incur a $25 processing fee.
- After May 27, 2015
  No refunds:

Substitutes are accepted at any time.

The University reserves the right to cancel or postpone any course or activity because of insufficient enrollment or other unforeseen circumstances.

Please provide a cell phone number so we can reach you in the event of last-minute changes. If a program is canceled or postponed, the University will refund registration fees but cannot be held responsible for any related costs, charges, or expenses, including cancellation/change charges assessed by airlines or travel agencies. Preregistered participants will be notified if a program is filled or canceled.

Access

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of special accommodation or have questions about the physical access provided, please contact the Penn State Continuing Education office, ContinuingEd@hmc.psu.edu, at least one week in advance of your participation or visit.

It is our policy to ensure balance, independence, objectivity, and scientific rigor in all of our educational programs. Faculty and course directors have disclosed relevant financial relationships with commercial companies, and Penn State has a process in place to resolve any conflict of interest. Complete faculty disclosure will be provided to program participants at the beginning of the activity.

Accommodations

Accommodations are the responsibility of the participant. A block of rooms has been reserved at the Hershey Lodge. To receive the conference rate of $189 per night, call 1-800-437-7439 or 1-717-533-3311 and place your reservation under the group: “2322704 Penn State College of Medicine.”

A list of Hershey area lodging is available upon request or online at: www.pennstatehershey.org/web/guest/patientcare/patientvisitorinformation/lodging
**Fee**

Fees Include: Cost of Instruction, Listed Meals, Break Refreshments

- Physicians—$950
- Resident Physicians/Fellows—$500
- PSA Members—$750

PSA members who register online must use coupon code (B5652MC) to receive the Society's reduced registration fee of $750. Membership will be verified and participants without a current membership will be required to either renew their membership or pay the additional $200 fee.

**Registration**

**Call** 717-531-6483  
**Fax** 717-531-5604  
**Email** ContinuingEd@hmc.psu.edu  
**Mail** Registrar, Penn State Hershey Continuing Education, G220  
  P. O. Box 851, Hershey, PA 17033

Register Online Today!  
[www.pennstatehershey.org/ce](http://www.pennstatehershey.org/ce)

Registrations will be confirmed by email upon receipt of payment, authorization to bill, or a credit card guarantee. If you do not receive a confirmation within two weeks, call 717-531-6483 to confirm your registration.

**Selection of Learning Tracks**

- Have you attended any hands-on workshop on ultrasound-guided regional anesthesia prior to this one?
- Are you are comfortable doing basic blocks like Interscalene, Axillary, Femoral, and Popliteal using ultrasound guidance?
- Have you been regularly performing ultrasound-guided peripheral nerve blocks for more than one year?
- Have you have done more than thirty peripheral nerve blocks using ultrasound guidance?
- Have you done continuous peripheral nerve blocks (catheter technique) using ultrasound guidance?

The course is designed so that if you have answered three or more questions as NO it is preferable for you to select the basic regional anesthesia options.

This publication is available in alternative media on request.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, genetic information, national origin, race, religious creed, sex, sexual orientation, gender identity, or veteran status. Discrimination or harassment against faculty, staff, or students will not be tolerated at The Pennsylvania State University-Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 328 Boucke Building, University Park PA 16802-5901; Tel. 814-865-4700/V, 814-863-0471/TTY. U.Ed. MED B5652-15-Z. All rights reserved, © 2014.
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Name (First Name, M.I., Last Name)  □ Male  □ Female

Degree/Credentials

Email Address (Please print legibly)

Home Address

City  State  Zip Code

Daytime Phone  Cell Phone (For last minute changes)

Specialty/Position

Hospital or Organization

Address (HMC/COM employees—provide dept. name/mail code)

City  State  Zip Code

Special Needs (Dietary, access, etc.)

Fees

□ $950 Physicians
□ $500 Resident Physicians/Fellows – Name of training program ____________________________
□ $750 PSA Members (For online registration, use coupon code B5652MC)

Membership status will be verified.

Please choose one track from each day

Saturday  □ Basic  □ Advanced

Sunday  □ Vascular Access (Basic)  □ Neuraxial/Truncal (Advanced)

ABA® Diplomates enrolled in MOCA® – will you be taking course for MOCA® credit?

□ No  □ Yes  If yes, what is your ABA® ID # ________________________________________

Indicate method of payment

□ Check enclosed—payable to Penn State
□ Bill sponsoring organization—attach a letter of authorization
□ HMC/COM employee fee—bill department budget

Cost center/budget #

Charge my:  □ VISA  □ MasterCard

Account Number  Exp. Date

Cardholder’s Signature

NOTICE: I understand that a photographer may be present at this event to take pictures that will include event spectators and participants. These photos may be used by the event organizers for purposes of promotion.
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