Sixth Annual
Ultrasound-Guided / Cadaver Course in Regional Anesthesia and Vascular Access

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

April 30 – May 1, 2016

Registration limited to 50 Participants

Great value for your CME dollars!

ASRA Regional Anesthesia Portfolio
A continuing education service of Penn State College of Medicine and the Department of Anesthesiology and Perioperative Medicine

PENNSTATE HERSHEY College of Medicine

The Julien F. Biebuyck Faculty and Alumni Library
Room C2860
Biomedical Research Building

Penn State Milton S. Hershey Medical Center
500 University Drive
Hershey, PA 17033
Audience

- Regional/National Physicians interested or specializing in regional anesthesia
- Anesthesia resident physicians
- Fellows in regional anesthesia or chronic pain management

Purpose

This program will enable participants to:

Review the anatomy of the peripheral nerves, ergonomics and physics associated with the use of ultrasound

Discover the principles of safe practice of regional anesthesia

Acquire hands-on experience with nerve blocks and vessel cannulation on cadavers and phantoms as well as ultrasound scanning on volunteers
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

Ten cadavers—pre-dissected by members of the Penn State Department of Anatomy demonstrating structures most pertinent to each nerve block, and non-dissected cadavers for scanning and needling practice

Multi-media didactic sessions

Opportunity for one-on-one hands-on practice

Cognitive and procedural skills taught by internationally recognized instructors

Interactive presentation of patient safety practices related to nerve blocks

Saturday night keynote presentation and dinner at The Hotel Hershey

Credits: *AMA PRA Category 1 Credit(s)*™
*MOCA®* Part II Patient Safety
ASA/ASRA Ultrasound-Guided Regional Anesthesia Portfolio

Keynote Speaker

Joseph M. Neal, MD
Anesthesiology Faculty, Virginia Mason Medical Center
Professor of Anesthesiology, University of Washington

Dr. Joe Neal received his undergraduate and medical training at Wake Forest University and the West Virginia University School of Medicine. He returned to Bowman Gray/Wake Forest University to complete residencies in Emergency Medicine and Anesthesiology. After fellowship training in regional anesthesia at the Virginia Mason Medical Center in Seattle, he joined that group in 1989. Dr. Neal’s academic interests include guideline development, upper extremity regional anesthesia, complications of regional anesthesia, and a strong interest in resident / fellow education. He directed the Virginia Mason regional anesthesia fellowship for over a decade as well as their anesthesia residency program. Dr. Neal is a senior examiner for the American Board of Anesthesiology; was Editor-in-Chief of *Regional Anesthesia and Pain Medicine* (2002-2012), and is co-author of the textbooks *Requisites in Anesthesiology: Regional Anesthesia; and Complications in Regional Anesthesia and Pain Medicine*. He was President of the American Society of Regional Anesthesia and Pain Medicine (2012-2015). His wife Kay is also an anesthesiologist and together they’re challenged by 16 year-old twins Erin and Pete, and Ruby and Charley, their Labrador retrievers.
Objectives

Upon completion:

Differentiate 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, including risk reduction strategies for nerve blocks.

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

Develop hands-on nerve scanning skills on live volunteers, and hand-eye coordination and needling skills on phantoms, cadavers, and anatomic models.

Identify and understand the attitudes and processes needed to obtain valid informed consent, prevent wrong site nerve blocks, and understand the diagnosis and management of local anesthetic systemic toxicity.
CME Credit

AMA
Penn State College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (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)™.

Credit Per Package (see fee section): A–10 credits / B–11 credits / C–12 credits / D–13 credits

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

MOCA® Patient Safety Credit
Patient safety activity which is part of this course helps fulfill the patient safety CME requirement for Part II of the Maintenance of Certification in Anesthesiology Program (MOCA) of The American Board of Anesthesiology (ABA), and has been approved for 2 Patient Safety credits. Please consult the ABA® website, www.theABA.org, for a list of all MOCA® requirements. All CME credits can be used to help satisfy the general MOCA Part II requirements. If you choose MOCA® participation, and provide your ABA® ID number, MOCA® credits can be directly reported to the ABA.

ASA/ASRA Ultrasound-Guided Regional Anesthesia (UGRA) Portfolio
These sessions have been approved as eligible for submission as part of the ASA/ASRA UGRA Portfolio.

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.

Academic Coordinators

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

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

Ignacio Badiola, MD
Instructor in Anesthesiology,
Pain Management and Critical Care
Department of Anesthesiology and Critical Care
Perelman School of Medicine
University of Pennsylvania

Ki Jinn Chin, MBBS (Hons), MMed, FRCPC
Associate Professor
Department of Anesthesia
University of Toronto
Regional Anesthesia Fellowship Program Director
Toronto Western Hospital

Sarah Clark, MD
Fellow, Adult and Pediatric Regional Anesthesiology
Department of Anesthesiology
Feinberg School of Medicine
Northwestern University
Feinberg School of Medicine

Emerson S. Conrad III, MD
Clinical Assistant Professor
University of Pittsburgh
Site Director of AIPPS Fellowship and
Director of Acute Pain and Regional
Anesthesia, UPMC Mercy
Assistant Divisional Director of Acute
Pain and Regional Anesthesia
University of Pittsburgh Medical Center

Shalini Dhir, MBBS, MD, FRCPC
Associate Professor of Anesthesia
and Perioperative Medicine
Schulich School of Medicine
Western University

Nabil Elkassabany, MD, MSCE
Assistant Professor of Anesthesiology and Critical Care
Director, Section of Orthopedic Anesthesiology
University of Pennsylvania

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

Lei Li, MD
Associate Staff Physician
Division of Anesthesiology
Geisinger Medical Center

Jiabin Liu, MD, PhD
Assistant Professor of Anesthesiology
and Critical Care
Director, Ambulatory Surgery Facility at PMUC
University of Pennsylvania

Paul G. McHardy, MD, FRCPC
Fellowship Coordinator
Department of Anesthesia
Sunnybrook Health Sciences Centre

Alexandria Nickless, DO
Staff Anesthesiologist
Allegheny Health Network

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

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

Luminita M. Tureanu, MD, FRCPC
Assistant Professor of Anesthesiology
Northwestern University

Verghese Cherian, MD*
Associate Professor of Anesthesiology
Director, General Anesthesia

Hillenn Cruz Eng, MD*
Assistant Professor of Anesthesiology

Donald E. Martin, MD*
Professor Emeritus of Anesthesiology

Angel Diaz Sanchez, MD*
Simulation Educator

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

Thomas Verbeek, MD*
Assistant Professor of Anesthesiology

Julie Vuong, MD*
Assistant Professor of Anesthesiology

*Penn State Milton S. Hershey Medical Center; Penn State College of Medicine;
Department of Anesthesiology and Perioperative Medicine
# Program | Saturday, April 30, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Check In and Breakfast</td>
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<tr>
<td>8:00 a.m.</td>
<td>Introduction</td>
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<tr>
<td>8:15 a.m.</td>
<td>Image Acquisition Techniques</td>
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<tr>
<td>9:00 a.m.</td>
<td>Break</td>
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Choose to attend one track

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**BASIC TRACK – Regional Anesthesia**

<table>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9:15 a.m.</td>
<td>Basic Blocks of Lower Extremity</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Lower Extremity: Femoral, Saphenous, Popliteal, Sub-Gluteal Sciatic Volunteer Scanning and Needling Practice</td>
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<tr>
<td>12:30 p.m.</td>
<td>Lunch</td>
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<tr>
<td>1:30 p.m.</td>
<td>Sonoanatomy of Upper Extremity</td>
</tr>
<tr>
<td>2:15 p.m.</td>
<td>Upper Extremity: Interscalene, Supraclavicular, Infraclavicular, and Axillary Approaches to the Brachial Plexus; Distal Upper Extremity Blocks Volunteer Scanning and Needling Practice</td>
</tr>
<tr>
<td>4:15 p.m.</td>
<td>4 P’s of Safe and Effective Regional Block Technique</td>
</tr>
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**ADVANCED TRACK – Regional Anesthesia**

<table>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9:15 a.m.</td>
<td>Advanced Lower Extremity Sonoanatomy; Introduction to Continuous Catheters</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Lower Extremity: Femoral/Fascia Iliaca, Lateral Femoral Cutaneous, Obturator, Popliteal Catheter Techniques, Adductor Canal, Lumbar Plexus and Ankle Block Volunteer Scanning and Needling Practice</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Advanced Upper Extremity Sonoanatomy; Introduction to Continuous Catheters</td>
</tr>
<tr>
<td>2:15 p.m.</td>
<td>Upper Extremity: Interscalene and Infraclavicular Catheter Techniques; Superficial Cervical Plexus, Suprascapular, and Axillary Nerve Blocks Volunteer Scanning and Needling Practice</td>
</tr>
<tr>
<td>4:15 p.m.</td>
<td>4 P’s of Safe and Effective Regional Block Technique</td>
</tr>
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Saturday, April 30, 2016  | Optional Keynote Session (Additional Cost)

<table>
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<tr>
<td>6:30 p.m.</td>
<td>Keynote Dinner at The Hotel Hershey Featuring Internationally Acclaimed Speaker: Joseph M. Neal, MD</td>
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*Can We Ever Reduce Complications of Regional Anesthesia in a Meaningful Way?*
Program | Sunday, May 1, 2016

7:30 a.m.  Check In and Breakfast

Choose to attend one track

**BASIC TRACK – Vascular Access**

8:00 a.m.  Overview of Ultrasound-Guided Central Line Technique
8:45 a.m.  Best Practices for Central Line Placement 2016
9:30 a.m.  Break
9:45 a.m.  Central Vascular Access: Internal Jugular, Subclavian Axillary, Femoral Volunteer Scanning and Needling Practice
12:00 a.m. Lunch, Program Evaluation and Adjournment

**ADVANCED TRACK – Neuraxial and Truncal**

8:00 a.m.  Sonoanatomy Related to Thoracic and Lumbar Spine
8:45 a.m.  Sonoanatomy Related to Abdominal and Thoracic Wall
9:30 a.m.  Break
9:45 a.m.  Truncal and Neuraxial Blocks: TAP, Quadratus Lumborum, Fascia Transversalis, Rectus Sheath, and Ilioinguinal/Iliohypogastric Block Volunteer Scanning and Needling Practice
12:00 p.m. Lunch, Program Evaluation and Adjournment

**HANDS-ON TRACK– Practice and Review**

8:00 a.m.  Upper Extremity and Lower Extremity Volunteer Scanning and Needling Practice
12:00 p.m. Lunch, Program Evaluation and Adjournment

**Sunday, May 1, 2016 | Optional Hands-on Session (Additional Cost)**

Extended, Hands-on Cadaver Practice Session
1:00 p.m.  Upper Extremity and Lower Extremity Volunteer Scanning and Hands-on Needling Practice
3:00 p.m.  Program Evaluation and Adjournment
Accommodations and Local Attractions

Accommodations are the responsibility of the participant. Rooms are available on a first-come, first-served basis, so please make reservations as early as possible.

Room Block: The Hilton Garden Inn – Hershey
Rate: $129+ tax per room per night
Reservations: Group name – UGC
Call: 877-782-9444 or 717-566-9292
Online: hershey.hgi.com

Other Local Lodging

Stay & Play
Harrisburg/Hershey
visit hersheyyharrisburg.org

Hershey Attractions
hersheypa.com

Tanger® Outlets (Hershey)
tangeroutlet.com/hershey

Historic Gettysburg
nps.gov/gett

PA Dutch and Amish Country
padutchcountry.com

Cancellation Policy

Cancellations received later than:
- Thursday, April 21, 2016 will incur a $25 processing fee.
- After Monday, April 25, 2016 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.

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.
How to Choose Your Learning Track

Are you comfortable doing basic blocks using ultrasound-guidance such as Interscalene, Axillary, Femoral and Popliteal?

Have you...
Attended any previous hands-on workshops on ultrasound-guided regional anesthesia?

Regularly been performing ultrasound-guided peripheral nerve blocks for more than one year?

Done more than thirty peripheral nerve blocks using ultrasound-guidance?

Done continuous peripheral nerve blocks (catheter technique) using ultrasound-guidance?

The basic regional and vascular access tracks have been designed for physicians who have answered three or more of these questions as NO. If you have answered three or more of these questions as YES, you may want to select the advanced regional anesthesia track instead.
Fee
Includes: Cost of Instruction, Listed Meals, Break Refreshments
Select ONE package:

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<tr>
<td>$975</td>
<td>$1,025</td>
<td>$1,125</td>
<td>$1,175</td>
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<tr>
<td>Course Only</td>
<td>Course with Keynote Dinner Presentation Saturday Evening (11 AMA Credits)</td>
<td>Course with Extended Hands-on Practice Session Sunday Afternoon (12 AMA Credits)</td>
<td>Course with BOTH Keynote Dinner Presentation Saturday Evening and Extended Hands-on Practice Session Sunday Afternoon (13 AMA Credits)</td>
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</tbody>
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**PSA Members:** Are eligible for a $200 registration discount.
To receive the reduced fee, use coupon code D5884MC. Membership will be verified and participants without a current membership will be required to either renew their membership, or pay the additional $200 fee.

**Residents/Fellows:** Are eligible for a $475 registration discount.
To receive the reduced rate, indicate that you are a resident/fellow in the Occupation field when you set up your COMPASS account. Penn State Residents/Fellows must call Chris Mulvey at 717-531-7988 to register at the reduced fee.

Registrations received after April 29, 2016, will incur a $25 late fee.

**Registration**
Register online using COMPASS, Penn State Hershey’s registration and records system. New users are required to set up an account, which will provide access to your CE certificates and conference materials. A tutorial is available on our website.

**Selecting Track Sessions:** After your registration is confirmed in COMPASS, you will be able to select your track sessions by completing a “Training Request Form.” This form appears at the bottom of the registration confirmation screen.

**You Will Need to Choose One Track from Each Day:**
Sat.: BASIC/Regional Anesthesia (or) ADVANCED/Regional Anesthesia
Sun.: BASIC/Vascular Access (or) ADVANCED/Neuraxial/Truncal (or) Extended, Hands-on Cadaver Practice

**ABA® Diplomates Enrolled in MOCA®:** If you are taking the course for MOCA® credit, you will need to provide your ABA® ID number.

**Keynote Dinner at The Hotel Hershey:** Bring your spouse or guest – $50 per guest. Call Lori at 717-531-6596 to register and pay for any guests who would like to attend.

Register Online Today! pennstatehershey.org/ce

**Questions About Registration**
Call: 717-531-6483
Email: ContinuingEd@hmc.psu.edu
Mail: Registrar, Continuing Education
G220, P.O. Box 851
Hershey, PA 17033
Course: D5884-16-Y

**Questions About The Course**
Call: Chris Mulvey at 717-531-7988
Email: cmulvey@hmc.psu.edu
An exciting opportunity to acquire hands-on experience with:
Cadavers | Phantoms | Volunteers

April 30–May 1, 2016