



# Ultrasound Guided Regional Anaesthesia

This course teaches ultrasound guided regional anaesthesia (UGRA) for healthcare professionals at all levels of expertise in regional anaesthesia techniques. Its goal is to equip them with the necessary knowledge and abilities to effectively perform the most commonly used forms of ultrasound-guided regional anaesthesia through lectures and live demonstrations of the sonoanatomy needed for nerve blocks of both upper and lower extremities, and the TAP block. Different types of local anaesthetics and their respective applications are discussed.

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CME credits

8

Chapters

16

Lectures

7

Quizzes

## Chapter 1 | CME

### Free lectures

Enjoy this three-part free mini-course in Ultrasound Guided Regional Anaesthesia where Dr. Ulrich Oberndorfer and Dr. Thomas Binder will give you a short overview of the top-3 teaching points and discuss some common pitfalls when starting to use US-guided Regional Anaesthesia.

#### Lectures & Quizzes:

- Free lecture 1
- Free lecture 2
- Free lecture 3

## Chapter 2 | CME

### Introduction

What you will learn - History of regional anaesthesia - The beginnings of ultrasound guided regional anaesthesia - Advantages and limitations of ultrasound guided regional anaesthesia techniques - Overview of possible complications and the most important indications in your future clinical practice

#### Lectures & Quizzes:

- Introduction and History of Regional Anaesthesia
- UGRA Quiz - Introduction
- What does it take? Risks & Advantages

## Chapter 3 | CME

# Imaging nerves

What you will learn - Introduction to imaging nerves - Anatomical overview - Components of the ultrasound machine - Settings of the ultrasound machine - How to deal with Anisotropy - Variability of individual (sono)anatomy

## Lectures & Quizzes:

- AI technology for UGRA
- Imaging nerves
- UGRA Quiz - Imaging nerves

## Chapter 4 | CME

# Cannula approaches

What you will learn - Introduction to imaging nerves - Anatomical overview - Components of the ultrasound machine - Settings of the ultrasound machine - How to deal with Anisotropy - Variability of individual (sono)anatomy

## Lectures & Quizzes:

- Cannula approaches
- UGRA Quiz - Cannula approaches

## Chapter 5 | CME

# Upper extremity blocks

What you will learn - Anatomical overview of the brachial plexus and nerves of the upper extremity - Sonoanatomy of the interscalene to supraclavicular region - Interscalene block - Supraclavicular block - Sonoanatomy of the axillary region - Imaging demonstrations - Axillary block - Ulnar, median, radial nerve block Indications and complications - Quiz - Test your knowledge!

## Lectures & Quizzes:

- Upper Extremity Nerve and Plexus Blocks - Part 1
- Upper Extremity Nerve and Plexus Blocks - Part 2
- Test your knowledge - Upper Extremity Nerve and Plexus Blocks
- UGRA Quiz - Upper extremity blocks

## Chapter 6 | CME

# Lower extremity blocks

What you will learn - Anatomical overview of the nerves of the lower extremity - Sonoanatomy of the femoral nerve - Femoral nerve block - Adductor canal block - Saphenous nerve block - Sonoanatomy of the sciatic nerve - Sciatic nerve block - Indications and complications - Quiz - Test your knowledge!

## Lectures & Quizzes:

- Lower Extremity Blocks - Part 1
- Lower Extremity Nerve - Part 2

- Test your knowledge - Lower Extremity Blocks
- UGRA Quiz - Lower extremity blocks

## Chapter 7 | CME

# TAP block

What you will learn - TAP block as a plane block technique - Demonstration - Imaging the abdominal wall - TAP block performed - Indications and complications

### Lectures & Quizzes:

- Transversus Abdominis Plane Block
- UGRA Quiz - TAP block

## Chapter 8 | CME

# Local anaesthetics

What you will learn - Types of local anaesthetics - Differences in concentration, dosage and usage - Adjuvants - Side effects

### Lectures & Quizzes:

- Local anaesthetics
- UGRA Quiz - Local anaesthetics