

## NYSORA Anesthesia CME Retreat – Cancun, Mexico

October 28<sup>th</sup> – November 1<sup>st</sup>, 2024

Faculty: Admir Hadzic and Catherine Vandepitte

30 October

**08:00-10:00** NYSORA's Teaching Philosophy  
Important Concepts for Success with Blocks  
Brachial Plexus Blocks above the Clavicle  
Brachial Plexus Blocks below the Clavicle  
3D Anatomy

**17:00-19:00** Spinal vs General Anesthesia for Hip Fracture  
Interventional Analgesia Options for THR:  
▶ Femoral  
▶ FICB – Supra/Infra-Inguinal  
▶ Hip/PENG Block  
NYSORA's THA Protocol  
3D Anatomy

31 October

**08:00-10:00** Brief Re-cap  
Clavicle Fractures:  
▶ ISB & Cervical Plexus  
▶ Upper Trunc Blocks  
▶ PEC1 (Interpectoral Fascial Plane Block) & Supraclavicular Nerve Block  
▶ Periclavicular Infiltration (Clavipectoral Fascial Plane Block) & PEC1  
▶ Wallant  
Liposome Bupivacaine

**17:00-19:00** Shoulder Block (Suprascapular Nerve & Axillary Nerve Block)  
Upper Extremity Catheters:  
▶ How to Pre-Load the Catheter  
▶ Preventing Catheter Leaks  
▶ ISB Catheter Failures  
Forearm Blocks  
▶ Median Nerve Block  
▶ Ulnar Nerve Block  
▶ Superficial Radial Nerve Block  
Are Orthopedic Surgeons Stupid?

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01 November

- 08:00-10:00** Brief Re-cap  
How to get the most out of NYSORA: NYSORA's Educational Portfolio  
Clinical Case Discussions Upper Extremity Blocks:
- ▶ Respiratory insufficiency
  - ▶ Active Mobilisation of the Hand Peroperatively
  - ▶ Forearm Fractures
  - ▶ Complicated Humerus Fractures
  - ▶ Elbow Prosthesis
  - ▶ Anatomical Variations in Brachial Plexus Blocks
- Local Anesthetics:**
- ▶ Analgesia vs Anesthesia
  - ▶ Mixing Local Anesthetics
  - ▶ Enhancing the Onset: how?
  - ▶ Overview LA's Onset – Duration – Toxicity

- 17:00-19:00** Lower Extremity Nerve Blocks for Knee Surgery  
NYSORA's TKA Protocol TKA  
3D Anatomy  
How to Build Service and a Winning Team: Primer on Leadership

02 November

- 08:00-10:00** Brief Re-cap  
Lower Extremity Nerve Blocks for Ankle/Foot Surgery  
3D Anatomy  
NYSORA' protocol for Foot and Ankle Surgery

- 17:00-19:00** Truncal Blocks:
- ▶ Paravertebral Blocks
  - ▶ Intercostal and ESP Blocks
  - ▶ PECS I and II
  - ▶ Serratus Plane Blocks
  - ▶ TAP Blocks
- 3D Anatomy

03 November

- 08:00-10:00** Brief Re-cap  
Spinal/Epidural US in Clinical Practice: when and how?  
US – Scanning Demonstrations