

### Objectives

CARe I aims to provide training in basic techniques in the area of regional anesthesia. The course is composed of two parts. In the first part, the candidate acquires theoretical knowledge through study material previously provided before the start of the course. In a second part, and over two days, the practical component takes over and anatomy, sonoanatomy and application of the various techniques is taught, complemented by the clinical applicability in real clinical context (operating theatre). At the end of the course, the candidate performs a multiple-choice test, in which 75% must be obtained for course success.

At the end of the course the candidate will be able to adapt the different techniques of regional anesthesia to the clinical context, know how to optimize and handle the ultrasound machine, recognize the different sonoanatomical structures and know how to perform the basic techniques in ultrasound guided regional anesthesia. The acquisition of the aforementioned components allows not only the performance of the blocks taught, but also a knowledge base that allows the candidate to progress in the area of ultrasound guided regional anesthesia in the future.

Number of seats per course: 25 candidates (*lunch, coffee break and course dinner included*).

### Day 1 | ICBAS

8:30 – 9:00	<b>Candidate Reception – Anatomy laboratory of ICBAS</b>
9:00 - 10:30	<b>Anatomy Learning On Cadaver</b> <ul style="list-style-type: none"> <li>- Brachial Plexus and terminal branches</li> <li>- Lumbar Plexus and terminal branches</li> <li>- Sacral Plexus and terminal branches</li> <li>- Thoracic Wall anatomy</li> <li>- Abdominal Wall anatomy</li> </ul>
10:30-11:00	<b>Coffee Break</b>
11:00 - 12:00	<b>Anatomy Learning On Cadaver</b> <ul style="list-style-type: none"> <li>- Brachial Plexus and terminal branches</li> <li>- Lumbar Plexus and terminal branches</li> <li>- Sacral Plexus and terminal branches</li> <li>- Thoracic Wall anatomy</li> <li>- Abdominal Wall anatomy</li> </ul>
12:15- 13:00	<b>Ultrasound Basic Principals and Artefacts</b>
13:00 - 14:00	<b>Lunch</b>
14:00-16:15	<b>Block Demonstration And Practice On Human Models*</b> <ul style="list-style-type: none"> <li>- Interscalene   Supraclavicular</li> <li>- Axillary Brachial Plexus   Pecs II</li> <li>- Femoral   Adductor Canal</li> <li>- Popliteal Sciatic Nerve   Infragluteal Sciatic Nerve</li> <li>- Abdominal Wall Blocks (TAP, Ilioinguinal/Iliohypogastric, Rectus Sheath Block)</li> </ul>
16:15 - 16:45	<b>Coffee Break</b>
16:45 - 18:15	<b>Block Demonstration And Practice On Human Models*</b> <ul style="list-style-type: none"> <li>- Interscalene   Supraclavicular</li> <li>- Axillary Brachial Plexus   Pecs II</li> <li>- Femoral   Adductor Canal</li> <li>- Popliteal Sciatic Nerve   Infragluteal Sciatic Nerve</li> <li>- Abdominal Wall Blocks (TAP, Ilioinguinal/Iliohypogastric, Rectus Sheath Block)</li> </ul>
18:15 – 18:30	<b>Closure Of Day 1</b>
20:00	<b>Course Dinner</b>

## Day 2 | Prelada Hospital

7:45	<b>Candidate Reception</b>
8:30 – 10:45	<p><b>Ultrassound Guided Block Observation In Operating Theatre** And Practice On Human Models* and Phantoms</b></p> <p><b>Banca 1</b> – Interscalene   Supraclavicular   Axillary Brachial Plexus   Pecs II #  <b>Banca 2</b> – Femoral   Adductor Canal   Sciatic Nerve Popliteal   Infragluteal #  <b>Banca 3</b> – Phantom Training (eye-hand-needle coordination and peripheral nerve catheter placement)</p> <p># Ultrassound guided block observation through video transmission from induction rooms</p>
10:45 – 11:05	<b>Coffee Break</b>
11:05 – 12:35	<p><b>Ultrassound Guided Block Observation In Operating Theatre** And Practice On Human Models* and Phantoms</b></p> <p><b>Banca 1</b> – Interscalene   Supraclavicular   Axillary Brachial Plexus   Pecs II #  <b>Banca 2</b> – Femoral   Adductor Canal   Sciatic Nerve Popliteal   Infragluteal #  <b>Banca 3</b> – Phantom Training (eye-hand-needle coordination and peripheral nerve catheter placement)</p> <p># Ultrassound guided block observation through video transmission from induction rooms</p>
12:35 às 13:20	<b>Lunch</b>
13:20 – 15:50	<p><b>Block Practice On Human Models*</b></p> <p><b>Banca 1</b> – Supraclavicular   Infraclavicular  <b>Banca 2</b> – Femoral   Adductor Canal  <b>Banca 3</b> – Sciatic Nerve Popliteal   Infragluteal  <b>Banca 4</b> – TAP   Ilioinguinal/Iliohypogastric   Rectus Sheath  <b>Banca 5</b> – Phantom Training (eye-hand-needle coordination and peripheral nerve catheter placement)</p>
15:50 – 16:10	<b>Coffee Break</b>
16:10 – 17:00	<b>Test – Multiple Choice</b>
17:00	<b>Course Closure</b>

\* Human models for block demonstration and practice won't be subject to any type of invasive procedure throughout the duration of the course

\*\* The blocks to be demonstrated are the same ones demonstrated and practiced on the human models on day 1, unless there is some unforeseen situation regarding surgical booking, unrelated to the original course program