

**Regional Anaesthesia – Plan A/B/C**  
**South London Regional Anaesthesia Training Day – Stage 3**

**Thursday 16<sup>th</sup> March 2023**  
**Sherman Education Centre, 4<sup>th</sup> Floor Southwark Wing, Guy's Hospital, London SE1 9RT**

Timing	Event
<b>0830 – 0845</b>	Registration
<b>0845 – 0900</b>	Introduction / Group assignments Dr Peter Daum (ST7), Dr Ann Barron (Consultant, SASH)
<b>0900 – 0930</b>	Lecture 1 TBC
<b>0930 – 1040</b>	Session 1 Demonstration & Scanning Stations: Upper limb, Trunk/Abdomen, Lower Limb, Needling/Spinal
<b>1040 – 1055</b>	** Break **
<b>1055 – 1205</b>	Session 2 Demonstration & Scanning Stations: Upper limb, Trunk/Abdomen, Lower Limb, Needling/Spinal
<b>1205 – 1300</b>	** Lunch ** (Kindly provided by our sponsors Mermaid Medical)
<b>1300 – 1330</b>	Lecture 2 TBC
<b>1330 – 1440</b>	Session 3 Demonstration & Scanning Stations: Upper limb, Trunk/Abdomen, Lower Limb, Needling/Spinal
<b>1440 – 1455</b>	** Break **
<b>1455 – 1605</b>	Session 4 Demonstration & Scanning Stations: Upper limb, Trunk/Abdomen, Lower Limb, Needling/Spinal
<b>1605 – 1610</b>	Feedback & Close

Stations	
<b>Station 1 – Upper Limb 1</b>	Interscalene, Supraclavicular, Superior trunk
<b>Station 2 – Upper Limb 2</b>	Axillary, Infraclavicular, Peripheral nerves
<b>Station 3 – Trunk / Abdomen 1</b>	Trunk – ESP, SAP, PECS I+II, (Paravertebral)
<b>Station 4 – Trunk / Abdomen 2</b>	Abdomen – Rectus sheath, TAP, (Subcostal TAP/QL)
<b>Station 5 – Lower Limb 1</b>	Femoral, FIB, (PENG)
<b>Station 6 – Lower Limb 2</b>	Sciatic, Adductor, (iPACK)
<b>Station 7 – Neuraxial</b>	Neuraxial
<b>Station 8 – Needling / Catheters</b>	Needling phantoms and catheters