

**St. Luke's  
Roosevelt**

Academic Affiliate of  
Columbia University College  
of Physicians and Surgeons

**ST. LUKE'S and ROOSEVELT HOSPITALS**

*New York, NY*

# NYSORA

**NEW YORK SCHOOL OF REGIONAL ANESTHESIA**

**9TH ANNUAL SYMPOSIUM**

## REGIONAL ANESTHESIA & ACUTE PAIN MANAGEMENT

**SATURDAY and SUNDAY  
DECEMBER 18-19, 2010**

**Marriott Marquis Hotel  
on Broadway • New York, NY**



**NYSORA**  
New York School of  
Regional Anesthesia

*Jointly Sponsored by:*

The New York School of Regional Anesthesia  
and

The Department of Anesthesiology  
St. Luke's and Roosevelt Hospitals

**St. Luke's  
Roosevelt**

University Hospital of  
Columbia University College  
of Physicians & Surgeons

**Continuum** Health Partners, Inc.

# WELCOME



Dear Colleague:

Regional anesthesia is one of the fastest growing anesthesia subspecialties. Recent changes in practice have been numerous, necessitating frequent updates in practice protocols. A number of highly efficacious peripheral nerve block techniques are available to provide excellent surgical anesthesia and postoperative analgesia in patients undergoing a wide variety of surgical procedures. A growing body of literature suggests that these techniques offer numerous advantages over general anesthesia. Judiciously and skillfully performed nerve blocks facilitate pain management, fast-tracking, promote early mobilization, decrease hospital stay, reduce unanticipated hospital admission and reduce overall health care costs. During the last decade, the field of regional anesthesia has been revolutionized.

Many traditional regional anesthesia procedures have been significantly modified to better fit the domain of modern surgery. Furthermore, the introduction of long-acting local anesthetics with a better safety profile, improved equipment and the introduction of ultrasound techniques for real-time visualization of the pertinent anatomy during nerve blockade, continue to expand the utility of regional anesthesia. These developments, coupled with an increased emphasis on the teaching of regional blocks by residency training programs and organized anesthesia societies, are likely to result in a wider use and demand for these techniques in the years to come.

This Symposium is structured to offer a comprehensive update on the latest developments in regional anesthesia and acute pain management and to present the best current regional anesthesia techniques and practice protocols. In addition, a multitude of comprehensive hands-on workshops have been introduced to offer attendees an opportunity to acquire or improve a wide range of state of the art regional anesthesia techniques.

The NYSORA Symposium has become a staple for state of the art education in regional anesthesia and acute pain management and attracts large audiences. This year's program will feature an expanded section on ultrasound guided nerve blocks and extended panel discussions, designed to markedly enhance the learning and discussion among the experts and audience. The program also incorporates several different workshop formats with hands-on training of nerve-stimulator and ultrasound techniques. Attendees can choose one or more workshop programs that best fit their individual needs. Additionally, abstract presentation and competition is added for an enhanced and interactive sharing of the new knowledge. For this one of a kind educational opportunity, we chose our faculty from within the opinion leaders in the field. We look forward to having you join us.

Sincerely,

Handwritten signature of Admir Hadzic in black ink.

Admir Hadzic, MD, PhD

Handwritten signature of Jeff Gadsden in black ink.

Jeff Gadsden, MD, FRCPC, FANZCA

# LEARNING OBJECTIVES

## OBJECTIVES

- Assess the pearls and pitfalls of ultrasound-guided regional anesthesia management techniques and suggest their optimal application in perioperative setting
- Design a plan on how to manage challenging patients and techniques
- Review the available options for administering anesthesia in austere environment
- Compare techniques and clinical applications of ultrasound-guided regional anesthesia procedures to improve success rate and reduce the risk of complications
- Determine the proper choice of single-injection versus continuous nerve block techniques
- Evaluate the management of continuous infusion of local anesthetics at home ranging from brachial plexus to lower extremity, paravertebral to TAP blocks
- Analyze the rational choice, indication and management of continuous peripheral nerve blocks after orthopedic surgery
- Recognize the upcoming changes in medicine and anesthesiology that will impact your practice
- Identify the available methods, protocols and strategies to manage postoperative epidural analgesia
- Examine the advantages and disadvantages of TAP blocks versus epidural analgesia
- Assess the value and indications of mixtures of local anesthetics for peripheral nerve blocks
- Review the indications and techniques of ultrasound-guided nerve block procedures for the pain practitioner
- Review the techniques and indications for peripheral nerve blocks of the distal extremity

## TARGET AUDIENCE

Practicing anesthesiologists and pain medicine physicians, anesthesia fellows, residents and nurses, as well as other health industry professionals practicing regional anesthesia and pain management.

## GENERAL INFORMATION

### Marriott Marquis Hotel

1535 Broadway at 45th Street ■ New York, NY 10036 ■ 1-800-266-9432

*A block of rooms is available at the conference rate of \$249.00, plus applicable taxes, and is available until November 23rd, on a space available basis. After that, rates are subject to availability. When calling, please state that you are with the “NYSORA Anesthesiology Conference”*

Your attendance at this symposium is guaranteed to be enriched by the cultural and recreational opportunities that only New York City can offer. The hotel is in the heart of Manhattan’s midtown, right on Broadway in the theater district and close to the Center of Performing Arts, Carnegie Hall and numerous museums. If you would like to learn more about New York’s many attractions, contact the New York Convention and Visitors Bureau, 2 Columbus Circle, New York, NY 10019, (212) 397-8222, [www.nycvisit.com](http://www.nycvisit.com)



**SATURDAY, DECEMBER 18 ■ 8:00PM – 12:00AM**

**BUFFET RECEPTION AND OPEN BAR**

**Featuring Hugh Pool and The Big Apple Blues Band  
& DJ Extraordinaire April “SWF”**

*JOIN THE FACULTY FOR MORE DISCUSSIONS AND A NIGHT OF LIVE  
MUSIC, DANCE AND FUN INTERACTION IN A NEARBY MUSIC CLUB*

*THIS EVENT IS FREE*



# AGENDA

## SATURDAY, DECEMBER 18, 2010

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- 7:00-7:30AM**      **REGISTRATION AND BREAKFAST**
- 7:25-7:30**        **Welcome**  
Admir Hadzic, MD
- 7:30-8:00**        **US-Guided Regional Anesthesia and Artifacts: Pearls and Pitfalls**  
Vincent Chan, MD
- 8:00-8:15**        **Regional Anesthesia and Trauma: Lessons from Haiti**  
Ralf E. Gebhard, MD
- 8:15-8:30**        **Peripheral Nerve Blocks in the Emergency Department**  
Knox H. Todd, MD
- 8:30-9:00**        **When to Choose Single Injection vs Continuous Nerve Blocks**  
Andre P. Boezaart, MD
- 9:00-9:15**        **Neurologic Complications: Regional Anesthesia versus Surgery**  
Michael Barrington, MD
- 9:15-9:45**        **COFFEE BREAK**
- 9:45-10:15**      **Ideal Anatomical Locations for Local Anesthetic Injection During Nerve Blockade**  
Admir Hadzic, MD
- 10:15-10:45**     **Regional Anesthesia and Perioperative Management of a Morbidly Obese Patient: Analgesic Challenges**  
Louis Brusco, Jr., MD
- 10:45-11:15**     **US-Guided Blocks for the Pain Practitioner**  
Samer N. Narouze, MD
- 11:15-11:45**     **US-Guided Nerve Blocks of Terminal Nerves: Forearm, Hand, Wrist Blocks**  
Phillippe Macaire, MD
- 11:45-12:00PM**   **PANEL DISCUSSION**  
Michael Barrington, MD; Louis Brusco, Jr., MD; Phillippe Macaire, MD  
Moderator: Admir Hadzic, MD
- 12:00-1:00**      **LUNCH WITH THE FACULTY**
- 1:00-1:30**        **Ultrasound-Guided Blocks for the Lower Extremity**  
Peter Hebbard, MD
- 1:30-2:00**        **Make the Most Out of Epidural Analgesia: Managing Strategies**  
Eugene R. Viscusi, MD
- 2:00-2:30**        **What Will Your Practice of Anesthesiology Look Like in a Few Years?**  
John D. Wasnick, MD
- 2:30-3:00**        **Pro-Con Session: Mixtures of Local Anesthetics**  
**Pro:** Peter Hebbard, MD: Mixing Local Anesthetics has Advantages  
**Con:** Jeff Gadsden, MD: Mixing Local Anesthetics has no Advantages
- 3:00-3:30**        **COFFEE BREAK**
- 3:30-4:00**        **Pro-Con Session: Epidural Anesthesia and Analgesia versus TAP Blocks**  
**Pro:** Eugene R. Viscusi, MD: Epidural  
**Con:** Peter Hebbard, MD: TAP Blocks
- 4:00-4:30**        **Single Shot or Continuous Infusion in Children**  
Giorgio Ivani, MD
- 4:30-5:00**        **Ultrasound Guided Neuraxial Intercostal, Paravertebral and Lumbar Plexus Blocks**  
Manoj Kumar Karmakar, MD
- 5:00-5:30**        **PANEL DISCUSSION**  
Vincent Chan, MD; Manoj Kumar Karmakar, MD; Giorgio Ivani, MD;  
Samer N. Narouze, MD; Eugene R. Viscusi, MD  
Moderator: Jeff Gadsden, MD
- 5:30**              **CLOSING REMARKS**  
Jeff Gadsden, MD

# AGENDA

## SATURDAY, DECEMBER 18, 2010

### WORKSHOPS

This year's NYSORA workshops have been significantly expanded to allow practitioners to choose workshop sessions that best suit their needs. They vary in scope, duration and complexity and can be combined for an ultimate learning experience in record time.

#### 9:00AM-11:30AM WORKSHOP I - FOUR ULTRASOUND-GUIDED NERVE BLOCKS EVERY ANESTHESIOLOGIST SHOULD KNOW (\$295)

This workshop is designed for practitioners who are just starting or considering the use of ultrasound for peripheral nerve blocks. The selection of the nerve block procedures in this workshop will allow practitioners to practice a wide-range of nerve block procedures without getting bogged-down with a plethora of optional technique variations or modifications. Small groups and adequate time will allow for one-on-one guidance through the most common nerve block procedures.

- Interscalene Block
- Axillary Block
- Femoral Block
- Popliteal Block
- Phantom Target Practice
- Knobology Station

#### 1:00PM-3:30PM WORKSHOP II - BASIC ULTRASOUND-WORKSHOPS (\$295)

This workshop is designated for physicians and beginner-to-intermediate level sonographers. Small groups and adequate time will be allowed for one-on-one guidance through the selected nerve block procedures. Relevant anatomy will be explained and the attendees will be expected to reproduce, optimize and obtain ultrasonographic views necessary for implementation of ultrasound in their practice. Sessions may be stretched beyond the actual topic to satisfy the diversity in experience. A target practice station on a meat model will allow registrants to practice in-line and out-of-line needle insertion, target practice.

- Interscalene and Supraclavicular Brachial Plexus Blocks
- Infraclavicular and Axillary Brachial Plexus Blocks
- Femoral Nerve Blocks
- Sciatic and Popliteal Nerve Blocks
- Phantom Target Practice
- Knobology Station

#### 1:00PM-4:00PM WORKSHOP III - ULTRASOUND-GUIDED PROCEDURES FOR PAIN PRACTITIONERS (\$495)

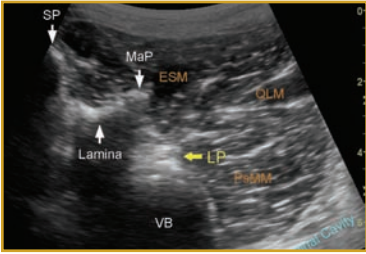
This workshop is designated for physicians and intermediate-to-advanced level sonographers. Small groups and adequate time will be allowed for one-on-one guidance. Relevant anatomy will be explained and attendees will be expected to reproduce, optimize and obtain ultrasonographic views necessary for recognition of relevant anatomical structures and implementation of ultrasound in their practice. Sessions may be stretched beyond the actual topic to satisfy the diversity of your experience.

- Lumbo-Sacral Spine Imaging
- Thoracic And Cervical Spine Imaging
- Facet Blocks
- Stellate Ganglion Blocks
- Other
- Knobology Station

# AGENDA

**SUNDAY, DECEMBER 19, 2010**

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## COMPREHENSIVE ULTRASOUND-GUIDED NERVE BLOCKS WORKSHOPS

*Registration is limited, so we recommend that you register as soon as possible.*

- 7:30AM**                    **REGISTRATION AND CONTINENTAL BREAKFAST**
- 8:00**                        **WORKSHOP ROTATIONS BEGIN**
- 10:10-10:40AM**       **COFFEE BREAK**
- STATION 1**                **Interscalene and Supraclavicular Blocks  
(Single-Injection and Continuous Techniques)**
- STATION 2**                **Infraclavicular and Axillary Blocks  
(Single-Injection and Continuous Techniques)**
- STATION 3**                **Lumbar Plexus and Paravertebral Blocks  
(Single-Injection and Continuous Techniques)**
- STATION 4**                **TAP Blocks: In-Plane and Out-of-Plane Approaches**
- STATION 5**                **Femoral Blocks (Single-Injection and Continuous Techniques)**
- STATION 6**                **Single-Injection and Continuous Sciatic and Popliteal Blocks**
- STATION 7**                **Optimizing Image on US and Phantom Target Practice**
- STATION 8**                **Nerve Blocks in Pediatric Patients**
- STATION 9**                **Knobology and Image Optimization on US Machines**
- 1:00PM**                    **ADJOURN**

### ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Beth Israel Medical Center & St. Luke's and Roosevelt Hospitals and The New York School of Regional Anesthesia. Beth Israel Medical Center & St. Luke's and Roosevelt Hospitals is accredited by the ACCME to provide continuing medical education for physicians.

### CREDIT DESIGNATION

St. Luke's and Roosevelt Hospitals designates this educational activity for a maximum of *12.5 AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### POLICY ON FACULTY AND PROVIDER DISCLOSURE

It is the policy of Beth Israel Medical Center & St. Luke's and Roosevelt Hospitals that faculty and providers disclose real or apparent conflicts of interest relating to the topics of this educational activity, and also disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). Beth Israel Medical Center & St. Luke's and Roosevelt Hospitals have established policies in place that will identify and resolve all conflicts of interest prior to this educational activity.

# CALL FOR ABSTRACTS AND ABSTRACTS COMPETITION

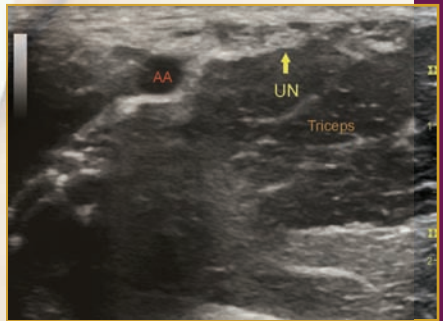
The 2010 New York School of Regional Anesthesia Program Committee invites submission of abstracts of scientific papers for the **9th Annual Regional Anesthesia and Acute Pain Management** symposium, scheduled to take place on December 18 - 19, 2010 in New York City, at the Marriott Marquis Hotel. All abstracts, papers, and oral presentations will be in English. Abstracts previously presented at other large anesthesia gatherings within the last 12 months qualify for submission to this meeting. All abstracts will be indexed and published in an on-line Journal of New York School of Regional Anesthesia (JNYSORA).

## Instructions for Authors

**Abstract Length:** The body of the abstract should be approximately 3000 characters (about 500 words). Additionally, tables and figures with legends can be submitted. The abstract should be organized into the following sections:

- Introduction with Hypothesis
- Methods
- Results
- Discussion
- Conclusion
- References

The abstracts will be presented on Saturday, December 18. Accepted abstracts will be published on the NYSORA website. Poster Presenters are Not Exempt from Registration Fee.



Email your submission to  
Stacy Atkinson at  
[satkinso@chpnet.org](mailto:satkinso@chpnet.org)

**SUBMISSION DEADLINE: NOVEMBER 26, 2010**

## UPCOMING NYSORA WORKSHOP

### Ultrasound and Nerve Stimulator Guided Nerve Blocks Workshop

St. Luke's and Roosevelt Hospitals

New York, New York

SEPTEMBER 25, 2010

For Further Information

[www.nysora.com](http://www.nysora.com)

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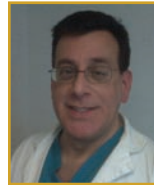
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Staff, Center for Neurological  
Restoration  
Neurological Institute  
Cleveland Clinic  
Cleveland, Ohio

**NWAC**  
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2011

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April 11-15, 2011  
Marriott Park Hotel

FOR MORE INFORMATION  
[www.worldanesthesia.com](http://www.worldanesthesia.com)

**Congress Topics**

**Anesthesiology**  
**Intensive Care**  
**Regional Anesthesia**  
**Pain Medicine**  
**Emergency Medicine**  
**Obstetrics**  
**Ambulatory Anesthesia**  
**Pharmacology**  
**Pediatrics**  
**Airway Management**  
**Physical Therapy**  
**Rehabilitation Medicine**  
**Military Medicine**  
**Trauma**  
**Patient Safety**  
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Network for Professionals in Anesthesiology, Related Disciplines and Industry



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# REGIONAL ANESTHESIA & ACUTE PAIN MANAGEMENT

## SATURDAY and SUNDAY DECEMBER 18-19, 2010

(Please print clearly)

NAME \_\_\_\_\_ TITLE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE/PROVINCE: \_\_\_\_\_ ZIP \_\_\_\_\_ COUNTRY \_\_\_\_\_

TELEPHONE \_\_\_\_\_ FAX \_\_\_\_\_

SPECIALTY \_\_\_\_\_ AFFILIATION \_\_\_\_\_

E-MAIL \_\_\_\_\_

(Be sure to include your e-mail address as confirmation/receipt will be sent electronically)

Symposium attendees who wish to attend any of the concurrent workshops can do so at an additional charge as listed below.

Please place a (✓) in the appropriate box.

### SATURDAY, DECEMBER 18, 2010 – DIDACTIC SESSIONS

|   | By November 1 | After November 1 | Onsite   |
|---|---------------|------------------|----------|
| <input type="checkbox"/> Anesthesiologists and Other Healthcare Professionals | \$475.00      | \$525.00         | \$550.00 |
| <input type="checkbox"/> CRNA's   | \$275.00      | \$295.00         | \$325.00 |
| <input type="checkbox"/> Residents and Fellows                                | \$175.00      | \$195.00         | \$225.00 |
| <input type="checkbox"/> Students   | \$125.00      | \$150.00         | \$175.00 |

### SATURDAY, DECEMBER 18, 2010 - WORKSHOP FEES

Please note: These sessions are offered in parallel with the Didactic Sessions on Saturday. Attendance is strictly limited to small groups. Those registered for the didactic sessions on Saturday will receive \$100 discount off each Saturday parallel workshop session they select.

|   | Without Lectures | With Lectures |
|---|------------------|---------------|
| <input type="checkbox"/> WORKSHOP I: Four Ultrasound-Guided Nerve Blocks Every Anesthesiologist Should Know | \$295.00         | \$195         |
| <input type="checkbox"/> WORKSHOP II: Intensive BASIC Ultrasound Workshop                                   | \$295.00         | \$195         |
| <input type="checkbox"/> WORKSHOP III: Ultrasound-Guided Procedures for Pain Practitioners                  | \$295.00         | \$195         |

Registration is limited, so we recommend that you register as soon as possible

### SUNDAY, DECEMBER 19, 2010 - COMPREHENSIVE US-GUIDED NERVES BLOCK WORKSHOPS

All attendees  \$495.00

Registration is limited, so we recommend that you register as soon as possible

### PAYMENT METHOD

Online Registration is available and is the preferred method. The conference registration link may be accessed at [www.nysora.com](http://www.nysora.com)

Check made payable to NYSORA is enclosed. Mail to: NYSORA, 2753 Broadway, Suite 183, New York, NY 10025

Credit Card # \_\_\_\_\_ Exp date \_\_\_\_\_

VISA  MasterCard  AMEX Signature \_\_\_\_\_

Fax this form to 212-523-2074

Total Payment \$ \_\_\_\_\_

### CANCELLATION POLICY

A refund, less a \$100 administrative fee, will be issued upon written request. No refunds will be made after November 19th. St. Luke's and Roosevelt Hospitals reserve the right to cancel the program.

St. Luke's and Roosevelt Hospitals will not be responsible for reimbursement of tuition or expenses incurred as a result of cancellation of this meeting for reasons that include, but will not be limited to, natural disasters, economic downturns or strikes and other labor unrest that may impede meeting organization and delivery. By registering for this conference, participants acknowledge and agree to the terms in this disclosure.

### FURTHER INFORMATION:

St. Luke's and Roosevelt Hospitals, Office of CME

1111 Amsterdam Avenue, New York, NY 10025

Phone: (212) 523-2138 ■ Fax: (212) 523-2074

Websites: [www.nysora.com](http://www.nysora.com) ■ [www.chpnet.org/cme](http://www.chpnet.org/cme)

Email: [satkinso@chpnet.org](mailto:satkinso@chpnet.org)



Office of Continuing Medical Education  
 St. Luke's and Roosevelt Hospitals  
 1111 Amsterdam Avenue  
 New York, New York 10025

**Continuum** Health Partners, Inc.

# NYSORA

## 9TH ANNUAL SYMPOSIUM

### REGIONAL ANESTHESIA & ACUTE PAIN MANAGEMENT

DECEMBER 2010

| S         | M  | T  | W  | T  | F  | S         |
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|           |    | 1  | 2  | 3  | 4  |           |
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| 12        | 13 | 14 | 15 | 16 | 17 | <b>18</b> |
| <b>19</b> | 20 | 21 | 22 | 23 | 24 | 25        |
| 26        | 27 | 28 | 29 | 30 | 31 |           |

**Saturday & Sunday  
 December  
 18 – 19, 2010**  
**Marriott Marquis  
 on Broadway  
 New York City**

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