

A Path for Pain Champions: “Hands-on Acute Pain Workshop for Nurses”

Sponsor:

University of Texas Health Sciences at Houston
Department of Anesthesiology and Pain Medicine
MSB 5.020, 6431, Fannin
Houston, Texas 77030

Sunday, July 26, 2009

7:00 a.m. to 5:00 p.m.

Program Director:

Krishna Boddu, MBBS, MD, DNB, FANZCA

Contact:

For all registration related questions,

Deanna Payne, Continuing Medical Education, 6431 Fannin, JLL 300B, Houston, TX 77030
713-500-5899 (Office), 713-500-0606 (Fax) dmpayne@utmb.edu

For all workshop related questions,

Jonetha Davidson, Workshop Coordinator, Administrative Services Officer I,
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(Office), 713-500-0595 (Fax) , Jonetha.A.Davidson@uth.tmc.edu

Target Audience:

RN's and APN's interested in advanced knowledge of pain management using a multimodal, multidisciplinary approach.

A full day workshop with didactic lectures, human volunteers, live animal lab and Q&A sessions. Training for nurses under Medical Faculty supervision.

Speakers:

Krishna Boddu, MD - The University of Texas Health Science Center at Houston (UTHSC)
Sara Guzman MD (UTHSC)
Adrian Xavier, MD (UTHSC)
Lori Dangler MD - M. D. Anderson Cancer Center (MDACC)
Jose Soliz, MD (MDACC)

Nurse Facilitators:

Mini George, RN - M. D. Anderson Cancer Center (MDACC)
Imelda Laxa, RN (MDACC)
Jessa Puthenpurayil, RN (MDACC)
Linda, Amaty Shresthra, RN (MDACC)
Ghouse, Sheik, RN (MDACC)

Program Objectives:

- Discuss the Anatomy and Physiology of Pain
- Discuss the Need to Treat Pain, Short & Long Term Effects of Poorly Managed Pain
- Discuss the Difference Between Acute and Chronic Pain, Static and Dynamic Pain
- Explain the Nursing Assessment of Patient's Functionality and How to Preserve and Improve Functionality after Trauma / Surgery
- Discuss Different Approaches to Pain Management in Opioid Naïve /Dependent Patients
- Discuss Physician's & Patient's Fears and Anxieties in Managing Pain and Dealing with the Psychological Impact of Pain
- Discuss the need of “Basal Infusion” on IV PCA & “Long Acting Opioids” after Trauma/Surgery
- Discuss techniques used to Perform Peripheral Nerve Blocks and Epidurals
- Discuss the Assessment and Management of Epidural & Peripheral Nerve Catheters
- Discuss Side Effects and Complications including Toxicity of Local Anesthetics
- Explain the Multimodal Approach to Pain Management

Human Volunteer Stations:

- Describe and Demonstrate Monitoring, Positioning, Sterility Assurance, Catheter Securing, Proper Labeling during Epidural Placement
- Explain the Importance of Test Dose, Demonstrate Mock Local Anesthetic Toxicity
- Explain the Technique of Performing Sensory & Motor Exams to Test Efficacy of Epidurals & Nerve Blocks

Live Anesthetized Pig Stations: (Nurses Perform Epidurals to Understand Physician's Challenges)

- Discuss and Learn the difference between epidural and spinal, identification of intravascular placement of catheter with test dose and changes in vitals
- Demonstrate and Perform Placement of Epidural Catheters in Pigs and visualize the Epidural Catheter Under C-Arm,
- Demonstrate Placement of Peripheral Nerve Catheters Using Nerve Stimulator and Ultrasound

CNE 8.75

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The University of Texas Health Science Center at Houston
7th Biannual Ultrasound Guided Regional Anesthesia Workshop for Anesthesiologists - July 25-26, 2009

&
A Path for Pain Champions: “Hands-on Acute Pain Workshop for Nurses” - July 26, 2009

UT CME,
6431 Fannin, JLL 300 A&B
Houston, TX 77030

7th Biannual Limited Spaces First come, first serve

Ultrasound Guided Regional Anesthesia Workshop

A Two-Day, Hands-On Workshop

July 25-26, 2009 | Houston, Texas

CME 17, Ethics 1.25

Special Workshop on Sunday, July 26, 2009 for Nurses:

A Path for Pain Champions:

“Hands-on Acute Pain Workshop for Nurses” CNE 8.75

Organizers:

Krishna Boddu, MD

Carin Hagberg, MD



MEMORIAL
HERMANN
Texas Medical Center

UT Health Science Center at Houston Faculty

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Guest Faculty

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Joni Maga, MD

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Hotel Accommodations

Holiday Inn Hotel & Suites Medical Center \$75/night

Houston Marriott Medical Center \$89/night

Marriott Residence Inn \$89/night

Rotary House International Hotel \$108/night

Visit www.uth.tmc.edu/anes/conferences for group reservation discount and other details.

7th Biannual Ultrasound Guided Regional Anesthesia (USGRA) Workshop

Cadavers, Adult and Pediatric Volunteers, Live Pigs and Multi-Screen, Multimedia Presentations

Educational Objectives and Target Audience

Upon completion, workshop participants should be able to:

- Discuss gross anatomy of peripheral nerves of upper/lower limbs, relevant for regional anesthesia
- Discuss the basic principles of using ultrasound machines for regional anesthesia
- Identify peripheral nerves in upper/lower limbs using ultrasound and stimulation techniques
- Identify peripheral nerves and describe the technique for performing ultrasound guided rescue blocks
- Discuss the use of continuous peripheral nerve catheters for regional anesthesia
- Discuss the use of continuous peripheral nerve catheters for post-operative pain management
- Perform tunneling of the catheters
- Discuss complications of regional anesthesia
- Discuss methods of optimal pain management after removal of nerve catheters

★ **Identify the classic landmarks and have basic knowledge in the ultrasound assisted nerve blocks in children**

★ **Perform the most commonly used nerve blocks in children and discuss indications and safety issues related to regional anesthesia in children**

★ **Describe current trends for performing regional anesthesia in the pediatric population**

★ **Perform hydro-dissection and identify spread of local anesthetic around the nerves**

Explain ethical issues for regional anesthesia

Accreditation/Credit Designation

CME - 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 The University of Texas Medical Branch at Galveston and The University of Texas Medical School at Houston. The University of Texas Medical Branch at Galveston (UTMB) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Texas Medical Branch at Galveston designates this educational activity for a maximum of 17 AMA PRA Category 1 Credit(s)[™]. Physicians should claim credit commensurate with the extent of their participation in the activity.

UTMB designates this educational activity for up to 1.25 hour in ethics/professional responsibility.

Educational Methods

Multiple-screen multimedia presentations to include lectures, cadaver lab and small group hands-on sessions on human volunteers as well as anesthetized animals in small groups. There will also be Q&A sessions.

Conference Agenda

Saturday, July 25

7:00-7:30am	Breakfast (provided)
7:30-8:30am	Basics of Ultrasound Physics and Practical Aspects of Using Ultrasound Machine & Image Recognition
8:30-10:45am	Multimedia presentations for Upper Limb: Demonstration of Upper Limb Cadaver Anatomy, Review of Upper Limb Nerve Blocks, Demonstration of Surface Land Marks, Ultrasound Technique & Images Upper Limb Nerves on Human Volunteer
10:45-11:00am	Coffee Break
11:00-01:00pm	Multimedia presentations for Lower Limb: Demonstration of Lower Limb Cadaver Anatomy, Review of Lower Limb Nerve Blocks, Demonstration of Surface Land Marks, Ultrasound Technique & Images Lower Limb Nerves on Human Volunteer
1:00-1:45pm	Lunch (provided)
1:45-3:45pm	Introduction to Pediatric Ultrasound Guided Regional Anesthesia, Demonstration of Surface Land Marks, Ultrasound Technique & Images of Upper & Lower Limb Nerves on Pediatric Human Volunteer
3:45-4:00pm	Coffee Break
4:00-5:00pm	Stimulating Catheters; Stimulating catheters will be provided to participants for hands-on experience during lecture
5:00-5:30pm	Panel Discussion
5:30pm	Adjourn

Sunday, July 26

7:00-7:30am	Breakfast (provided)
7:30-8:30am	Assessment of Nerve Block and Optimization for Post-Op Pain Control, Identification & Management of Complications
8:30-9:00am	Discussion on Complications
9:00-9:15am	Coffee Break and Hands-On Sessions breakout
9:15-11:45am	Hands-on Session 1 Groups A&B

Human Volunteer Stations: Hands-On Practice of Ultrasound Guided Regional Anesthesia in the Upper and Lower limbs and a Demonstration of Advanced Ultrasound Guided Blocks on Human Volunteers (Rectus Sheath Block, Transverse Abdominal Block, Paravertebral Block, Localization of Epidural Space and other peripheral nerves) (Morning: Group A) (Afternoon: Group B)

Anesthetized Pigs: Hands-On Practice Stimulating Catheters, Ultrasound Guided Localization of Nerves, Ultrasound Guided Vascular Access, Ultrasound Guided Identification of Intercostal Space, Peritoneum & Pleura, Tunneling Technique, Hydro dissection (Morning: Group B) (Afternoon: Group A)

11:45-1:00pm	Luncheon Lecture (lunch provided) Ethics: Regional Anesthesia for Post-operative Pain
1:00-3:30pm	Hands-on Session 2 Groups A&B switch for this session
3:30-4:00pm	Panel Discussion
4:00pm	Adjourn

For Online registration & further details on workshops, please visit:
www.uth.tmc.edu/anes/conferences

Conference Registration - 0432

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7th Biannual Ultrasound Guided Regional Anesthesia Workshop July 25-26, 2009

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Conference Fees (check the box you will attend):

7th Biannual Ultrasound Guided Regional Anesthesia Workshop

- \$ 1000.00 Registration Fee
 \$ 900.00 Early Bird (before 05/30/09)
 \$ 1150 Late Registration (after 06/30/09)

(Includes Special Hands-on Practice of Ultrasound Guided Regional Anesthesia on Adult & Pediatric Volunteers and Animal Lab Sessions)

• Limited spaces available • Unlimited number of spaces free for Residents

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- 300.00

*Physicians and Nurses can use same registration form. Make copies of this form as needed or Register Online at www.uth.tmc.edu/anes/conferences.

"Hands-on Acute Pain Workshop for Nurses" Sunday, July 26, 2009

Program Agenda

7:00am – 7:30am	Registration & Refreshments
7:30am – 7:40am	"In Pain & Needing Relief": Introduction to Program, Life Long Learning
7:40am - 8:15am	Anatomy & Physiology of Pain, Including Epidural Space Anatomy
8:15am - 8:45am	Why Do We Need to Treat Pain? Dynamic & Static Pain & Functionality Assessment, Difference Between Acute & Chronic Pain, Long Term/Short Term Effects of Pain
8:45am – 9:30am	Why Do Some Pains Stab and Others Ache? Lecture Includes: How Treatments Differ, Opioid Dependent Patients, Fears and Anxieties: Dealing with the Psychological Impact of Pain
9:30am – 9:45am	Question & Answer Session
9:45am – 10:15am	Morning Break
10:15am – 11:00am	Epidural Placement: Live Volunteer Demonstration
	Monitors, Positioning, Sterility, Epidural Catheter Securing, Labeling, Test Dose Effect, Sensory & Motor Exams
11:00am – 11:30am	How Often Should Acute Pain be Reassessed and What Needs to be Considered During Assessment & Reassessment in a Patient with an Epidural?
	Which Tools & Skills Ensure That a Comprehensive Pain Assessment has been Undertaken for Patients with Epidurals? Daily Epidural Management Sensory Exams, Motor Exams, Safety for Ambulation
11:30am – 12:00pm	Golden Key to Effective Pain Management with Epidurals, Side Effects & Complications of Epidural Analgesia, Prevention and Management (ASRA Guidelines, Beta Blockers, etc.) Multimodal Approach of Pain Management: Why do We Start Epidurals & PCAs Together in Some Patients
12:00pm - 12:15pm	Question & Answer Session
12:15pm – 1:00pm	Lunch Break
1:00pm – 1:15pm	Journey to Animal Lab
1:15pm – 3:15pm	Analgesia Update: Animal Lab - Epidural Placement, Demonstration of Spinal/Epidural Difference, Intravascular Injection and Changes in Heart Rate
3:15pm – 4:00pm	Journey to Animal Lab
4:00 pm – 4:45 pm	Peripheral Nerve Blocks - Consent Forms/Timeouts and Documentation of Nurse Assessment Findings
4:45 pm – 5:00 pm	Return Evaluations for Credit