Purpose
The Upper and Lower Extremity Nerve Block Workshop is designed to enhance the practitioner’s knowledge in the clinical sciences related to upper and lower block anesthesia. This program will expand the skills and expertise of CRNAs in using upper and lower extremity block anesthesia. The program will include case studies and hands-on demonstration, return demonstration, and skill validation.

Target Audience: This workshop is for CRNAs interested in developing their skills and knowledge with peripheral nerve blocks.

Saturday, September 26, 2015

7:30 a.m.
Shuttle Bus Pickup from Hotel to AANA Learning Center

7:30 a.m. – 8:00 a.m.
Breakfast Provided

8:00 a.m. – 8:30 a.m.
Welcome and Introductions

8:30 a.m. – 9:30 a.m.
Pharmacology of Local Anesthetics
Lisa A. Osborne, CRNA, PhD

Learner Outcomes:
1. Identify the mechanisms and sites of actions of local anesthetics.
2. List the physiochemical properties and clinical effects of common local anesthetics utilized for peripheral nerve blocks.
3. Discuss commonly used dosage ranges used for regional anesthesia.
4. Discuss the selection and pharmacology of vaspressors used in conjunction with regional anesthesia.
5. Discuss the treatment of local anesthetic toxicity.
6. Identify the concept of “grams percent” and “ratio” as applied to calculations for preparing drugs for regional anesthesia.

9:30 a.m. – 10:30 a.m.
Anatomy of the Brachial Plexus
Charles A. Reese, CRNA, PhD

Learner Outcome:
1. Describe the anatomy and landmarks of the upper extremity structures related to brachial plexus block.

10:30 a.m. – 10:45 a.m.
Break
10:45 a.m. – 11:45 a.m.  
**Brachial Plexus Block - Axillary and Supraclavicular Techniques**  
Charles A. Reese, CRNA, PhD  

**Learner Outcome:**  
1. Describe various common techniques for the axillary approach to the brachial plexus.

11:45 a.m. – 12:30 pm.  
**Lunch Provided to Participants**

12:30 p.m. – 1:30 p.m.  
**Brachial Plexus Block – Evaluation and Peripheral Nerve Block Augmentation**  
Alan Todd, CRNA, DNP, MSN  

**Learner Outcomes:**  
1. Describe the necessary steps to evaluate the results of a brachial plexus block.  
2. Discuss procedures for augmenting a brachial plexus block using additional peripheral nerve blocks.

1:30 p.m. – 2:30 p.m.  
**Principles of Ultrasound Guided Regional Anesthesia**  
Alan Todd, CRNA, DNP, MSN  
Lisa A. Osborne, CRNA, PhD  

**Learner Outcomes:**  
1. Describe various common techniques for the supraclavicular approach to brachial plexus block.  
2. Discuss the theoretical framework for ultrasound anatomic imaging.

2:30 p.m. – 2:45 p.m.  
**Break**

2:45 p.m. – 3:45 p.m.  
**Techniques of Ultrasound Guided Regional Anesthesia**  
Alan Todd, CRNA, DNP, MSN  
Lisa A. Osborne, CRNA, PhD  

**Learner Outcome:**  
1. Describe visual elements that indicate the proper disposition of local anesthetic agents for ultrasound guided regional anesthesia.

3:45 p.m. – 5:45 p.m.  
**Teaching Stations/Upper Extremity**  
**Faculty**

**Learner Outcomes:**  
1. Discuss indications and contraindications associated with the brachial plexus block.  
2. Discuss general principles of safe practice that should be considered prior to performing a brachial plexus block.  
3. Discuss indications and contraindications that may occur with the interscalene block.  
4. Discuss general principles of safe practice that should be considered prior to performing an interscalene block.

5:45 p.m. **Shuttle Bus Pickup-Return to Hotel**
Sunday, September 27, 2015

7:30 a.m.
**Shuttle Bus Pickup from Hotel to AANA Learning Center**

7:30 a.m. – 8:00 a.m.
**Breakfast Provided**

8:00 a.m. – 10:00 a.m.
**Plexus Blocks of the Lower Extremity: Anatomy, Techniques and Evaluation**
Alan Todd, CRNA, DNP, MSN

**Learner Outcomes:**
1. Discuss pain pathways and current pain management priorities.
2. Identify the anatomy and peripheral nerves associated with the lumbar and sacral plexus.
3. Describe the landmarks used for the placement of lower extremity blocks.
4. Describe the use of ultrasound for the placement of lower extremity blocks.
5. Describe the indications and use of Transverse Abdominis Blocks.

10:00 a.m. – 10:15 a.m.
**Break**

10:15 a.m. – 12:15 p.m.
**Teaching Stations: Hands-on Ultrasound Guided Imaging and Informal Q & A**
Faculty

**Learner Outcomes:**
1. Demonstrate the technique for identifying neural and vascular anatomy important for upper and lower extremity regional anesthesia.
2. Discuss the implications of using an “in plane” vs. an “out of plane” approach to nerves during ultrasound guided regional anesthesia techniques.

12:15 p.m.
**Program Ends**

12:15 p.m.
**Shuttle Bus Pickup and Return to Hotel**

**Accreditation Statements**

This course has been prior-approved by the American Association of Nurse Anesthetists for 12 CE credits; AANA Code Number: 1031451; Expiration Date: 09/27/2015.

AANA designates this program as meeting the criteria for 1 CE credit in Pharmacology/Therapeutics.

The American Association of Nurse Anesthetists is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

This course will provide 12 contact hours of continuing nursing education.

Provider approved by the California Board of Registered Nursing, Provider #10862, for 12 Contact Hours.

This educational activity is being presented without the provision of commercial support and without bias or conflict of interest from the planners and the presenters.