



**Ultrasound  
in Pain Medicine  
Masterclasses**

## Welcome message

In the past 5 years ultrasonography (US) has been increasingly used in the field of regional anesthesia, helping to achieve reliable blockade of peripheral nerves and to visualize neuraxial structures. It has gained significant popularity and may become a standard of care for both intraoperative analgesia and postoperative pain control in the future. However, the application of US in chronic pain management remains in an embryonic state. Several reasons can be suggested to explain this situation. First, image quality in the recent past was poor, which made interpretation of small structures extremely difficult. Second, because of the technical requirements, relatively few experts have had the skills needed to use this tool, although recent improvements in resolution and processing have made it possible for most operators to distinguish small anatomic structures, including nerves. Third, there is a deeply rooted acceptance of fluoroscopy and computed tomography as the gold standards of imaging in pain medicine. As such, pain societies and their members promote education and expertise in these methods (particularly fluoroscopy), but it could be that their knowledge of US is simply too limited to recognize its value. Fourth, advanced pain practitioners are still struggling to convince the wider medical community, as well as payers and patients, that only image-guided procedures should be performed and that the custom of office-based “nerve blockade” should be discouraged. Fifth, at the present time the evidence-base for the use of US-guided injections is very limited, and there is a constant danger of “technological hijacking” whereby unvalidated and potentially harmful injections of all types are introduced in an uncontrolled manner into the curricula for “image-guided procedures.” It, therefore, seems timely to establish a structured program of education implementing a step by step approach whereby relatively simple and clinically useful techniques will be taught first, and advanced methods will be introduced later.

I ‘m looking forward to seeing you there!

Michael Gofeld MD, Course Director



## **Structure**

We have designed the following course as a one year program consisting of three two-day workshops for the same group of professionals. The program includes a short didactic presentation of the course material, detailed tutoring and practice in sonoanatomy on live-models, and training of block techniques on the “Blue Phantom” and anatomic material. Participants will be encouraged to start implementing techniques they will have learnt in their practice. The course is limited to 20 participants.

## **Accreditation**

Each event will be submitted for accreditation as a CME activity in the University of Toronto. Peer assessment of acquired technical skills of a participant will be conducted by two faculty assessors.

Why “examination part” is important? Since no formal education exists in ultrasound-guided techniques in pain medicine, it may be important for both self-assessment and peer-approval of technical expertise. It can be used as a basis for more official endorsement by examination boards in pain medicine in the future.

## **Faculty**

Anuj Bhatia, MD, University of Toronto  
Colin McCartney, MD, Associated Professor, University of Toronto  
Vincent Chan, MD, Professor, University of Toronto  
Peter Cheng, DO, Kaiser Riverside Medical Center  
Sugantha Ganapathy, MD, Professor, University of Western Ontario  
Michael Gofeld, MD, Assistant Professor, University of Toronto  
Samer Narouze, MD, Cleveland Clinic Foundation  
Paul Tumber, MD, Assistant Professor, University of Toronto

## **Participating institutions:**

Sunnybrook Health Sciences Centre, Toronto, Canada  
University Health Network, Toronto, Canada  
London Health Sciences Centre, London, Canada  
Cleveland Clinic Foundation, Cleveland, OH, USA  
Kaiser Riverside Medical Center, Riverside, CA, USA

# **Preliminary program**

## **July 12-13, 2008 - Peripheral nerve blocks and MSK in pain medicine”Fast Food Menu”:**

1. Overview of applied anatomy
2. Principles of diagnostic and therapeutic interventions
3. “Blue Phantom” practice
4. Suprascapular, intercostal, ilioinguinal/iliohypogastric, lateral femoral cutaneous, saphenous nerve block and selective MSK applications (e.g. shoulder, hip and knee joint, carpal tunnel) (live model, anatomic material)

## **December 6-7, 2008 - - Spine: “To The Bone Menu”**

1. Overview of applied anatomy
2. Principles of diagnostic and therapeutic interventions
3. “Spine Blue Phantom” practice
4. Cervical, thoracic and lumbar medial branches nerve block, intraarticular facet joint injections, spinal nerve root block (live model, anatomic material)

## **May 9-10, 2009 - - Sympathetic block and other advanced techniques: “Gourmet Menu”**

1. Overview of anatomy
2. Principles of diagnostic and therapeutic interventions
3. “Spine Blue Phantom” practice
4. Cervical sympathetic trunk, celiac plexus block, lumbar sympathetic block. Miscellaneous procedures and techniques (e.g. pudendal nerve block, radiofrequency ablation, cryoanalgesia) (live model, anatomic material)

# Ultrasound in Pain Medicine Masterclass “Fast Food”

**July 12-13, 2008**

**Venue:** Chronic Pain Clinic, Sunnybrook Health Sciences Centre  
Room 605, B-wing, 6th floor 2075 Bayview Avenue  
Toronto, Ontario, Canada M4N 3M5

**Target audience:** anesthesiologists, physical medicine & rehabilitation, family physicians, emergency medicine physicians

## **Accreditation:**

This educational activity has been approved for:

- The Royal College of Physicians and Surgeons of Canada – *14 Section 1 credits;*
- The Physician’s Recognition Award of The American Medical Association – *14 Category 1 credits;*

## **Activity:**

- Didactic presentation of related sonoanatomy of peripheral nerves
- Introduction to ultrasound-guided techniques in interventional pain management
- Practical hands-on-workshop of sonographic anatomy
- Practical hands-on workshop on “blue phantom” and anatomic material

## **Declaration of Potential Conflict of Interest**

Speakers will be requested to disclose to the audience, any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program

## **Goals and objectives:**

<b>Goals</b>	<b>Objectives</b>
<b>Understanding sonoanatomy of peripheral nerves and musculoskeletal structures pertinent to the course program</b>	<b>Participants will learn principles of ultrasound examination and appearance of different anatomic structures</b>
<b>Acquiring technical skills and mastering performance of various procedures</b>	<b>Participants will practice (hands-on) interventional procedures under ultrasound guidance</b>

## **Remarks:**

1. 10 minutes period for Q&A is dedicated in every didactic presentation
2. hands-on workshop is a full interactive activity with 4 participants and an instructor on each station
3. Procedures and techniques that implemented in regional anesthesia will not be discussed and demonstrated, unless it is clinically relevant and time permits.

**Program:****July 12, 2008**

8:00-9:00: Registration and breakfast

9:00-9:15: Introduction (Michael Gofeld)

9:15-10:00: Principles of ultrasound-guided procedures (Vincent Chan)

10:00-11:00: Neural sonoanatomy for pain physician (Colin McCartney)

11:00 – 11:30: MSK sonoanatomy for pain physician (Peter Cheng)

11:30 – 12:00: Ultrasound-guided procedures under magnifying glass of EBM (Michael Gofeld)

12:00 – 13:00: Lunch

	Group I	Group II	Group III	Group IV
13:00 - 14:00	Live Model	Blue Phantom	Live Model	Live Model
14:00 -15:00	Blue Phantom	Live Model	Blue Phantom	Cadaver
15:00 – 16:00	Cadaver	Live Model	Live Model	Live model
16:00 – 17:00	Live Model	Cadaver	Live Model	Blue Phantom

17:00-17:00 Wrap up and adjournment

**July 13, 2008**

	Group I	Group II	Group III	Group IV
8:00 – 9:00	Live Model	Live Model	Cadaver	Live Model
9:00 – 10:00	Cadaver	Live Model	Live Model	Live Model
10:00 – 11:00	Live Model	Cadaver	Live Model	Live Model
11:00 – 12:00	Live Model	Live Model	Cadaver	Cadaver
12:00 – 13:00	Lunch			
13:00 – 14:00	Q&A	Q&A	Q&A	Q&A
14:00 – 15:00	LM - Assessment	LM – Assessment	AM – Assessment	AM – Assessment
15:00 – 16:00	AM – Assessment	AM– Assessment	LM – Assessment	LM – Assessment

16:00 – 17:00: Evaluation and adjournment

Registration Fees: Course fees are CAD \$1200 before July 1, 2008 and CAD \$1400 after July 1, 2008.

Cheques should be made payable to Michael Gofeld, Sunnybrook ACMS Educational Account. No Credit cards

Cancellation Policy: Cancellations must be submitted in writing and received by July 1, 2008. Cancellations after July 1, 2008, will forfeit 50% of their registration fee. No cancellations will be accepted after July 5, 2008. Refunds will be sent after the conclusion of the meeting.

Contact Us:

Course Coordinator: Kathy Ross Tel. 416 480-6100 ext. 2272

Email: [Kathy.Ross@sunnybrook.ca](mailto:Kathy.Ross@sunnybrook.ca)

Course Director: Michael Gofeld Tel. 416 480-4771

Email: [Michael.Gofeld@sunnybrook.ca](mailto:Michael.Gofeld@sunnybrook.ca)

Accommodations: A block of rooms have been reserved at the Best Western Roehampton Inn and Suites under the name 'Ultrasound Masterclass'.

Best Western Roehampton Inn and Suites

808 Mt. Pleasant Rd.

Toronto, ON, Canada

M4P 2L2

(416) 487-5101

Directions: From the hotel take a left onto Eglinton Ave East for one block until you reach Bayview Ave. Take a left onto Bayview Ave. and drive for one block.

Sunnybrook Health Science Center will be on the right hand side. Five minutes drive or 20-30 minutes walk from Sunnybrook Health Science Centre.

**This program is generously supported by an unrestricted educational grant by Phillips, SonoSite and General Electric industry partners:**

