

## **RCoA Research, Education & Travel Grants 2018**

**Award:** Belfast Fund

**Applicant:** Dr Mariapaz Sebastian

**Project Title:** *Teaching course in Regional Anaesthesia*

### **Project Description:**

We are running a free one-day Ultrasound Guided Regional Anaesthesia course based on Royal National Orthopaedic Hospital for the central school of anaesthesia and RNOH trainees.

During daily practice, theatre pressure sometimes does not allow enough time for scanning and learning. Prior perform any block in real patients, trainees should gain needling skills. Trainees not always have these opportunities in theatres. On the other hand, many regional anaesthesia courses and meetings are expensive and outside London.

In our course, there are lectures presented by consultant anaesthetist with expertise in regional anaesthesia, plenty of time for scanning on real model and needling practice in phantoms and animal models.

We aim to improve the teaching experience trainees have in ultrasound guided regional anaesthesia, increasing their skills in recognising anatomy, targets and needle and update their knowledge with the latest news and evidences.

We focus our teaching in small groups to increase learning opportunities, but we also discuss hot topics in regional anaesthesia. We attend regional anaesthesia meeting along the world to provide the latest and pass the knowledge on.

The course has had extremely positive feedback from trainees. They were grateful to be able to scan with no rush and practice needling for as long as they wanted. Many trainees highlighted how the course increases their confident in performing regional anaesthesia safely while improving their knowledge hugely. These comments have encouraged us to continue and to increase the way we perform.

Running the course requires not just a lot of dedication and time but also funding.

We would like this grant to help us with the cost of the course, being able to keep it free of cost for the trainees attending, and to attend RAUK meeting May 2019 based in Belfast. This meeting is having international lectures and experts aiming to bring the latest news. We would like to attend and share the knowledge gained on this meeting with trainees attending the course.