

Pain Medicine Ultrasound Course

28 – 29 September 2023



Course Description

Specifically designed for healthcare providers who are exploring point of care ultrasound to enhance the management of patients with chronic pain.

Pain Medicine Ultrasound Course gives you two days of intensive, highly interactive learning and practical information that you can immediately put to use in your practice. Each topic consists of an introductory lecture followed by hands-on practice using live models

Covering all the aspects of Ultrasound application in Chronic Pain, this course presents a systematic and focused assessment with ultrasound. Lectures are succinct and delivered in an interactive format. The participant will develop ultrasound pattern recognition of the neuraxial structures, peripheral nerves, major tendons, ligaments, and muscles surrounding these joints. The case discussions will focus on pathologies that are commonly encountered.

*The **Hands-on Training** is the cornerstone of the program. During these sessions, participants will be guided to perform bedside scans on volunteers. The scanning protocols and pearls and pitfalls to perform interventions and obtaining high quality diagnoses are emphasized. With 9 hours set aside for live demonstration and scanning, and keeping the trainer to trainee ratio to a maximum of **1:5**, participants will have ample opportunities to practise during the hands-on training sessions.*

Who should attend?

Chronic pain physicians, Anaesthesiologists, sports physicians, orthopaedic surgeons, emergency physicians, nurse practitioners, residents, medical officers and healthcare workers involved in the management of patients with chronic pain and musculoskeletal complaints. Participants should already have a basic understanding and appreciation of ultrasound physics.

ACGME-I Competencies

This course is designed to meet one or more of the following ACGME competencies:

- Patient Care
- Medical Knowledge
- Practice-Based Learning and Improvement

AACES Pain Medicine Ultrasound Course, Singapore 28-29 Sept 2023

Day 1: 28 Sept 2023

0800 Registration

0820 Welcome address

Lectures

0830 Head and Neck I (Cervical medial branch, nerve roots and facet joints)

Dr Darryl Heng

0850 Head and Neck II (Stellate ganglion, Greater/ Lesser Occipital Nerves)

Dr Ong Say Yang

0910 Shoulder (Acromio clavicular/ Gleno humeral joints, Biceps tendon, Sub acromial sub deltoid bursa, Supra scapular nerve)

Dr Christopher Liu

0930 Brachial Plexus (Interscalene, Supraclavicular and Axillary approach, Individual nerves)

Dr Tan Wee How

0950 Elbow and Wrist (CEO/ CFO tendon, Ulnar Nerve (cubital tunnel), Median Nerve (Carpal tunnel), Wrist joint, De Quervian's tenosynovitis)

Dr Colin Chun Wai Chong

1010 Platelet Rich Plasma Injections: Purpose and effectiveness

Dr Ong Joo Haw

1030 Tea break

1100 Hands – on session 1

1145 Hands – on session 2

1230 Lunch

1330 Hands – on session 3

1415 Hands – on session 4

1500 Tea break

1530 Hands-on session 5

1615 Free scanning

1700 Closing

ALEXANDRA ACADEMY FOR CLINICAL AND EMERGENCY SONOGRAPHY

Day 1 Hands-on stations

A	Head and Neck I	Dr Terence Quek Jinlin, Dr Darryl Heng
B	Head and Neck II	Dr Ong Say Yang
C	Shoulder	Dr Christopher Liu
D	Brachial plexus	Dr Tan Wee How, Dr Ashutosh Joshi
E	Elbow and Wrist	Dr Colin Chun Wai Chong

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Day 2: 29 Sept 2023

Lectures

0850	Lumbar Spine (Medial branch, Facet, SIJ, Caudal epidural)	Dr Ong Say Yang
0910	Pelvis and Trunk I (Intercostal, Iliohypogastric/ Ilioinguinal, Lateral Femoral Cutaneous, Femoral Nerves)	Dr Tan Wee How
0930	Pelvis and Trunk II (Hip joint, GTPS, Piriformis, Nerves (Pudendal, Sciatic, Obturator)	Dr Colin Chun Wai Chong
0950	Knee and Ankle (Knee and Ankle joint, Plantar fascia, Achilles, distal nerves)	Dr Christopher Liu
1010	Radiofrequency ablation – basics	Dr Colin Chun Wai Chong
1030	Tea break	
1100	Hands – on session 1	
1145	Hands – on session 2	
1230	Lunch	
1330	Hands – on session 3	
1415	Hands – on session 4	
1500	Tea break	
1530	Hands-on session 5	
1615	Free scanning	
1700	Course Closure	

Day 2 Hands-on stations

1	Lumbar Spine	Dr Ong Say Yang
2	Pelvis and Trunk I	Dr Tan Wee How, Dr Darryl Heng
3	Pelvis and Trunk II	Dr Colin Chun Wai Chong
4	Knee and Ankle	Dr Christopher Liu
5	Phantom needling, RF generator/ electrodes, PRP machine	Dr Ashutosh Joshi, Dr Bin WH

Faculty:

Dr Ashutosh Joshi (Course Director)

MBBS, FCAI, G Dip (Pall Med), FAMS

Consultant, Department of Anaesthesia, Khoo Teck Puat Hospital

Dr Ong Joo Haw (AACES Program Director-MSK)

MBBS, MRCSed, MMed(FM), FAMS, GDOM, DWD

Director and Senior Consultant, Sports and Exercise Medicine Centre, Department of Orthopaedic Surgery, Khoo Teck Puat Hospital. Singapore.

Dr Colin Chun Wai Chong

B.Sc, MBBS, M. Med, FRANZCR

MSK Diagnostic and Interventional Radiologist, Australia

Educator in MSK Ultrasound. Australasian Society of Ultrasound in Medicine (ASUM)

Dr Bin Wern Hsien

MBBS, M Med (Anaesthesia), FAMS

Head and Senior Consultant, Department of Anaesthesia, Khoo Teck Puat Hospital

Dr Darryl Heng Hee Chuan

MBBS, M Med (Anaesthesia)

Consultant, Department of Anaesthesia, Khoo Teck Puat Hospital

Dr Christopher Liu

MBBS, M Med (Anaesthesia)

Consultant, Department of Anaesthesia, Singapore General Hospital

Dr Ong Say Yang

MBBS, M Med (Anaesthesia), FANZCA, FFPMANZCA

Consultant, Department of Anaesthesia, National University Hospital

Dr Terence Quek Jinlin

MBBS, M Med (Anaesthesia)

Consultant, Department of Anaesthesia, Tan Tock Seng Hospital

Dr Tan Wee How

MBBS, M Med (Anaesthesia)

Associate Consultant, Department of Anaesthesia, Woodlands Health