

Musculoskeletal Ultrasound Sonoanatomy & US Guided Injection Workshop

Date: 7 – 8 October 2023 (Saturday & Sunday)

Venue: Bioskill lab, Orthopaedic Learning Centre, 1/F, Li Ka Shing Specialist Clinic (North Wing), Prince of Wales Hospital, Shatin, N.T., HKSAR

Capacity: 30 participants (first come first serve) and
Max 20 Observers (Priority for MSc MRGO students/alumni)

Fee: \$3,000 for participants, free for observers

Faculty:

Program Director:	Professor SW Law (CUHK)	
Faculty members:	Dr. Marc Monsour (Overseas)	Dr. Carina Li (Local)
	Dr. Raymond Ng (Local)	Dr. Jonathan Ng (Local)
	Dr. LF Tse (Local) (F&A) (Saturday Only)	Dr. Ryan Lee (CUHKMC) (Sunday Only)
	Dr. Wilson Li (Local) (Saturday Only)	Dr. CY Chu (Local) (Sunday Only)

Features:

Ultrasound Guided Cadaveric Workshop, with Didactic and Practice session among different body parts. Participants will be groups into 6 stations.

CME/CPD Accredited Program

College	Max for whole function	07/10/2023 (09:00 - 17:00)	08/10/2023 (09:00 - 17:00)	Group-Category	Remarks to be shown on Calendar	Messages for Organiser	Accreditor Reference No.
The Hong Kong College of Anaesthesiologists	13	6.5	6.5	AP-PP		See #note 1	
The Hong Kong College of Orthopaedic Surgeons	5	3	3	PP-A			CA230810
Hong Kong College of Radiologists	12	6	6	Cat. A			2023-1390
Hong Kong College of Family Physician	10	5	5	5.2			QAS20230027

#note 1

For online activities, organiser is required to verify and upload the participants to iCMECPD whose online attendance is more than 50% of the total duration of the event. Should you have any questions, please do not hesitate to contact the College at Tel: 2871 8833.

7 October 2023 (Saturday)

8:45am	Registration
9:00am – 10:15am	<u>Lectures by Dr. Marc Monsour</u> UL + Q&A
10:15am – 10:45am	<u>Talks by Dr. Wilson Li</u> 1. Ultrasound of the Shoulder (15 mins) 2. US guided injection of UL: orthopaedic surgeon's perspective (15 mins)
Tea Break (10:45am – 11:00am)	
Session 1: 11:00am – 12:30pm	<u>Rotation into 6 Stations</u> <u>(4 cadaveric table + 1 phantom (injection) + 1 human)</u> 1. Didactic session (30 minutes) 2. US practice (1 hour)
Lunch Break (12:30pm – 1:45pm)	
Session 2: 1:45pm – 3:15pm	<u>Rotation into 6 Stations</u> <u>(4 cadaveric table + 1 phantom (injection) + 1 human)</u> 1. Didactic session (30 minutes) 2. US practice (1 hour)
Tea Break (3:15pm – 3:30pm)	
Session 3: 3:30pm – 5:00pm	<u>Rotation into 6 Stations</u> <u>(4 cadaveric table + 1 phantom (injection) + 1 human)</u> 1. Didactic session (30 minutes) 2. US practice (1 hour)

8 October 2023 (Sunday)

8:45am	Registration
9:00am – 10:45am	<u>Lectures by Dr. Marc Monsour</u> LL & Axial, Buttock pain
Tea Break (10:45am – 11:00am)	
Session 1: 11:00am – 12:30pm	<u>Rotation into 6 Stations</u> <u>(4 cadaveric table + 1 phantom (injection) + 1 human)</u> 1. Didactic session (30 minutes) 2. US practice (1 hour)
Lunch Break (12:30pm – 1:45pm)	
Session 2: 1:45pm – 3:15pm	<u>Rotation into 6 Stations</u> <u>(4 cadaveric table + 1 phantom (injection) + 1 human)</u> 1. Didactic session (30 minutes) 2. US practice (1 hour)
Tea Break (3:15pm – 3:30pm)	
Session 3: 3:30pm – 5:00pm	<u>Rotation into 6 Stations</u> <u>(4 cadaveric table + 1 phantom (injection) + 1 human)</u> 1. Didactic session (30 minutes) 2. US practice (1 hour)

Total hours: 12.5 hours

Station details

Anatomical area & US guided studies and procedures	Layout
<u>Station 1</u> Shoulder	Glenohumeral joint, AC joint, subacromial bursa, biceps tendon – rotator cuff interval, suprascapular nerve block, barbatoge procedure
<u>Station 2</u> Wrist & Elbow	Distal biceps – lacertus, pronator teres syndrome, common extensor tendon, lateral and posterior approach to elbow joint, cubital tunnel Dorsal Compartments, De Quervain's Tenosynovitis, carpometacarpal joint, median nerve – carpal tunnel, trigger finger) <i>(Didactic session with discussing Prolotherapy & Carpel Tunnel Hydrodissection)</i>
<u>Station 3</u> Knee, Foot and Ankle	IA knee, pes anserine bursa, ITB Syndrome, tibiotalar and subtalar joint injection
<u>Station 4</u> Axial & Hip	Intra-articular hip, PENG block, psoas bursa, greater trochanteric pain syndrome Gluteal (SI joint, piriformis, sacrococcygeal injection, ischial bursitis, hamstring tendinopathy)
<u>Station 5</u> US guided injection technique	Hands on practice and demonstration of Ultrasound Guided Injection Technique with Phantom model
<u>Station 6</u> Musculoskeletal Ultrasound diagnosis	Hands on practice and demonstration of Musculoskeletal Ultrasound diagnosis with Human Subject