

Meeting report of the 3rd UCH Regional Anaesthesia course.

A Rukewe¹, A Fatiregun² and O Oyedun³

*Department of Anaesthesia¹, University College Hospital,
Departments of Epidemiology and Medical Statistics² and Anatomy³,
College of Medicine, University of Ibadan, Ibadan, Nigeria*

The 3rd University College Hospital, (UCH) Regional Anaesthesia Course was held in the Seminar Room, Emergency Department of the University College Hospital, Ibadan, November 26-28, 2012. The course was declared open by Dr. Jesse Abiodun Otegbayo, Chairman Medical advisory Committee and the Hospital's Director of Clinical Services Research and Training. He noted with pride that this being the 3rd edition meant that the centre was committed to imparting the skill in regional techniques for surgical anaesthesia and pain medicine. Dr. P.T. Sotunmbi a Consultant Anaesthetist, was the Special Guest of Honour. In her keynote address, she noted that the field of surgery cannot develop independent of anaesthesia. She expressed joy that modern anaesthesia practice is technologically driven, and ultrasound-guided block placements are faster, safer and better. Dr. Sotunmbi encouraged participants to apply themselves to the training and practice nerve blocks from head to toe. The opening ceremony was attended by Dr. Leke Ifesanya, Dr. I.I. Adeoye, Dr. Okunola, Dr. Abraham Anejukwo (Consultant Orthopaedic Surgeons), Dr. Taiwo Lawal (Consultant Paediatric Surgeon), Dr. Yinka Ogunbode (Consultant Obstetrician and Gynaecologist), Dr. Tunde Osinaike, Dr. Peter Olonisakin, Dr. Mukaila Akinwale (Consultant Anaesthetists) and Dr. Yemi Aje (Consultant Cardiologist) among others.

Seventeen participants from the traditional Northern, Southern, Eastern and Western regions attended the 3rd Course, including 3 consultants, 6 senior registrars and 8 registrars from University Teaching Hospitals, specialist hospitals and general hospitals.

The first lecture was delivered by Dr. Ambrose Rukewe, UCH, Ibadan titled "Why Regional Anaesthesia?" in which he talked about the history, scope and application of regional anaesthesia. This was followed by "Pain Assessment and Multimodal Analgesia" by Dr. Olusola Idowu, of Reddington Hospital, Lagos who also delivered the third lecture "Interventional Pain Management: Overview". The last lecture of the day was "Pharmacology of Local Anaesthetic Agents, Newer Agents and Adjuvants" by Dr. Ambrose Rukewe.

On day 2, Dr. Akinola Fatiregun, of UCH, Ibadan taught "Research Methods in Regional Anaesthesia Practice" which was followed by another paper presentation from Dr. Mukaila Akinwale, UCH, Ibadan "Unilateral Spinal and Combined Spinal Epidural Anaesthesia". The third lecture of the day was delivered by Dr. Peter R. Olonisakin, UCH, Ibadan on "Regional Anaesthesia, Anticoagulation and LA toxicity". Dr. Ambrose Rukewe's "Paediatric Regional Anaesthesia – Update" was the last lecture of the day.

On day 3, Dr. Oladayo Oyedun of Anatomy Department, University of Ibadan taught "Relevant Anatomy for Upper and Lower Limb Blocks" following which participants were driven by bus to the Anatomy Laboratory for the cadaver workshop. There were three work-stations handled by Dr. Oladayo Oyedun, Dr. Ayodeji Adeyanju and Dr. Ambrose Rukewe, where applied anatomy was demonstrated to the participants for neuraxial and peripheral nerve blocks. Dr. Lanre Akanmu of Lagos University Teaching Hospital, Lagos lectured on "Upper Limb Blocks" and Dr. Israel Kolawole of University of Ilorin Teaching Hospital, Ilorin "Nerve Blocks for Thyroidectomy and Mastectomy". Dr. Folaju Oyebola, from Federal Medical Centre, Abeokuta discussed "Total Pain Concept". In the last lecture, Dr. Ambrose Rukewe talked about "Failed Blocks and Treatment and Lower Limb Blocks".

The daily practical demonstrations afforded participants hands-on experience for supraclavicular, axillary, femoral, sciatic blocks using stimplex NHS 12 nerve stimulator (B. Braun, Melsungen, Germany) as well as combined spinal epidural anaesthesia (same level, needle-through-needle technique).

The majority of the participants (94%) had never attended a regional anaesthesia course/workshop. Pre-test and post-tests were completed by 65% of the participants (Table 1). Our results indicate that the participants gained valuable knowledge about regional anaesthesia by their participation in this course. The pre-test failure rate fell from 41% to 9% in the post-test and the paired mean difference between pre and post-test scores was $-18\% \pm 20$ ($p=0.012$).

Table 1: Demographic Characteristics and Test Results

Characteristics	Numbers and/or Percentage
Median age (and range) (y)	37 (28-61)
Male/Female (n)	14/3
Mean/median anaesthesia practice experience (ranges) (y)	6.2/3 (1-25)
Participants who completed pre- and posttests forms	11/17 (65%)
Mean/median pretest scores (ranges)	49/50 (12.5 – 75)
Participants who failed the Pretest {n (%)}	7/ (41%)
Mean/median Posttest scores (ranges)	67/63 (37.5 – 100)
Participants who failed the posttest {n (%)}	1 (9%)
Participants who failed the pretest but passed the posttest (n)	4
Participants who failed the posttest but passed the pretest (n)	0
Paired increase in scores between pretest and posttests values {Mean (standard deviation)}	18 (20)*

Data are numbers (n) and mean values (standard deviation). Passing test scores was ≥ 50 , with lowest possible = 0 and highest possible score = 100.

*P value = 0.012 pretest versus posttest