

# The 10<sup>th</sup> Regional Day of Western Switzerland **Regional Anaesthesia Guided by Women**

Saturday, October 4, 2025

CHUV - Lausanne

EDRA-approved: 3.5 points  
[3 ultrasound hands-on points]  
[0.5 other points]



## REGISTRATION

Email to [info@sacar.ch](mailto:info@sacar.ch)

## FEES

### **Lectures & Workshops**

Physicians: 550 chf

Residents: 450 chf

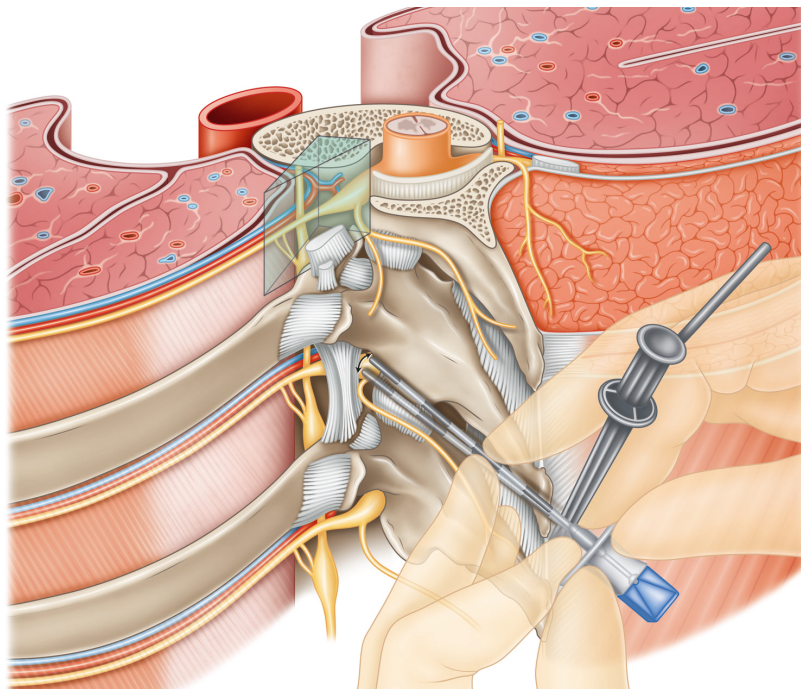
### **Lectures only**

Physicians: 300 chf

Residents: 250 chf

### **Number of participants**

Limited to 48 for workshops



## CHUV

Aud. Mathias Mayor  
Rue du Bugnon 46  
1011 Lausanne

## SCIENTIFIC COMMITTEE

Prof. Dr. med. Eric Albrecht  
PD. Dr. med. Sina Grape

## ACCREDITATION

SSAPM 8 credits / SSUM-SGUM 8 credits (mod. 2 + 10) / SSMUS-SGNOR 8 credits

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## Program

08h15 : Registration & Coffee

08h45 : Welcome - Prof. Eric Albrecht, PD. Dr. Sina Grape

09h00 : Heart Blocks: Enhancing Cardiac Surgery Pathways with Ultrasound Guidance - Dr. Valentina Rancati

09h20 : The Clock is Ticking: Understanding the Timeline of Acute Pain - Dr. Sina Grape

09h40 : Mobilizing Success: Optimizing Motor-Sparing Blocks in Hip and Knee Arthroplasty - Prof. Sandra Kopp

10h00: The Art and Science of Mixing Local Anaesthetics: Benefit, Myth, and Reality - Prof. Nadia Hernandez

10h20 : BREAK

10h40 : Block or no block? Decision-making in Neurologically Compromised Patients - Prof. Sandra Kopp

11h00 : Mastering Abdominal Blocks: My Personal Recipe for Success - Prof. Nadia Hernandez

11h20 : Balancing Bleeding and Blockade: Case Discussions in Regional Anesthesia and Anticoagulation - Prof. Sandra Kopp

11h40: Cracking the Code: Regional Strategies for Rib Fracture Analgesia - Prof. Nadia Hernandez

12h00 : LUNCH

13h00 : Workshop (3 stations)

14h45 : BREAK

15h00 : Workshop (3 stations)

16h40 : Assessment and certification

17h00 : End

### Workshops

Station 1: Blocks around the clavicle - Dr S. Grape

Station 2: Axillary brachial and rescue blocks - Pr. S. Kopp

Station 3: Chest and abdominal wall blocks - Dr M. Robertson

Station 4: Blocks on the thigh - PD Dr R. Fournier

Station 5: Sciatic nerve and ankle blocks - Dr N. Hernandez

Station 6: Neuraxis - Dr A. Othenin-Girard

## FACULTY

### Prof. Dr. Eric Albrecht, ESAIC

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### Prof. Sandra Kopp, MD

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### Dr. Valentina Rancati, MD

Staff physician, Department of Anaesthesia, University Hospital of Lausanne (CHUV), Lausanne, Switzerland

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Dear Colleagues,

It is with great pleasure that we invite you to the **10th Regional Anaesthesia Day of Western Switzerland**, which will take place on **Saturday, October 4, 2025, in Lausanne, CHUV**. As in previous years, the morning will feature lectures, followed by hands-on workshops in the afternoon.

This year, we are once again privileged to welcome internationally renowned experts in Regional Anaesthesia, who will deliver cutting-edge lectures and address your questions and challenges in daily practice. We are especially honoured to host **Prof. Sandra Kopp** from Rochester, Minnesota, USA, and **Prof. Nadia Hernandez** from Houston, Texas, USA—both highly respected leaders in the field.

This 10th edition is particularly special. Under the theme “**Regional Anaesthesia Guided by Women**,” we are proud to celebrate the expertise, leadership, and invaluable contributions of women in the field. Several outstanding female clinicians will share their knowledge and skills, guiding us through advanced techniques and providing fresh perspectives on clinical practice. This tribute highlights the strength, inspiration, and innovation women bring to medicine, society, and daily life.

The event will be held in **English**. You may register for either the morning lectures only or the full day, which includes both lectures and workshops. Each workshop will be led by recognized instructors who will offer practical insights, tips, and techniques to improve your success in regional anaesthesia.

You will find the event flyer attached. To register, please email **info@SACAR.ch** with your **name** and **email**, and specify whether you wish to attend the **lectures only** or the **full program**. If participating in the workshops, kindly indicate your **level of experience** in regional anaesthesia (**beginner, intermediate, or advanced**) so we can form well-balanced groups. In addition, participants will have the opportunity to **download the latest edition of *The Book of Ultrasound-Guided Regional Anaesthesia***.

We are confident that this event will offer an engaging and comprehensive learning experience, as well as a forum for stimulating discussion—whether you are a trainee or an experienced practitioner. This workshop is also **ESRA-approved for the EDRA exam**.

We sincerely thank our industry partners for their generous support and for providing ultrasound equipment. We look forward to welcoming you warmly in Lausanne.

Prof. Dr. med. Eric Albrecht

PD. Dr. med. Sina Grape

Organising and Scientific Committee  
Department of Anaesthesia  
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