2016 Spring Conference
Evidence Based Regional Anesthesia

April 23, 2016
Intercontinental
St. Paul Riverfront
St. Paul, MN

3.5 AMA PRA Category 1 Credit(s)™
Dear Colleagues,

As new evidence appears in the literature, the practice of medicine evolves along with it. With the digital age in full swing, there is easier access to the latest and greatest studies. This wide availability of scientific information has spurred an increased ability to integrate the best of the literature in daily practice with the goal of practicing in an evidence-based manner. Regional anesthesia is no exception, as new nerve localization techniques, clinical pathways, and variations of nerve blocks have become parts of an expanding regional presence in many practices. Our Spring MSA Meeting will focus on evidence-based practice of regional anesthesia, and will be held at a new location this year. Both Spring and Fall meetings for 2016 will be held at a new venue, the Intercontinental St. Paul Riverfront. The Spring Meeting will be held April 23, while the Fall Meeting is scheduled for November 12.

At the Spring Meeting, we are fortunate to have Dr. Joseph Neal as our Guest Speaker. Dr. Neal is a world leader in regional anesthesia, the previous editor-in-chief of Regional Anesthesia and Pain Medicine, and a former president of the American Society of Regional Anesthesia and Pain Medicine. In addition, we are pleased to welcome excellent lectures by Dr. Roberto Blanco of the University of Minnesota and Dr. Sandra Kopp from Mayo Clinic. There will be ample time for questions and discussion during the course of the meeting.

A refreshing brunch will be provided, with plenty of time to network with colleagues and interact with exhibitors. Furthermore, Dr. J.P. Abenstein, immediate past president of the American Society of Anesthesiologists, will be providing us with an update of current ASA business. Please stick around after the lectures for the business meeting, which includes the election of MSA officers. With excellent presentations by these leading experts in regional anesthesiology, the MSA Spring Meeting is sure to be an educational and enjoyable day. I look forward to seeing you there!

Sincerely,

Adam D. Niesen, MD
Chair, MSA Education Committee

Parking: If you are driving to the MSA Spring Conference, please plan to park in either the attached Intercontinental St. Paul Riverfront parking ramp, or the Capitol City ramp off of 4th Street. To validate your parking, please stop at the MSA registration desk in Great River Court to receive a voucher. Please remember which parking structure you parked in order to receive the correct voucher.

WiFi Access: Complimentary WiFi access is offered in the meeting space at the MSA Spring Conference. To access the WiFi, simply open your web browser and click on the acceptance button once prompted. No passcode is required.
**Agenda**

7:00 – 7:55am  
Registration and Coffee with Exhibitors

7:55 – 8:00am  
Welcome Remarks  
Adam Niesen, MD, Chair, MSA Education Committee

8:00 – 8:45am:  
Perioperative Pain Management and Current Evidence  
Roberto Blanco, MD, Anesthesiologist, University of Minnesota, Minneapolis

8:45 – 9:30am:  
Re-Visiting the Evidence-Basis for Ultrasound-Guided Regional Anesthesia  
Joseph Neal, MD, Professor of Anesthesiology, Virginia Mason Medical Center, Seattle

9:30 – 9:45am:  
Expert Panel Discussion – Question & Answer  
Roberto Blanco, MD, and Joseph Neal, MD

9:45 – 10:45am:  
Brunch with Exhibitors/ASA Update  
J.P. Abenstein, MD, Associate Professor of Anesthesiology, Mayo Clinic, Rochester

10:45 – 11:30am:  
Regional Anesthesia for Patients on Oral Anticoagulants  
Sandra Kopp, MD, Associate Professor of Anesthesiology, Mayo Clinic, Rochester

11:30am – 12:15pm:  
The 2nd ASRA Practice Advisory on Neurologic Complications of Regional Anesthesia  
Joseph Neal, MD, Professor of Anesthesiology, Virginia Mason Medical Center, Seattle

12:15 – 12:30pm:  
Expert Panel Discussion – Question & Answer  
Sandra Kopp, MD, and Joseph Neal, MD

12:30 – 1:00pm:  
MSA Business Meeting and Officer Elections

1:00pm:  
Adjournment and Executive Committee Meeting
It is the policy of the Minnesota Medical Association (MMA) to ensure balance, independence, objectivity, and scientific rigor in its CME activities. To comply with the Standards for Commercial Support of the Accreditation Council for Continuing Medical Education (ACCME), the MMA requires members of the planning committee and faculty to disclose the existence of any financial interest or other relationship he/she and his/her spouse or partner has with companies whose health care products or services are discussed in an educational presentation. The requirement applies to relationships that are in place at the time of the CME activity or in the 12 months preceding the activity.

The following financial relationships were disclosed and have been resolved:

Jacob Hutchins, MD

**Speakers Bureau:** Pacira, Halyard

**Research Funding:** Pacira

**Advisory Board:** Pacira, Atricure, Worrell

The remaining members of the faculty and planning committee for this conference have indicated that they have no relevant financial relationships to disclose related to the content of the CME activity.

Faculty members have declared that they will uphold the MMA’s standards regarding CME activities and that any clinical recommendations are based on the best available evidence or are consistent with generally accepted medical practice. Please indicate in the comments section of the evaluation form whether you detect any instances of bias toward products manufactured by commercial interests.

**CME Credit:**

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Minnesota Medical Association and the Minnesota Society of Anesthesiologists. The Minnesota Medical Association (MMA) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Minnesota Medical Association designates these live activities for a maximum of **3.5 AMA PRA Category 1 Credit(s)™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
As a result of participation in this CME activity, learners should be able to:

- Recognize importance of pain management for patient outcomes and increase knowledge of all the different components of multimodal management of pain
- List and discuss implications of ultrasound guidance on safety, effectiveness and efficiency of regional anesthesia and pain procedures
- Promote regional anesthesia techniques and systemic patient management techniques that lead to decreased risk of neurologic injury for the patient. These include monitoring techniques such as injection pressure monitoring, blood pressure monitoring, blood pressure management
- Discuss implications of spinal stenosis, vertebral pathologies, inflammatory neuropathies, pre-existing neurologic disease on safety of regional anesthesia
- List new antiplatelet and anticoagulation medications and discuss the safety of regional anesthesia and pain procedures in patients treated with these medications
- Discuss new ASRA guidelines on anticoagulation

Upon completion of the following educational activity presentations, the participant should be better able to:

**Topic: Perioperative Pain Management and Current Evidence**

- Understand the importance of developing an appropriate pain control regimen
- Develop a systematic approach so the formulation of an optimal plan to control patient’s perioperative pain can be made and covers each patient’s independent needs
- Keep in mind the different options, both pharmacological and non-pharmacological, that can be used in the process of delineating a comprehensive perioperative pain control plan

**Topic: Re-Visiting the Evidence-Basis for Ultrasound-Guided Regional Anesthesia**

- Critique the evidence for UGRA affecting various block characteristics, such as success, onset time, duration, and patient satisfaction
- Cite new information that demonstrates an advantage of UGRA over other nerve localization techniques for reducing the likelihood of local anesthetic systemic toxicity
- Distinguish those complications that appear to be unaffected by the use of ultrasound-guidance

**Topic: Regional Anesthesia for Patients on Oral Anticoagulants for Regional Anesthesia**

- Assess the bleeding risk factors for patients undergoing neuraxial anesthesia
- Review the pharmacology and physiology of direct acting oral anticoagulants
- Highlight the new ASRA 4th practice advisory guidelines for these medications

**Topic: The 2nd ASRA Practice Advisory on Neurologic Complications of Regional Anesthesia**

- Summarize the salient features of the 2nd ASRA practice advisory on neurologic complications associated with regional anesthesia
- List emerging neurological complications of concern that have been associated with regional anesthetic techniques
- Understand the pathophysiology and unique anatomical conditions that place patients at risk for rare neurologic complications
Dr. J.P. Abenstein, consultant in the Division of Cardiovascular and Thoracic Anesthesiology and associate professor of Anesthesiology at the Mayo College of Medicine in Rochester, Minnesota, currently serves as immediate past president of the American Society of Anesthesiologists (ASA).

Dr. Abenstein received his engineering degrees from Duke University and the University of Wisconsin. He received his medical degree from Loyola Stritch School of Medicine in Chicago and completed his residency and fellowship in cardiac anesthesiology at Michael Reese Hospital and Medical Center in Chicago. He is board certified by the American Board of Anesthesiology.

Dr. Abenstein and his wife, Sandra, live in Oronoco, Minnesota, and have two children.

Dr. Roberto C Blanco is currently Associate Professor of anesthesiology at the University of Minnesota, in Minneapolis. He is also Co-Director for the fellowship in regional anesthesia.

He earned his medical degree from Universidad del Rosario, in Bogotá, Colombia. He did his residency in anesthesiology at Washington University in Saint Louis, MO. Then he obtained his Fellowship in Regional Anesthesia from the University of Iowa. The area of regional anesthesia is one of his principal interests where he spends most of his time teaching and supporting the clinical activities of his department.

Dr. Sandra L. Kopp is an Associate Professor of Anesthesiology at Mayo Clinic, Rochester, MN. She graduated with a B.A. from St. Olaf College in Northfield, MN, in 1993 and received her Doctor of Medicine degree from the University of Minnesota School of Medicine in 1999. Dr. Kopp did her Internship, Anesthesiology Residency, and Regional Anesthesia fellowship at Mayo Clinic, Rochester, MN. Dr. Kopp is currently the Chair of the North Division of Anesthesiology and Program Director of the Regional Anesthesia and Pain Medicine Fellowship Program and very involved in the American Society of Regional Anesthesia and Pain Medicine. Her interests include regional anesthesia and analgesia, anticoagulation, and local anesthetic toxicity.

Dr. Joseph Neal received his undergraduate and medical training at Wake Forest University and the West Virginia University School of Medicine. He returned to Bowman Gray / Wake Forest University to complete residencies in Emergency Medicine and Anesthesiology. After fellowship training in regional anesthesia at the Virginia Mason Medical Center in Seattle, he joined that group in 1989. Dr. Neal’s academic interests include guideline development, upper extremity regional anesthesia, complications of regional anesthesia, and a strong interest in resident / fellow education. He directed the Virginia Mason regional anesthesia fellowship for over a decade as well as their anesthesiology residency program. Dr. Neal is a senior examiner for the American Board of Anesthesiology; was Editor-in-Chief of Regional Anesthesia and Pain Medicine (2002-2012), and is co-author of the textbooks Requisites in Anesthesiology: Regional Anesthesia; and Complications in Regional Anesthesia and Pain Medicine. He is the Immediate Past-President of the American Society of Regional Anesthesia and Pain Medicine (2015-2017).

Planning Committee

Adam Niesen, MD
Chair, MSA Education Committee
Assistant Professor of Anesthesiology
Mayo Clinic
Rochester, Minnesota

Ioanna Apostolidou, MD
Professor
Director, Cardiothoracic Anesthesiology Fellowship Division Chief, Cardiothoracic Anesthesiology
University of Minnesota
Minneapolis, Minnesota

Jacob Hutchins, MD
Director of Regional Anesthesia, Acute Pain, and Ambulatory Anesthesia
University of Minnesota
Minneapolis, Minnesota

Mojca Konia, MD, PhD
Residency Program Director
Vice Chair of Education
University of Minnesota
Minneapolis, Minnesota
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Halyard Health is a medical technology company focused on preventing infection, eliminating pain and speeding recovery. Come to our booth to learn about the ON-Q Pain Relief System, which reduces narcotic usage and provides better pain relief than narcotics alone in postsurgical patients.

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Frank Thompson, Business Development Executive
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Greg Cady, Lieutenant Commander
gregory.cady@navy.mil
(612) 499-8927

US Navy - Active (full-time) and Reserve (part-time) opportunities within the medical profession.
<table>
<thead>
<tr>
<th>Attendees</th>
<th>as of 4/23/16</th>
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<tbody>
<tr>
<td>J.P. Abenstein, M.D.</td>
<td>Jacob Eiler, M.D.</td>
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<td>Mayo Clinic</td>
<td>Anesthesia Associates of St. Cloud</td>
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<td>Adam Amundson, M.D.</td>
<td>Kari Forde-Thielen, M.D.</td>
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<td>Mayo Clinic</td>
<td>Multi-Sites Anesthesiology</td>
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<td>Ioanna Apostolidou, M.D.</td>
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<td>Joel Arney, M.D.</td>
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<td>Ridges Anesthesiology, PA</td>
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<td>James Baber, M.D.</td>
<td>Mark Gujer, M.D.</td>
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<td>OMC</td>
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<td>Nicole Beatty, M.D.</td>
<td>Elisa Hansen, D.O.</td>
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<td>Winona Health</td>
<td>Shriners Hospitals for Children</td>
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<td>Kumar Belani, M.B.B.S., M.S.</td>
<td>Patrick Harper, M.D.</td>
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<td>UMMC</td>
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<td>Roberto Blanco, M.D.</td>
<td>David Hoops, M.D.</td>
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<td>University of Minnesota</td>
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<td>J. Kyle Bohman, M.D.</td>
<td>Emily Johnson, M.D.</td>
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<td>Peter Boosalis, M.D.</td>
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<td>Philip Boyle, M.D.</td>
<td>Tae Kim, M.D.</td>
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<td>Anesthesia Associates of St. Cloud, Ltd</td>
<td>University of Minnesota</td>
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<td>Chandra Castro, M.D.</td>
<td>Mojca Konia, M.D., Ph.D.</td>
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<td>Children’s Hospital &amp; Clinics</td>
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<td>Mark Destache, M.D.</td>
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<td>Cole Deutz, M.D.</td>
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<td>Douglas Dubbink, M.D.</td>
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<td>Twin Cities Anesthesia Associates</td>
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<td>Jay Krauss, M.D.</td>
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<td>Jake Krisik, M.D.</td>
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<td>St. Cloud Surgical Center</td>
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Attendees as of 4/23/16

Scott Nelson, M.D.
TCAA

David Nicolai, M.D.
Pediatric Anesthesia, P.A.

Lori Nidersson, M.D.
Anesthesiology, P.A.

Adam Niesen, M.D.
Mayo Clinic

Jean Nusbaum, M.D.

Dare Olatoye, M.D.
Mayo Clinic

David Olsen, M.D.
Mayo Clinic

Ron Osborn, D.O.
Ridges Anesthesiology, PA

Jason Panchamia, D.O.
Mayo Clinic

Bryan Pershing, M.D.
Southdale Anesthesiologists, LLC

Mark Reiner, M.D.

Alan Reitz, M.D.
Anesthesia Associates of St Cloud

Mary Rhee, M.D.
University of Minnesota

Martina Richtsfeld, M.D.

Chris Rodahl, M.D.
TCAA

Jim Rowe, M.D.
Anesthesia Management Solutions

John Sill, M.D.
Mayo Clinic

John Spielmann, M.D., Ph.D.
White Oak Anesthesia

David Stordahl, M.D.
Mayo Clinic

Hans Sviggum, M.D.
Mayo Clinic

Steven Sween, M.D.
Physician Specialists in Anesthesia, PC/
Emory Saint Joseph’s Hospital

Mike Sweeney, M.D.
University of Minnesota

Amos Szajner, M.D.
Regional Anesthesia Services

Michael Tan, M.D., Ph.D.
Anesthesia Associates of St Cloud

Ashley Tollefson, B.S.
University of Minnesota Medical School

James Turner, M.D.
Ridgeview Anesthesia Associates

Edward Violante, M.D.
Medical Anesthesia, Ltd

Elizabeth Vogel, M.D., Ph.D.
Mayo Clinic

Michael Wall, M.D.
University of Minnesota

Michael Walsh, M.D.
Mayo Clinic

Emily Williams, M.D.
University of Minnesota

Erica Wittwer, M.D., Ph.D.
Mayo Clinic

Reminder

The MSA administrative office has moved!

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