

## Regional

If training in some of the regional blocks identified is not available it should be deferred to Higher Training years [ST 5/6/7] years. While all the blocks listed below may not be available trainees should achieve a broad spread of block experience.

### Learning outcomes:

- Build on the basic knowledge and skills gained in basic regional anaesthesia
- Increase the range of block techniques practiced
- Become skilled in performing some more complex blocks under direct supervision
- Become skilled in performing some simple nerve blocks with distant supervision

### Core clinical learning outcomes:

Perform one each of the following blocks satisfactorily under local supervision

- Thoracic epidural and/or combined spinal/epidural
- An upper/lower limb plexus block with peripheral nerve stimulation or ultrasound guidance

***NB: All competencies annotated with the letter 'E' can be examined in any of the components of the Final examination identified in the FRCA examination blueprint on page C-73.***

Knowledge			
Competence	Description	Assessment Methods	GMP
RA_IK_01	Demonstrates understanding of basic sciences as applied to all regional anaesthetic blocks [Cross reference applied basic sciences]	A,C,D,E	1
RA_IK_02	Recalls/discusses advantages and disadvantages, techniques and complications [including management] of a wide variety of blocks including, but not exclusively, major peripheral blocks of the limbs, some cranial nerve blocks and blocks used to treat chronic pain conditions [Cross ref pain medicine]	A,C,D,E	1
RA_IK_03	Demonstrates understanding in the choice of local anaesthetic agents, opioids, use of additives and techniques of administration	A,C,D,E	1,2
RA_IK_04	Outlines the principles of continuous catheter techniques for peripheral nerve blockade and for postoperative analgesia	A,C,D,E	1,2,3,4

<b>Knowledge</b>			
<i>Competence</i>	<i>Description</i>	<i>Assessment Methods</i>	<i>GMP</i>
RA_IK_05	Demonstrates an in-depth understanding of the principles of ultra sound guided nerve blocks including: <ul style="list-style-type: none"> <li>• The principles of scanning including machine ergonomics, probe selection/handling and the use of acoustic couplant [ultrasound gel] to improve skin contact</li> <li>• The importance of the angle of insonation on visibility of structures [anisotropy] specifically related to nerves and tendons</li> <li>• The normal sonoanatomy of peripheral nerves and surrounding structures</li> <li>• The basic concepts of needling techniques relating to ultrasound guidance (in plane / out of plane)</li> <li>• Understanding and recognition of spread of local anaesthetic under ultrasound guidance, distinction between normal intraneural and intravascular injection</li> </ul>	A,C,D,E	1

<b>Skills</b>			
<i>Competence</i>	<i>Description</i>	<i>Assessment Methods</i>	<i>GMP</i>
RA_IS_01	Demonstrates safe perioperative management of patients receiving regional techniques [identified below] including liaison with theatre staff, surgeons, recovery staff, acute pain teams and ward staff	A,C,D	1,2,3,4
RA_IS_02	Is able to perform central nerve blocks including Caudal and thoracic epidural and CSE	A,C,D	1,2
RA_IS_03	Is able to perform major nerve blocks including: <ul style="list-style-type: none"> <li>• Upper limb blocks [minimum of one such block]</li> <li>• Lower limb blocks [minimum of one such block]</li> </ul>	A,C,D	1,2
RA_IS_04	Is able to perform minor nerve and other blocks including as many of these as possible: <ul style="list-style-type: none"> <li>• Superficial cervical plexus block</li> <li>• Trunk [penile, rectus sheath, intercostal and inguinal blocks]</li> <li>• Upper limb [elbow and distal]</li> <li>• Lower limb [ankle and distal]</li> <li>• Ophthalmic blocks [Cross reference ophthalmic anaesthesia]</li> <li>• IVRA</li> <li>• Infiltration and fascial plane blocks</li> </ul>	A,C,D	1,2

RA_IS_05	Demonstrates ability to recognise and manage adverse effects and complications of the more complex regional anaesthesia described at this level	A,C,D	1,2,3,4
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