

**WORLD DAY**



# OF REGIONAL ANAESTHESIA AND PAIN MEDICINE

Saturday, 31 January 2026



## Enhancing Education and Hands-on Training in Regional Anaesthesia and Point-of-Care Ultrasound (POCUS) at Yokohama Minami Kyosai Hospital

Saturday, 31 January 2026

09:30–16:30

Department of Anaesthesia, Yokohama Minami Kyosai Hospital,  
Yokohama, Japan

### **Session 1: Regional Anaesthesia**

Lectures and hands-on training

- Upper extremity nerve blocks
- Lower extremity nerve blocks
- Abdominal wall blocks

### **Session 2: Point-of-Care Ultrasound (POCUS)**

Lectures and hands-on training

- Transthoracic echocardiography (subcostal approach)
- Lung ultrasound
- Lower extremity deep vein thrombosis (DVT) ultrasound

### **Session 3: Ultrasound-guided Vascular Access**

- Peripheral venous cannulation
- Arterial cannulation
- Central venous catheterization via the axillary vein

Coordinator: Prof. T. Goto

Instructors: Dr. I. Watanabe (ESRA Member) • Dr. D. Yanagi •  
Dr. A. Sato (ESRA Member)