

24 – 27 OCTOBER 2019

GENERAL CONCEPTS, DIAGNOSTICS AND LUMBAR PAIN PROCEDURES

Day 1

Venue: MedCity Health Centre, 1044 Budapest, Megyeri út 44

**7.50-8.00 Welcome, introduction, goals and requirements**

Andrea Trescot MD, DABIPP, FIPP, CIPS MD, DABIPP, FIPP, CIPS,  
Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC

**8.00-8.20 Multimodal concept in pain medicine**

Rubina Ahmad MD, FIPP

**8.20-9.20 Workshop/PBLD Antithrombotic therapy-main considerations**

Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC

**9.20-9.40 The role of imaging in chronic low back pain**

Andrea Trescot MD, DABIPP, FIPP, CIPS

**9.40-10.00 The role of EMG and other diagnostic tools in chronic LBP**

Andrea Trescot MD, DABIPP, FIPP, CIPS

*10.00-10.30 COFFEE BREAK*

**10.30-11.30 Workshop/PBLD XRAY/MRI for the pain physician**

Andrea Trescot MD, DABIPP, FIPP, CIPS

**11.30-12.00 Lumbar spine anatomy, fluoroanatomy**

Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC

*12.00-13.00 LUNCH*

**13.00-13.30 Workshop: lumbar spine fluoroanatomy and targets for interventional procedures (images and MCQ discussed)**

Andrea Trescot MD, DABIPP, FIPP, CIPS

**13.30-13.50 Controlled substance use, abuse and guidelines**

Andrea Trescot MD, DABIPP, FIPP, CIPS

**13.50-14.10 Introduction to ultrasound in pain medicine, tissue recognition, and diagnostic use of ultrasound**

Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC

**14.10-15.00 Workshop: Physical examination of the lumbar spine**

Andrea Trescot MD, DABIPP, FIPP, CIPS MD, DABIPP, FIPP, CIPS

*15.00-15.20 COFFEE BREAK*

**15.20-15.40 Lumbar facet pain: epidemiology, diagnosis and treatment**

Mert Akbas MD, FIPP

**15.40-16.10 Lumbar medial branch block (live procedure demo and patient discussion)**

Edit Rácz MD, FIPP / Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC

**16.10-16.30 Workshop/PBLD: Sacroiliac pain: epidemiology, diagnosis and treatment**

Rubina Ahmad MD, FIPP

**16.30-17.30 SI and/or Lumbar facet denervation (live procedure demo and patient discussion)**

Edit Rácz MD, FIPP / Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC

Day 2

Venue: MedCity Health Centre, 1044 Budapest, Megyeri út 44.

- 8.00-8.30**      **Principles of radiofrequency (mechanisms and indications)**  
Andrea Trescot MD, DABIPP, FIPP, CIPS
- 8.30-9.00**      **Epidurals of the Lumbar spine (Transforaminal, caudal, interlaminar)**  
Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC
- 9.00-9.30**      **Caudal epidural, epidurogram /epidurolysis (live procedure demo and patient discussion)**  
Edit Rácz MD, FIPP / Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC
- 9.30-10.00**    **Discogenic low back pain, discography, intradiscal therapies**  
Andrea Trescot MD, DABIPP, FIPP, CIPS
- 10.00-10.30*    *COFFEE BREAK*
- 10.30-11.30**   **Discography, intradiscal PRP (live procedure demo)**  
Edit Rácz MD, FIPP / Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC
- 11.30-12.00**   **Ultrasound anatomy of the lumbosacral spine and pelvis**  
Sadiq Bhayani MD, FIPP, CIPS
- 12.00-13.00*    *LUNCH*

**13.00-13.45 Workshop: Ultrasound – Scanning techniques Lumbar spine**

Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC/ Christ Declerk MD, FIPP, CIPS, ASRA-PMUC / Sadiq Bhayani MD, FIPP, CIPS

**13.45-14.40 Workshop: Ultrasound – Scanning techniques Sacrum and Pelvis**

Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC/ Christ Declerk MD, FIPP, CIPS, ASRA-PMUC / Sadiq Bhayani MD, FIPP, CIPS

**14.40-15.00 Pulsed RF lumbar DRG**

Christ Declerk MD, FIPP, CIPS, ASRA-PMUC

*15.00-15.20 COFFEE BREAK*

**15.20-16.00 Lumbar transforaminal orDRG PRF (live procedure demo and patient discussion)**

Edit Rácz MD, FIPP / Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC

**16.00-16.30 Abdominal and groin pain**

Andrea Trescot MD, DABIPP, FIPP, CIPS

**16.30-17.30 Workshop/PBLD: Low back pain, Diagnosis & treatment pseudosciatica**

Andrea Trescot MD, DABIPP, FIPP, CIPS

DAY 3-4

Venue: Semmelweis University Labs (H-1091 Budapest, Üllői út 93.)

**8:00-16.00    CADAVER HANDS-ON TRAINING**

### **FLUOROSCOPY STATIONS**

- NEEDLE GUIDANCE AND TUNNEL VISION TECHNIQUE
- LUMBAR SPINE ANATOMY AND PROCEDURES
- LUMBAR EPIDURAL BLOCK TECHNIQUES: CAUDAL, INTERLAMINAR AND TRANSFORAMINAL
- LUMBAR DISC PROCEDURES
- LUMBAR FACET JOINT INTERVENTIONS (MBB, RFA/CRYO)
- SI JOINT INTERVENTIONS (Diagnostic and RFA/Cryo)

*LUNCH BREAK*

### **ULTRASOUND STATIONS**

- ULTRASOUND TISSUE RECOGNITION AND NEEDLE GUIDANCE
- LUMBOSACRAL SPINE, PELVIS ANATOMY AND PROCEDURES
- PERIPHERAL NERVES OF THE LS REGION
- LOWER EXTREMITY
- COMPLICATIONS OF LUMBAR PAIN PROCEDURES, AND HOW TO AVOID THEM

9 – 12 JANUARY 2020

DAY 1

VENUE: MEDCITY Health Centre, Megyeri út 53., Budapest 1044

**08:00-08:20**    **Cervical anatomy and fluoro-anatomy**

Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC

**08:20-09:20**    **Workshop**

**09:20-09:30**    **Cervical interlaminar epidural (live procedure)**

Edit Rácz MD, FIPP / Ágnes Stogicza MD, FIPP, CIPS, ASRA PMUC

**09:30-10:00**    **Cervical facet pain: epidemiology, diagnosis and treatment**

Andre Mansano MD, PHD, FIPP, CIPS

10:00-10:30    *COFFEE BREAK*

**10:30-11:00**    **Cervical medial branch block (live procedure)**

Edit Rácz MD, FIPP / Ágnes Stogicza MD, FIPP, CIPS, ASRA PMUC

**11:00-11:30**    **Ultrasound anatomy and procedures of the cervicothoracic spine**

Andre Mansano MD, PHD, FIPP, CIPS

**11:30-12:00 Pulsed RF of cervical DRG (live procedure)**

Edit Rácz MD, FIPP / Ágnes Stogicza MD, FIPP, CIPS, ASRA PMUC

12:00-13:00 *LUNCH*

**13:00-14:00 Workshop**

**14:00-14:30 Diagnostic evaluation of neck and arm pain**

Liong Liem, MD

**14:30-15:00 US guided cervical MBB (live procedure)**

Edit Rácz MD, FIPP / Ágnes Stogicza MD, FIPP, CIPS, ASRA PMUC

15:00-15:30 COFFEE BREAK

**16:00-17:00 Workshops**

**Cervical interventional targets (images/MCQ)**

Thais Vanetti, MD, FIPP

**Cervical and thoracic US (live model) -split groups**

Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC / Andre Mansano MD, PHD,  
FIPP, CIPS

**Physical exam of the cervical spine**

Andrea Trescot, MD, DABIPP, FIPP, CIPS



DAY 2

VENUE: MEDCITY Health Centre, Megyeri út 53., Budapest 1044

**08:00-08:30 Biomechanics of LBP**

Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC

**08:30-09:00 Thoracic pain**

Laura Demartini, MD

**09:00-09:30 Intro to regenerative medicine**

Andrea Trescot, MD, DABIPP, FIPP, CIPS

**09:30-10:00 Prolotherapy (live procedure)**

Edit Rácz MD, FIPP / Ágnes Stogicza MD, FIPP, CIPS, ASRA PMUC

10:00-10:30 *COFFEE BREAK*

**10:30-11:00 Lumbar adhesiolysis**

Ágnes Stogicza MD, FIPP, CIPS, ASRA-PMUC

**11:00-11:30 Lumbar adhesiolysis (live procedure)**

Edit Rácz MD, FIPP / Ágnes Stogicza MD, FIPP, CIPS, ASRA PMUC

**11:30-12:00 Current concepts of CPRS**

Paul Christo MD, MBA

12:00-13:00 *LUNCH*

**13:00-13:30 Sympathetic blocks 1 - Overview, stellate, T23, LSB**

Liong Liem, MD

**13:30-14:00 Lumbar sympathetic (fluoro or US) (live procedure)**

Edit Rácz MD, FIPP / Ágnes Stogicza MD, FIPP, CIPS, ASRA PMUC

**14:00-14:30 Sympathetic block 2 - splanchnic, celiac, hypogastric**

Thais Vanetti, MD, FIPP

**14:30-15:00 Thoracic, splanchnic OR hypogastric sympathetic (live procedure)**

Edit Rácz MD, FIPP / Ágnes Stogicza MD, FIPP, CIPS, ASRA PMUC

15:00-15:30 *COFFEE BREAK*

**15:30-16:30 Workshop -Case discussions**

DAY 3-4

VENUE: University Labs Üllői út 93., Budapest 1091

**8.00-17.00      CADAVER HANDS-ON TRAINING:**

### **FLUOROSCOPY STATIONS**

- CERVICAL AND THORACIC SPINE
- ANATOMY AND PROCEDURES
- C, T MEDIAN BRANCH BLOCK AND RFA
- C FACET INTRAARTICULAR
- CERVICAL INTERLAMINAR EPIDURAL
- CAUDAL ADHESIOLYSIS
- +REVIEW LUMBAR PROCEDURES AS NEEDED

### **SYMPATHETIC BLOCKS**

- STELLATE GANGLION BLOCK
- CELIAC and SPLANCHNIC PLEXUS BLOCK
- LUMBAR SYMP BLOCK
- SUPERIOR HYPOGASTRIC PLEXUS BLOCK
- THORACIC SYMP BLOCK
- GANGLION IMPAR BLOCK

### **ULTRASOUND STATIONS**

- CERVICAL AND THORACIC SPINE ANATOMY AND PROCEDURES
- C, T MEDIAN BRANCH
- C, T FACET INTRAARTICULAR
- INTERCOSTAL NERVE
- C SELECTIVE NERVE ROOT BLOCK
- GREATER OCCIPITAL NERVE BLOCK
  - SUPRASCAPULAR



- OTHER
- +REVIEW LUMBAR PROCEDURES AS NEEDED

12.00-13.00

*LUNCH*

30 APR 30 – 3 MAY 2020

ADVANCED CERVICAL, CANCER PAIN, US-MSK CRANIOFACIAL PAIN,  
NEUROMODULATION

We recommend reviewing the materials we send ahead of time to maximize the benefit of the course.

DAY 1

VENUE: MEDCITY Health Centre, Megyeri út 53., Budapest 1044

- 8.00-8.15**      **Info on FIPP, CIPS Certification and Mock Exam in October PSI Session (MCQ, ORAL, PRACTICAL)**
- 8.15-8.35**      **Cancer pain**  
Epidemiology, pain diagnostics and treatment guidelines
- 8.35-9.20**      **1. PBLD: Trigeminal Neuralgia**  
**2. US peripheral nerves (GON, II, IH, genicular, LFCN, median radial, ulnar, tib, fib sural and more as group allows)**  
**3. US peripheral nerves**  
**4. PBLD: Cancer Pain**
- 9.20-9.45**      **Trigeminal RFA (*live procedure demo*)**  
*Fluoroscopy*
- 9.45-10.00**      **Opioids**
- 10.00-10.30**      **COFFEE BREAK**

- 10.30-11.00 Thoracic sympathectomy**  
Fluoroscopy
- 11.00-11.25 Hip pain and ultrasound anatomy and procedures**
- 11.25-12.20**
- 1. PBLD: Trigeminal Neuralgia**
  - 2. US peripheral nerves**
  - 3. US peripheral nerves**
  - 4. PBLD: Cancer pain**
- 12.20-13.00 LUNCH*
- 13.00-13.20 Disc / shoulder / knee / hip / intraarticular platelet rich plasma injection (live procedure demo)**
- 13.20-13.40 Shoulder ultrasound anatomy, common pathologies and procedures**
- 13.40-14.30**
- 1. PBLD: Trigeminal Neuralgia**
  - 2. US peripheral nerves**
  - 3. US peripheral nerves**
  - 4. PBLD: Cancer pain**
- 14.30-14.45 Regenerative medicine (PRP) and evidence**
- 14.45-15.10 BMC for discogenic pain (live procedure demo) Fluoroscopy**

15.10-15.30 *COFFEE BREAK*

15.30-16.30 **1. PBLD: Trigeminal Neuralgia**

**2. US peripheral nerves**

**3. US peripheral nerves**

**4. PBLD: Cancer pain**

16.30-17.00 **Cryoablation (mechanisms and indications)**

17.00-17.30 **Geniculare nerve cryoablation (live procedure demo), Ultrasound**

DAY 2

VENUE: MEDCITY Health Centre, Megyeri út 53., Budapest 1044

**PBLD=Problem based learning and case discussion**

**8.00-8.20      Craniofacial Pain and Procedures**

**8.20-9.40      Workshops:**

- 1. Pain Procedure related emergencies, APLS**
- 2. PRP and clinical applications**
- 3. Low back and neck physical exam and landmarking review (on live model)**
- 4. Case discussion, cases brought by participants**

**9.40-10.00      Cervical epidurolysis (live procedure demo) Fluoroscopy**

**10.00-10.20      COFFEE BREAK**

**10.20-11.10      Workshops:**

- 1. Pain Procedure related emergencies, APLS**
- 2. PRP and clinical applications**
- 3. PBLD: Cancer pain**
- 4. Case discussion, cases brought by participants**

**11.10-11.30      Postherpetic neuralgia**



**11.30-12.00** Sphenopalatine (pulsed?) RFA (live procedure demo) Fluoroscopy

*12.00-13.00 LUNCH*

**13.00-13.15** DRG PRF

**13.15-14.20** Workshops:

**1. Pain Procedure related emergencies, APLS**

**2. PRP and clinical applications**

**3. Low back and neck physical exam and landmarking review (on live model)**

**4. Case discussion, cases brought by participants**

**14.20-14.40** Postamputation pain, Stump pain, Phantom pain

**14.40-15.00** Principles of neuromodulation and new trends in neuromodulation (SCS, DRG, HIGH Frequency)

*15.00-15.30 COFFEE BREAK*

**15.30-15.50** Peripheral nerve stimulation

**15.50-16.30** Vertebral augmentation

**16.30-17.30 Workshops:**

- 1. Pain Procedure related emergencies, APLS**
- 2. PRP and clinical applications**
- 3. Low back and neck physical exam and landmarking review (on live model)**
- 4. Case discussion, cases brought by participants**

**DAY 3 - 4**

**8:00-17.00**

**FLUOROSCOPY GUIDED**

- CERVICAL TRANSFORAMINAL AND STELLATE
- CAUDAL AND CERVICAL LYSIS OF ADHESIONS
- SCS
- PERIPHERAL NERVE STIMULATION
- TRIGEMINAL
- SPHENOPALATINE GANGLION BLOCK
- VERTEBRAL AUGMENTATION
- +REVIEW PREVIOUS BLOCKS AS NEEDED

**US GUIDED**

**MSK PROCEDURES**

- PERIPHERAL NERVES
- LOWER EXTREMITY
- UPPER EXTREMITY
- +REVIEW PREVIOUS BLOCKS AS NEEDED

3 – 5 JULY 2020

REVIEW SESSION, PREPARATION FOR FIPP AND CIPS

DAY 1

VENUE: Semmelweis University Labs, Üllői út 93, Budapest 1091

**8.00-8.15 FIPP, CIPS Certification and Info on Mock Exam in 5th PSI**

**Session (MCQ, ORAL, PRACTICAL)**

**8.15-9.00 Workshop review: caudal, transforaminal and interlaminar epidurals PBLD**

**9.00-10.00 Workshop review: orofacial procedures PBLD**

*10.00-10.30 COFFEE BREAK*

**10.30-11.15 Workshop review: intradiscal procedures PBLD**

**11.15-12.00 Workshop review: cervical DRG and cervical facet joints/RF PBLD**

*12.00-13.00 LUNCH*

**13.00-14.00 Workshop review: sympathetic blocks PBLD**

**14.00-15.00 Workshop review: epiduroplasty PBLD**



15.00-15.30 *COFFEE BREAK*

**15.30-16.30 Workshop review: Lumbar facet joint blocks and medial branch blocks/RF PBLD**

**16.00-16.30 Workshop review: SCS and pumps PBLD**

DAY 2 – 3

PROCEDURES

VENUE: Semmelweis University Labs, Üllői út 93, Budapest 1091

### **Spine**

1. Cervical medial branch block
2. Cervical selective nerve root block
3. Thoracic facet joint block
4. Lumbar medial branch/facet joint block
5. Caudal epidural injection

### **Musculoskeletal Joints**

1. AC joint
2. Glenohumeral Joint (any approach)
3. Hip joint injection
4. Knee joint injection
5. Tibiotalar joint injection

### **Musculoskeletal Soft Tissue**

1. Bicep tendon (peri)
2. Subdeltoid bursa
3. Medial or lateral epicondylitis tendon sheath injection/fenestration
4. Piriformis injection
5. Trochanteric bursa injection, Sub. GMax, Medius and Minimus

### **Peripheral nerves**

1. Suprascapular nerve
2. Ilioinguinal/iliohypogastric nerve
3. Pudendal nerve
4. Ulnar nerve at cubital canal
5. Lateral femoral cutaneous block

### **Head and neck**

1. Sphenopalatine Ganglion Block
2. Stellate Ganglion Block
3. Trigeminal Ganglion Block
4. Midline Interlaminar Cervical Epidural Block
5. Cervical Facet Block

### **Thorax**

1. T2, 3 Sympathetic Block
2. Splanchnic Nerve Block
3. Thoracic Spinal Cord Lead Placement
4. Thoracic Facet Block
5. Intercostal Nerve Block

### **Lumbar**

1. Lumbar Sympathetic Block
2. Lumbar Selective Nerve Root Block



3. Lumbar Discography Procedure
4. Lumbar Facet Block
5. Lumbar Communicating Ramus

### **Pelvic**

1. Hypogastric Plexus Block
2. Caudal Neuroplasty
3. Sacral Nerve Root Block
4. Sacroiliac Joint Injection
5. RF-Sacroiliac Joint





## **More information**

Fellow of Interventional Pain Practice (FIPP)

Practical Exam Topics

Further information on the Oral exam and the MCQs at:

<http://www.wip-boe.org/group/2084/Docs/FIPPInfoBulletin.pdf>

Certified Interventional Pain Sonologist (CIPS)

Practical Exam Topics

Further information on the Oral exam and the MCQs at:

<http://www.wip-boe.org/group/2084/Docs/CIPSInfoBulletin.pdf>