

# **H E P M P**

HIGHER EDUCATION PAIN MEDICINE PROJECT

**Report of the planning, management,  
organisation, maintenance and agenda of  
the event-online webinar the “Course on  
Minimal Invasive Procedures and USG  
Regional Anaesthesia and Analgesia in Pain  
therapy”  
from Rijeka**

**HEPMP team from  
Medical Faculty University of Rijeka**

## Project coordinator

# prof Željko Župan, MD, PhD

Project title	Strengthening Capacities for Higher Education of Pain Medicine in Western Balkan countries
Project acronym	HEPMP
Project reference number	585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP
Coordinator	University of Belgrade
Project start date	October 15, 2017
Project duration	36 months

Event	<b>Course on Interventional Procedures in Pain Therapy</b>
Type of event	Online meeting and course (webinar platform)
Venue	Microsoft Teams platform
Date	September 1, 2021
Organizer	Faculty of Medicine, University of Rijeka
Reporting date	Final
Report author(s)	Public

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

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Report of the planning,  
management, organisation,  
maintenance and agenda of the  
event-on line webinar the “Course  
on Minimal Invasive Procedures  
and USG Regional Anaesthesia and  
Analgesia in advanced Pain  
Therapy” webinar from Rijeka

with special reference to management, agenda, goals and outcomes

In September 9, 2021, the Course and webinar,, Course on Minimal Invasive Procedures and USG Regional Anaesthesia and Analgesia in Pain Therapy” was held from 4:30 p.m. to 8:00 p.m. The Course was organized by

member of the HEPMP project team from the Medical Faculty University of Rijeka. The final webinar was held on line on the the platform Microsoft Teams as an online meeting, webinar due to the current Covid-19 epidemiological situation. The meeting is planned with activities within HEPMP and we are forced to hold it via the web. The webinar actually has more than a 50 participants and was organised and contained three movie recorded materials of the minimal invasive procedure for treat leg and back pain and two ultrasound guided regional anaesthesia and analgesia blocks. Before each movie materials of the separate invasive procedure the Power Point video recorded presentation were mentioned which referred to related procedures.

The main aim of the webinar was to present and improve pain therapy in partner countries of the HEPMP project and strengthening capacity for higher education of pain medicine in Western Balkan countries. Our goals were to teach the teachers from Western Balkan countries how to perform and transfer their new knowledge further to their colleagues in the field of Pain Medicine. Teachers from partner countries after webinar could perform these procedures in every day clinical practice and could transfer new clinical skills in the field of Pain Therapy. Also, the movie materials of the procedures are recorded and stored on the HEPMP website and can serve as a permanent educational material

in the dissemination of the knowledge in the field of the Pain Therapy within HEPMP project.

The course and webinar was idea of the HEPMP project coordinator from Medical Faculty University of Rijeka Prof Željko Župan, MD, PhD due to current specific epidemiological situation. From idea to realisation of the webinar was very long path. Which procedures will be presented by HEPMP team from Rijeka was directly agreed and coordinated with the main HEPMP coordinator prof Predrag Stevanović and the HEPMP board members. After selection of invasive procedures first of all followed the search for a professional cameraman teams who could make adequately movies materials and video presentation of the selected minimal invasive procedures at a high professional technical level of production. Than it was dedicated by HEPMP coordinator from Rijeka that each minimal invasive procedure will be recorded separately and recording will be performing during theirs regular maintenances in every day clinical practice. The minimal invasive procedures colleagues will perform by colleagues who had been previously educated by members of the HEPMP project team from Rijeka. It was necessary to organize appointments for patients in the procedures who had previously agreed for recording, and the entire medical team who will assist in performing certain procedures as well as professional video recording team. All these activities took several months. Each

Power Point presentation with related content to the minimal invasive procedures was also recorded separately. All the recorded material required professional editing and montage on the end of preparation for whole film materials. Webinar platform for online display was then selected. In the webinar platform, Microsoft Teams, team members from Rijeka had to enter all web addresses of interested colleagues and members of HEPMP teams from project countries. About 320 web addresses have been entered into Microsoft Teams and included in the team. First attempt to hold a webinar was on August 26, 2021 and unfortunately failed due to online disturbance and interference during the recording of the video films. With careful additional editing of whole members of the new HEPMP Microsoft Teams and professional help of the team of the main project coordinator Prof Predrag Stevanović the second online attempt to hold webinar a week after first essay was succeeded.

The first part of the webinar showed the recording film material of the minimal invasive procedures of pain back syndrome/failed back surgery syndrome. The second part included ultrasound guided regional anaesthesia and analgesia techniques as a pain treatment technique. The first part consists of the three minimal invasive procedures 1. TRANSFORAMINAL EPIDURAL STEROID INJECTION for treat leg and back pain, 2. LYSIS OF EPIDURAL ADHESIONES by RATZ PROCEDURE and 3. MEDIAL BRANCH BLOCK

or FACET JOINTS INJECTION presented by Vlasta Orlić, MD and prof. Željko Župan MD, PhD. The second part webinar consist of the 1. ULTRASOUND GUIDED TRUNCAL BLOCKS named TAP (*transversus abdominis plane*) and ULTRASOUND GUIDED PECTORAL NERVES BLOCCCK I and II, PECS (*pectoral nerves*), presented by Danijel Knežević, MD, Lara Valenčić MD and prof Vlatka Sotošek, MD, PhD. After everyone got their tasks in the whole teams, further preparations included the reservation of the lecture halls at the Medical Faculty of Rijeka where the theoretical educational materials were recorded as Power Point presentations. The lecture halls were reserved in agreement with administrative staff of the Faculty and further organization required contacting and booking appointments with the camera operators. These professional camera operators are members of the Croatian television company in order to achieve the maximum quality of the recording materials which prof Željko Župan MD, PhD paid for services within financial resources out from HEPMP project. Before the official performance, all films of minimal invasive procedures and Power Point presentations were prepared and collected with the rehearsal of the tex. Preparation also included selecting patients for performing certain invasive pain back treatment techniques as well as the regional anaesthesia and analgesia techniques. Patients for demonstration of invasive techniques for the treatment of back pain and film recorded were the patients of Ambulant for pain treatment and regular

anaesthesia program of the Clinics of anaesthesia, pain treatment and intensive medicine University Hospital Rijeka. The pain therapy specialist was fully dedicated and educated to these minimal invasive techniques for treat leg and back pain. For performing the regional anaesthesia and analgesia techniques, and the included patients were intended for elective surgery by which the presented technique of regional anaesthesia and analgesia would serve as a pain relief technique with long-acting anaesthetic during and after the procedure. The whole procedure was explained before to the selected patients and they confirmed their participation in project with the written informed consent. Colleagues who performed the procedures (Vlasta Orlić Karbić, MD, Danijel Knežević, MD, Lara Valenčić, MD, prof Vlatka Sotošek, MD, PhD and prof Željko Župan, MD, PhD) were previously prepared by members of the HEPMP team, especially by prof. Željko Župan, MD, PhD and prof Vlatka Sotošek, MD PhD. During recording each procedure, performer explain all details of the interventional procedures and their performance on the patient, in live. After the films were recorded, they were edited and then merged with the theoretical part Power Point presentations. All films were processed, adapted and edited to be ready for an online platform and lecture done. At the end the material for an online meeting Interventional Procedures in Pain Therapy was prepared and completed.



During online presentation after each Power Point lecture and interventional performance of the mentioned minimal invasive procedures a rich and detailed discussion was done by Microsoft Teams webinar participants.

The general assessment is that the webinar was successful and fulfilled all its set goals. The collected performance films of each minimal invasive procedures and USG regional analgesia were recorded and stored on the HEPMP website and can serve as a permanent educational material in the dissemination of the knowledge in the field of the Pain Therapy within HEPMP project.

### **Outputs:**

1. The Course was held on September 9, 2021.
2. The Course was successfully fulfilled all main goals as:
  - a. present the advanced minimal invasive procedures and USG regional analgesia blocks in the field of modern Pain medicine to partner countries of the HEPMP project.
  - b. Strengthening the capacity for higher education of Pain medicine in Western Balkan countries.
  - c. Teach the teachers from Western Balkan countries how to perform mentioned minimal invasive procedures and USG regional analgesia blocks and transfer the knowledge and new

competencies to their colleagues in Western Balkan countries of advanced and modern clinical therapy in the field of Pain Medicine.

- d. The film recorded materials about the invasive procedures are recorded and stored on the HEPMP website and can serve as a permanent educational material in the dissemination of the knowledge in the field of the Pain Therapy within HEPMP project and partner countries.

The following are the handouts of the introductory lecture to the webinar by prof Željko Župan, MD, PhD which also explain the content, basic concept and objectives of the webinar which was held online in September, 2021.

## PREPARATION AND PERFORMANCE OF ONLINE WEBINAR "INTERVENTIONAL PAIN MANAGEMENT"

Prof. Željko Župan, MD, PhD  
HEPMP coordinator  
Medical Faculty University of Rijeka



September, 2021

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-IP (2017 – 3109 / 001 – 001)

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## Basic concept of the webinar

- Planning, organisation and performing will be held by HEPMP coordinator from Medical faculty Rijeka prof Željko Župan, MD, PhD
- In realisation will participate profesional cameramens and film editors

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## Basic concept of the webinar

- It will be presented on online platform Microsoft Teams
- The chosen procedures were selected according to the communication with main Project coordinator prof Stevanović and other memebrs of the Board
- The webinar include 5 interventional, minimal invasive procedures in the field of Pain medicine
- Before every film of the performance of each procedures in vivo, direct on patients there will be held a 10 to 15 minutes lecture on the particular subject
- During the online presentations webinar participants will be able to communicate with lecturer and performers of the recorded minimale invasive procedures in the field of Pain medicine

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## Webinar performance

- Film recorded interventional procedures on the patients in vivo and lecture on the subject will be:
  - *minimal invasive procedures in acute and chronic pain threatment of low back pain and legs pain:*
    - *Transforaminal Steroid Epidural Injection*
    - *Lysis of the Epidural Adhesiones with Ratz Procedure*
    - *Medial Branch Block or Facet Joint Injection*
- In direct performing of the mentioned film lectures and procedures on the patients will participate prof Željko Župan, MD, PhD and Vlasta Orlić, MD, PhD, Head of the department of Pain treatment
- Vlasta Orlić, MD, PhD is excellent educated and exceptional performer of mentioned procedures in everyday clinical praxis

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## Webinar performance

- Film recorded interventional procedures on patients in vivo and lecture on the subject will be:
  - *Ultrasound guided regional anaesthesia and analgesia:*
    - *Transversus Abdominis Plane Block (TAP)*
    - *Pectoralis and Serratus Plane Nerve Blocks (PECS II)*
- In direct performing of the mentioned film subject lectures and procedures will be held prof Vlatka Sotošek, MD, PhD, Danijel Knežević, MD and Lara Valenčić MD.

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## Main outputs of the webinar

- Hold a online webinar in September, 2021.
- Present the performance of the interventional procedures in the field of pain medicine to colleagues from partner countries of the HEPMP project.
- Strengthening the capacity for higher education of Pain medicine in Western Balkan countries.

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## Main outputs of the webinar

- Teach the teachers from Western Balkan countries in performans of the film recorded minimal invasive procedures and USG regional analgesia blocks and transfer that new knowledge and new competencies to others colleagues in Western Balkan countries to improve advanced clinical techniques in the field of Pain Medicine.
- The film materials with topics of the invasive procedures will be recorded and stored on the HEPMP website and can serve as a permanent educational material in the dissemination of the knowledge in the field of the advanced interventional pain procedures within HEPMP project and partner countries.

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- *Thank you, enjoy and learn from webinar*



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The webinar “Course on Minimal Invasive Procedures and USG Regional Anaesthesia and Analgesia in Pain therapy” was held from Rijeka on September 9, 2021 on line platform MS Teams from 4:30 pm to 8:00pm.

The webinars „Course on Minimal Invasive Procedures and USG Regional Anaesthesia and Analgesia in Pain therapy” and introduction presentation to webinar “Preparation and performance of online webinar” are available at official HEPMP project website.

Link: <http://hepmp.med.bg.ac.rs/>

Strengthening Capacities for Higher Education of Pain Medicine in Western Balkan  
countries – HEPMP

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