

**INTRODUCTION LETTER TO TECHING MATERIAL REGARDING
ULTRASOUND GUIDED REGIONAL ANAESTHESIA AND ANALGESIA**

Competent performance of peripheral nerve blocks for anesthesia and analgesia requires appropriate specific knowledge, special skills and experience, and a wide range of communication skills of the performer. Ultrasound-guided regional anesthesia and analgesia allow the autors to perform direct, dynamic visualization ("in real time") of block performance either peripheral nerves or nerve plexuses. The use of ultrasound in regional anesthesia and analgesia allows monitoring of needle passage through tissues, precise positioning of the needle tip "under eye control" near the target peripheral nerve or nerve plexus with aim to fully encompass nerve structures with a minimum amount of local anesthetic or other therapeutic drugs. Ultrasound visualization also ensures the avoidance of specific complications associated with the performance of blocks by "blind" methods. The growing number of relevant and recent clinical studies showing that the use of ultrasound during peripheral nerve blockade significantly increases the effectiveness and safety of regional anesthesia and analgesia, and often emphasizes the shorter time required to perform blockade, improved patient comfort and lower cost in comparison with traditional techniques.

Summarizing today's scientific and clinical evidence, the use of ultrasound is the gold standard in performing blockades of nerves or their entanglements and is an indispensable part of the interventional procedures in the treatment of acute and chronic pain. This script has a role to serve as educational material in this area.

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