



# Local Anaesthesia Techniques for Foot and Ankle

## 9 & 16 January 2025

### Introduction

This course will allow participants to learn different injection techniques (e.g. ring block, skin infiltration) for local anesthetic in the context of podiatric practice.

### Course Objectives

At the end of the course, participants will be able to:

- 1) Critically evaluate the indications/contraindications for local anaesthetic injection therapy in the lower limb.
- 2) Critically appraise the pharmacological principles surrounding the safe use of local anaesthetics for injection.
- 3) Demonstrate advanced anatomical knowledge associated with local anaesthetic injection administration.
- 4) Learn different techniques (eg. ring block, skin infiltration) for different procedure (nail surgery, wound debridement, wart treatment).
- 5) Effectively communicate with patients & colleagues the role of local anaesthetic injection therapy.
- 6) Clearly identify appropriate pre and post injection care
- 7) Safely carry out the pre-requisite number of injections, including appropriate aseptic technique.

### Course Outline

There are Theory and Practical segments for this course:

#### Theory

- Revision on Neuroanatomy, neurophysiology, medical history, physical and psychological
- Pharmacology of local anaesthesia and vasoconstrictors for foot & ankle procedures
- Safety considerations
- Local and systemic complications
- Handling emergencies

#### Practical

- Blocks in the Foot & Ankle (Demo with Q&A session)
- Self-Directed Learning and Hands-on

### Course Details

Date	: 9 & 16 January 2025
Duration	: 2 half-day
Time	: 2.00 pm – 5.00 pm (9 Jan 2025) 9.00 am – 1.00 pm (16 Jan 2025)
Venue	: Academia, SGH 20 College Road, Singapore 169856
Fee	: S\$1,350 per pax (SingHealth) S\$1,500 per pax (Regular) (the prevailing GST applies)

### Target Audience

Podiatrists

### Teaching Faculty

#### Dr Adeline Leong Xin Yu

Consultant  
Department of Pain Medicine  
SingHealth HQ

#### Dr Kizher Shajahan Mohamed Buhary

Associate Consultant  
Dept of Orthopaedic Surgery  
Singapore General Hospital / SingHealth HQ

### Registration

To register (Internet access is required), scan the QR code or click on the web link. Registration closes on **11 September 2024, Wednesday**.



<https://form.gov.sg/6620d8bfcd2185d32e21e3f2>

Upon registration, you agree to PGAHI [Terms & Conditions](#).

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