



RA SIG NEWS

REGIONAL ANAESTHESIA SPECIAL INTEREST GROUP

[ACE WEBSITE](#) | [EVENTS](#) | [RA SIG WEBSITE](#) | [CONTACT](#)

Welcome to RA SIG newsletter

Hello and welcome to the inaugural newsletter of the ANZCA/ACE Regional Anaesthesia Special Interest Group.

The RA SIG has over 700 members across all States and Territories of Australia and New Zealand. In this biannual publication we hope to engage our SIG community and provide a platform for regular communication and collaboration between our members.

In this first edition, for your interest, we have outlined the demographics of the SIG – please encourage your trainee and female colleagues to join, as well as those from NT, TAS & ACT. You will hear from our Chairperson with an update on upcoming ASURA meetings and we will also introduce members of the RA SIG Executive Committee. You will see regular features such as “How do I...?”, recent publications, member profiles, fellowship reviews, POCUS corner and meeting updates.

We hope you enjoy keeping up to date with what is happening in your SIG. Please keep us updated about research, upcoming courses and events in your region. We welcome you to contribute feedback, letters to the editor, content and ideas. Contact us at [here](#)

Editors

- **Dr Liz Maxwell**, Auckland City Hospital, Auckland, NZ
- **Dr Bojan Bozic**, Sir Charles Gairdner, Perth, WA
- **Dr Katrina Webster**, Royal Hobart Hospital, Hobart, Tasmania
- **Dr Andrew Lansdown**, Royal Prince Alfred Hospital, Sydney, NSW

NAME OUR NEWSLETTER COMPETITION

SEND YOUR COOL NAME IDEAS TO US NOW!

[CLICK HERE TO SEND](#)



Message from the Chair



Dr David McLeod
RA SIG Chair

In 2005, at one of the national anaesthetic meetings David M Scott canvassed interest from a small group of anaesthetists known to have an abiding interest in regional anaesthesia. An initial Executive Committee was formed, comprising David (NSW), Michael Barrington (Vic), Steve Watts (WA) and myself (SA). A constitution was written by David and endorsed by the Executive Committee, then duly approved by the ANZCA, ASA and NZSA Councils. Thanks to David's foresight and work, the RA SIG was established in 2006, with David being the logical choice as the inaugural Chair of the Executive.

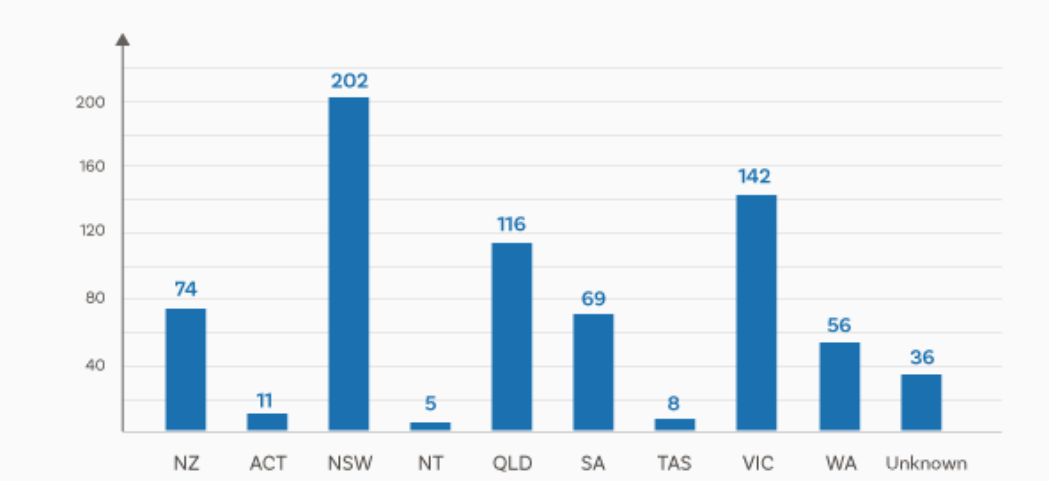
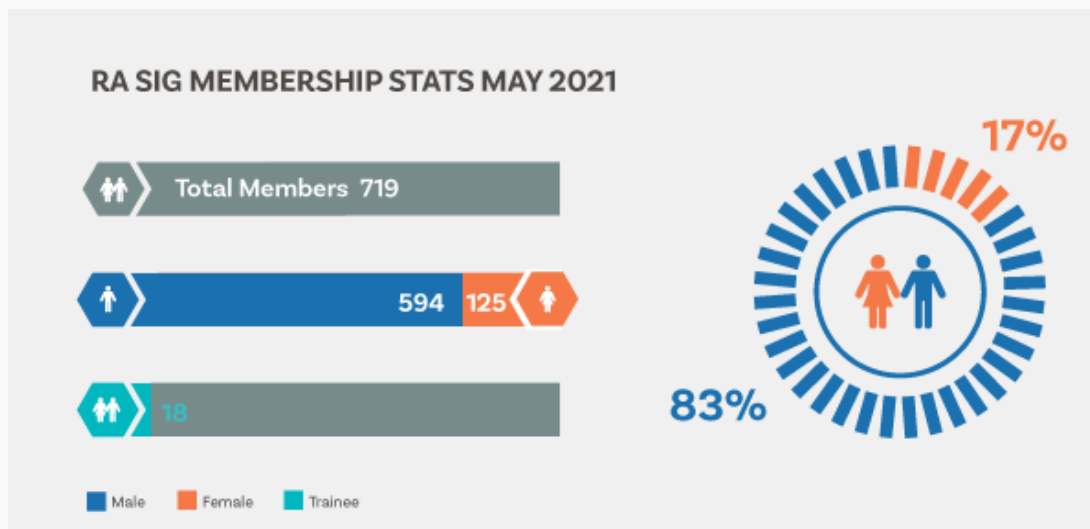
[Read more>>](#)

Adelaide ASURA2022 Postponement

The pandemic continues to make forward planning for medical conferences difficult. There is great uncertainty regarding the position Australia and New Zealand will be in towards the end of this year and the beginning of 2022. Just what cross border travel will look like, and what restrictions will be in place early next year is unknown. What conditions will be placed on social gatherings is also impossible to predict.

[Read more>>](#)

RA SIG demographics



Dr Chris Nixon

Consultant Anaesthetist,
Auckland City Hospital, Auckland, NZ

An interview with Dr Chris Nixon

Can you give a quick bio about your current work? i.e. where you work, how long have you been there, what is your main case-mix?

I have spent the last 28 years at Auckland City Hospital, a public teaching hospital and also in private practice at Ascot Hospital. Generally the work is varied, encompassing Liver, breast, vascular, general, and ophthalmic sessions in public, whilst in private I work with an Orthopaedic surgeon.

[Read more>>](#)

RA SIG Executive Committee profiles



Dr David McLeod

David is a specialist anaesthetist based in Adelaide. He undertook anaesthesia training in England, Scotland, Australia and Canada with Fellowships in Paediatric, Cardiothoracic and Liver Transplantation anaesthesia.

[View more>>](#)



Dr Brigid Brown

A specialist anaesthetist who studied and trained in Adelaide and Darwin, Brigid completed a Fellowship in regional anaesthesia in London Ontario. She is now working both in public practice at Flinders Medical Centre and in private practice in Adelaide.

[View more>>](#)



Dr Chris Mitchell

Dr Christopher Hugh Mitchell, Consultant anaesthetist and regional anaesthesia coordinator at Sir Charles Gairdner Hospital, Perth.

[View more>>](#)



Dr Alwin Chuan

Associate Professor Alwin Chuan, Liverpool Hospital Sydney. Alwin completed a fellowship in perioperative ultrasound, encompassing regional anaesthesia, vascular access, and bedside focused echocardiography in 2006.

[View more>>](#)



Dr Neil Vanza

Consultant Anaesthetist,
St George Hospital
Sydney, NSW, Australia
E: neilvanza@gmail.com

How I do it - PECS blocks

Introduction

The PECS Block, or “the TAP block of the chest”, involves deposition of local anaesthetic between thoracic wall muscles to provide analgesia to the upper hemithorax. It was first described by Blanco in 2011.

When & Why Do I Use it?

The PECS blocks have gained popularity because they are a quicker and more straightforward alternative to paravertebral blocks in a number of clinical settings. They provide excellent analgesia for most procedures of the anterior and lateral chest wall such as mastectomy, axillary dissection and breast expander surgery. For pacemaker or defibrillator insertion they can be used as a sole anaesthetic technique, however it requires additional cutaneous anaesthesia either via local infiltration or a supraclavicular nerve block. Other potential applications include upper arm fistula surgery, portacath placement and shoulder surgery involving the armpit.

[Read more>>](#)

Recent research update



Dr Andrew Lansdown

Consultant Anaesthetist,
Royal Prince Alfred Hospital,
Sydney, Australia
E: aklansdown@yahoo.com.au

Pericapsular nerve group (PENG) block provides improved short-term analgesia compared with the femoral nerve block in hip fracture surgery: a single-center double-blinded randomized comparative trial

A homegrown team from Flinders Medical Centre in Adelaide have conducted the first randomised controlled trial examining the role of Pericapsular Nerve (PENG) Block in hip fracture surgery. Compared to femoral nerve block, PENG Block significantly reduced pain scores 4 hours after surgery and patients also had a significantly reduced incidence of quadriceps motor weakness. While longer-term improvements were not sought or demonstrated in this study PENG blocks may provide a pathway to earlier ambulation and its associated benefits in this vulnerable population. ([Resource Link](#))

[Read more>>](#)



Dr Steve Bruce

Consultant Anaesthetist,
John Hunter Hospital,
Newcastle, NSW

E: Steven.Bruce@health.nsw.gov.au

POCUS corner Butterfly IQ review

Ultrasound technology has developed rapidly over the past decade, and anyone with more than a fleeting interest in critical care will no doubt have seen or used some of the array of new, portable ultrasound devices. Clarius in 2016 gave a (bulky, hot) hint of what was to come, and the next few years saw the release of many scanners, for different purposes. Butterfly Network came to the party in 2018 boasting new 'ultrasound on-chip' technology, at a fraction of the cost of most of the competition.

[Read more>>](#)

Fellowship review - Sir Charles Gairdner Hospital, Perth WA



Dr Adam Cammerman

Consultant Anaesthetist
Sir Charles Gairdner Hospital

E: adam.cammerman@health.wa.gov.au

I was the regional Fellow at Sir Charles Gairdner Hospital from August 2020-February 2021.

The structure of the 12-month fellowship is comprised of 6 months regional and 6 months general anaesthesia. You will be allocated to 2-3 orthopaedic lists per week and a half day Acute Pain Service (APS) ward round during the 6 months regional anaesthesia fellowship. The APS ward round commonly follows the days of elective orthopaedics and allows follow up of patients and the ability to review the effectiveness of blocks and stepdown analgesia. What makes this regional anaesthesia fellowship unique is its broad focus not just on the technical aspect of performing blocks, but involvement in teaching, collaboration in research projects, and perioperative pain management.

For further information and contact details please visit [here](#).

[Read more>>](#)

Recent meetings review



Hobart local RA SIG meeting

Dr Katrina Webster

[Read more>>](#)



ANZCA ASM 2021 RA session

Dr Cassandra Andrews

[Read more>>](#)

Upcoming events



[Learn more>>](#)



[Register>>](#)



[Book now>>](#)



[Read more>>](#)



[Learn more>>](#)



[Learn more>>](#)



Website: www.acecc.org.au
Email: committees@asa.org.au
Phone: 1800 806 654
[Unsubscribe](#)