

# MSA

Minnesota Society  
of Anesthesiologists

## 2016 Spring Conference

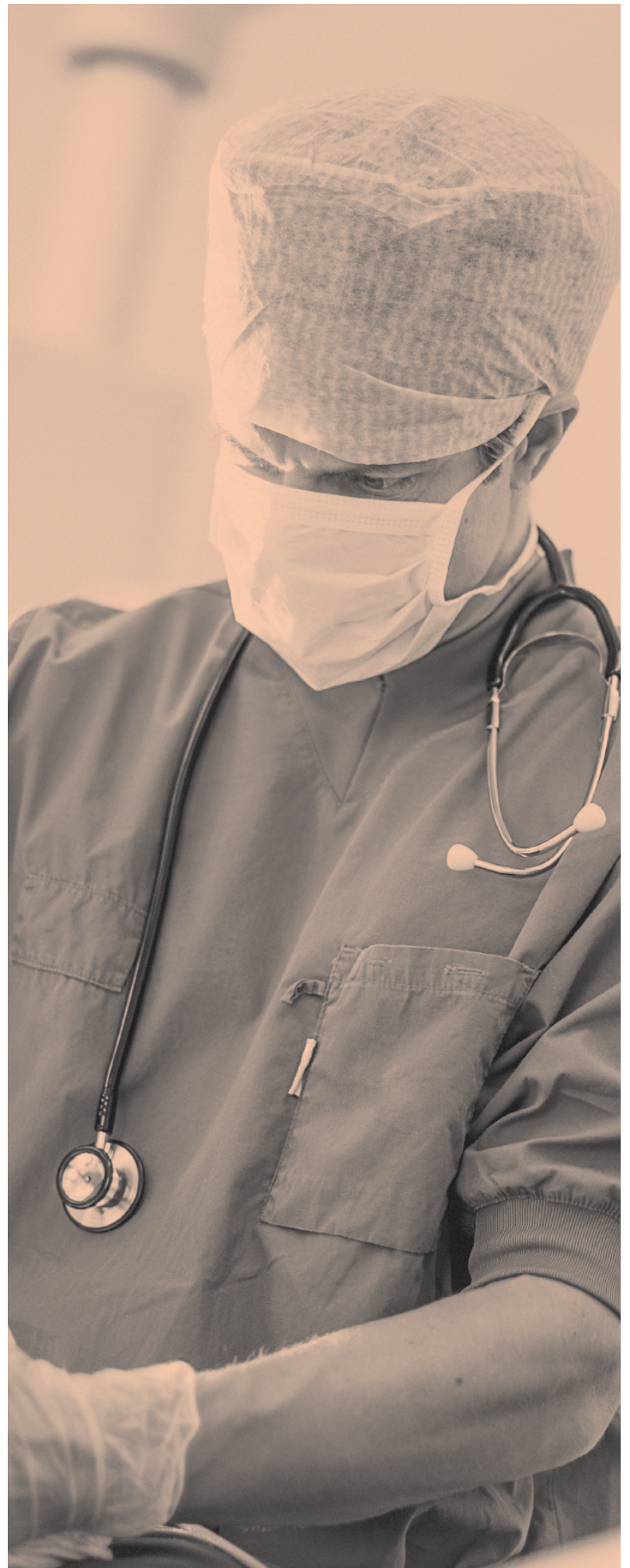
*Evidence Based  
Regional Anesthesia*

---

April 23, 2016

Intercontinental  
St. Paul Riverfront  
St. Paul, MN

3.5 AMA PRA Category 1  
Credit(s)<sup>TM</sup>



# Welcome

Dear Colleagues,

As new evidence appears in the literature, the practice of medicine evolves along with it. With the digital age in full swing, there is easier access to the latest and greatest studies. This wide availability of scientific information has spurred an increased ability to integrate the best of the literature in daily practice with the goal of practicing in an evidence-based manner. Regional anesthesia is no exception, as new nerve localization techniques, clinical pathways, and variations of nerve blocks have become parts of an expanding regional presence in many practices. Our Spring MSA Meeting will focus on evidence-based practice of regional anesthesia, and will be held at a new location this year. Both Spring and Fall meetings for 2016 will be held at a new venue, the Intercontinental St. Paul Riverfront. The Spring Meeting will be held April 23, while the Fall Meeting is scheduled for November 12.

At the Spring Meeting, we are fortunate to have Dr. Joseph Neal as our Guest Speaker. Dr. Neal is a world leader in regional anesthesia, the previous editor-in-chief of *Regional Anesthesia and Pain Medicine*, and a former president of the American Society of Regional Anesthesia and Pain Medicine. In addition, we are pleased to welcome excellent lectures by Dr. Roberto Blanco of the University of Minnesota and Dr. Sandra Kopp from Mayo Clinic. There will be ample time for questions and discussion during the course of the meeting.

A refreshing brunch will be provided, with plenty of time to network with colleagues and interact with exhibitors. Furthermore, Dr. J.P. Abenstein, immediate past president of the American Society of Anesthesiologists, will be providing us with an update of current ASA business. Please stick around after the lectures for the business meeting, which includes the election of MSA officers. With excellent presentations by these leading experts in regional anesthesiology, the MSA Spring Meeting is sure to be an educational and enjoyable day. I look forward to seeing you there!

Sincerely,



**Adam D. Niesen, MD**  
Chair, MSA Education Committee

**Parking:** If you are driving to the MSA Spring Conference, please plan to park in either the attached Intercontinental St. Paul Riverfront parking ramp, or the Capitol City ramp off of 4th Street. To validate your parking, please stop at the MSA registration desk in Great River Court to receive a voucher. Please remember which parking structure you parked in order to receive the correct voucher.

**WiFi Access:** Complimentary WiFi access is offered in the meeting space at the MSA Spring Conference. To access the WiFi, simply open your web browser and click on the acceptance button once prompted. No passcode is required.

# Agenda

- 7:00 – 7:55am      **Registration and Coffee with Exhibitors**
- 7:55 – 8:00am      **Welcome Remarks**  
Adam Niesen, MD, Chair, MSA Education Committee
- 8:00 – 8:45am:      **Perioperative Pain Management and Current Evidence**  
Roberto Blanco, MD, Anesthesiologist, University of Minnesota, Minneapolis
- 8:45 – 9:30am:      **Re-Visiting the Evidence-Basis for Ultrasound-Guided Regional Anesthesia**  
Joseph Neal, MD, Professor of Anesthesiology, Virginia Mason Medical Center, Seattle
- 9:30 – 9:45am:      **Expert Panel Discussion – Question & Answer**  
Roberto Blanco, MD, and Joseph Neal, MD
- 9:45 – 10:45am:      **Brunch with Exhibitors/ASA Update**  
J.P. Abenstein, MD, Associate Professor of Anesthesiology, Mayo Clinic, Rochester
- 10:45 – 11:30am:      **Regional Anesthesia for Patients on Oral Anticoagulants**  
Sandra Kopp, MD, Associate Professor of Anesthesiology, Mayo Clinic, Rochester
- 11:30am – 12:15pm:      **The 2nd ASRA Practice Advisory on Neurologic Complications of Regional Anesthesia**  
Joseph Neal, MD, Professor of Anesthesiology, Virginia Mason Medical Center, Seattle
- 12:15 – 12:30pm:      **Expert Panel Discussion – Question & Answer**  
Sandra Kopp, MD, and Joseph Neal, MD
- 12:30 – 1:00pm:      **MSA Business Meeting and Officer Elections**
- 1:00pm:              **Adjournment and Executive Committee Meeting**

# Accreditation



MINNESOTA  
MEDICAL  
ASSOCIATION

1300 Godward St. NE, Suite 2500  
Minneapolis, MN 55413  
612-378-1875 • mnmed.org

Minnesota Society of Anesthesiologists  
2016 Spring Conference  
April 23, 2016

It is the policy of the Minnesota Medical Association (MMA) to ensure balance, independence, objectivity, and scientific rigor in its CME activities. To comply with the Standards for Commercial Support of the Accreditation Council for Continuing Medical Education (ACCME), the MMA requires members of the planning committee and faculty to disclose the existence of any financial interest or other relationship he/she and his/her spouse or partner has with companies whose health care products or services are discussed in an educational presentation. The requirement applies to relationships that are in place at the time of the CME activity or in the 12 months preceding the activity.

The following financial relationships were disclosed and have been resolved:

Jacob Hutchins, MD      **Speakers Bureau:** Pacira, Halyard  
**Research Funding:** Pacira  
**Advisory Board:** Pacira, Atricure, Worrell

The remaining members of the faculty and planning committee for this conference have indicated that they have no relevant financial relationships to disclose related to the content of the CME activity.

Faculty members have declared that they will uphold the MMA's standards regarding CME activities and that any clinical recommendations are based on the best available evidence or are consistent with generally accepted medical practice. Please indicate in the comments section of the evaluation form whether you detect any instances of bias toward products manufactured by commercial interests.

## CME Credit:

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Minnesota Medical Association and the Minnesota Society of Anesthesiologists. The Minnesota Medical Association (MMA) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Minnesota Medical Association designates these live activities for a maximum of **3.5 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# Learning Objectives

**As a result of participation in this CME activity, learners should be able to:**

- Recognize importance of pain management for patient outcomes and increase knowledge of all the different components of multimodal management of pain
- List and discuss implications of ultrasound guidance on safety, effectiveness and efficiency of regional anesthesia and pain procedures
- Promote regional anesthesia techniques and systemic patient management techniques that lead to decreased risk of neurologic injury for the patient. These include monitoring techniques such as injection pressure monitoring, blood pressure monitoring, blood pressure management
- Discuss implications of spinal stenosis, vertebral pathologies, inflammatory neuropathies, pre-existing neurologic disease on safety of regional anesthesia
- List new antiplatelet and anticoagulation medications and discuss the safety of regional anesthesia and pain procedures in patients treated with these medications
- Discuss new ASRA guidelines on anticoagulation

**Upon completion of the following educational activity presentations, the participant should be better able to:**

## **Topic: Perioperative Pain Management and Current Evidence**

- Understand the importance of developing an appropriate pain control regimen
- Develop a systematic approach so the formulation of an optimal plan to control patient's perioperative pain can be made and covers each patient's independent needs
- Keep in mind the different options, both pharmacological and non-pharmacological, that can be used in the process of delineating a comprehensive perioperative pain control plan

## **Topic: Re-Visiting the Evidence-Basis for Ultrasound-Guided Regional Anesthesia**

- Critique the evidence for UGRA affecting various block characteristics, such as success, onset time, duration, and patient satisfaction
- Cite new information that demonstrates an advantage of UGRA over other nerve localization techniques for reducing the likelihood of local anesthetic systemic toxicity
- Distinguish those complications that appear to be unaffected by the use of ultrasound-guidance

## **Topic: Regional Anesthesia for Patients on Oral Anticoagulants for Regional Anesthesia**

- Assess the bleeding risk factors for patients undergoing neuraxial anesthesia
- Review the pharmacology and physiology of direct acting oral anticoagulants
- Highlight the new ASRA 4th practice advisory guidelines for these medications

## **Topic: The 2nd ASRA Practice Advisory on Neurologic Complications of Regional Anesthesia**

- Summarize the salient features of the 2nd ASRA practice advisory on neurologic complications associated with regional anesthesia
- List emerging neurological complications of concern that have been associated with regional anesthetic techniques
- Understand the pathophysiology and unique anatomical conditions that place patients at risk for rare neurologic complications

# Meeting Faculty



**J.P. Abenstein, MSEE, MD**  
Associate Professor of Anesthesiology  
Mayo Clinic  
Rochester, Minnesota

*Dr. J.P. Abenstein, consultant in the Division of Cardiovascular and Thoracic Anesthesiology and associate professor of Anesthesiology at the Mayo College of Medicine in Rochester, Minnesota, currently serves as immediate past president of the American Society of Anesthesiologists (ASA).*

*Dr. Abenstein received his engineering degrees from Duke University and the University of Wisconsin. He received his medical degree from Loyola Stritch School of Medicine in Chicago and completed his residency and fellowship in cardiac anesthesiology at Michael Reese Hospital and Medical Center in Chicago. He is board certified by the American Board of Anesthesiology.*

*Dr. Abenstein and his wife, Sandra, live in Oronoco, Minnesota, and have two children.*



**Roberto Blanco, MD**  
Anesthesiologist  
University of Minnesota  
Minneapolis, Minnesota

*Dr. Roberto C Blanco is currently Associate Professor of anesthesiology at the University of Minnesota, in Minneapolis. He is also Co-Director for the fellowship in regional anesthesia.*

*He earned his medical degree from Universidad del Rosario, in Bogotá, Colombia. He did his residency in anesthesiology at Washington University in Saint Louis, MO. Then he obtained his Fellowship in Regional Anesthesia from the University of Iowa. The area of regional anesthesia is one of his principal interests where he spends most of his time teaching and supporting the clinical activities of his department.*



**Sandra Kopp, MD**  
Associate Professor of Anesthesiology  
Mayo Clinic  
Rochester, Minnesota

*Dr. Sandra L. Kopp is an Associate Professor of Anesthesiology at Mayo Clinic, Rochester, MN. She graduated with a B.A. from St. Olaf College in Northfield, MN, in 1993 and received her Doctor of Medicine degree from the University of Minnesota School of Medicine in 1999. Dr. Kopp did her Internship, Anesthesiology Residency, and Regional Anesthesia fellowship at Mayo Clinic, Rochester, MN. Dr. Kopp is currently the Chair of the North Division of Anesthesiology and Program Director of the Regional Anesthesia and Pain Medicine Fellowship Program and very involved in the American Society of Regional Anesthesia and Pain Medicine. Her interests include regional anesthesia and analgesia, anticoagulation, and local anesthetic toxicity.*



**Joseph Neal, MD**  
Professor of Anesthesiology  
Virginia Mason Medical Center|  
Seattle, Washington

*Dr. Joseph Neal received his undergraduate and medical training at Wake Forest University and the West Virginia University School of Medicine. He returned to Bowman Gray / Wake Forest University to complete residencies in Emergency Medicine and Anesthesiology. After fellowship training in regional anesthesia at the Virginia Mason Medical Center in Seattle, he joined that group in 1989. Dr. Neal's academic interests include guideline development, upper extremity regional anesthesia, complications of regional anesthesia, and a strong interest in resident / fellow education. He directed the Virginia Mason regional anesthesia fellowship for over a decade as well as their anesthesiology residency program. Dr. Neal is a senior examiner for the American Board of Anesthesiology; was Editor-in-Chief of Regional Anesthesia and Pain Medicine (2002-2012), and is co-author of the textbooks Requisites in Anesthesiology: Regional Anesthesia; and Complications in Regional Anesthesia and Pain Medicine. He is the Immediate Past-President of the American Society of Regional Anesthesia and Pain Medicine (2015-2017).*

## Planning Committee

Adam Niesen, MD  
Chair, MSA Education  
Committee  
Assistant Professor of  
Anesthesiology  
Mayo Clinic  
Rochester, Minnesota

Ioanna Apostolidou, MD  
Professor  
Director, Cardiothoracic  
Anesthesiology Fellowup  
Division Chief, Cardiothoracic  
Anesthesiology  
University of Minnesota  
Minneapolis, Minnesota

Jacob Hutchins, MD  
Director of Regional  
Anesthesia, Acute Pain, and  
Ambulatory Anesthesia  
University of Minnesota  
Minneapolis, Minnesota

Mojca Konja, MD, PhD  
Residency Program Director  
Vice Chair of Education  
University of Minnesota  
Minneapolis, Minnesota

# Exhibitors



3M

[www.3m.com](http://www.3m.com)

3M Healthcare Bldg 275-4E-01  
St. Paul, MN 55144

Ryan Munson  
Territory Account Manager  
[rdmunson@mmm.com](mailto:rdmunson@mmm.com)  
(651) 373-3233

3M is a global science company that never stops inventing. Using 46 technology platforms, our integrated team of scientists and researchers works with customers to create breakthroughs. Our inventions have improved daily life for hundreds of millions of people all over the world.



**B Braun Medical**

[www.bbraunusa.com](http://www.bbraunusa.com)  
810 12th Ave  
Bethlehem, PA 18018

Kristin Carlson  
Critical Care Specialist  
[kristin.carlson@bbraun.com](mailto:kristin.carlson@bbraun.com)  
(612) 599-6751

Regional anesthesia for adults and pediatrics. Anesthesia sets, including closed-system ports.



**Eagle Pharmaceuticals**

[www.eagleus.com](http://www.eagleus.com)  
50 Tice Blvd  
Woodcliff Lake, NJ 07677

Nancy Olson  
Key Account Manager  
[nolson@eagleus.com](mailto:nolson@eagleus.com)  
(201) 675-2694

Eagle is a specialty pharmaceutical company focused on developing injectable products, primarily in the areas of critical care, orphan diseases, and oncology. Our goal is to provide safer and more convenient solutions for patients and healthcare professionals with optimized formulations.



**Grifols, Inc**

[www.grifols.com](http://www.grifols.com)  
4101 Research Commons  
79 T.W. Alexander Dr  
Research Triangle Park, NC 27709

Tom Klasinak  
Specialty Sales Representative  
[tom.klasinak@grifols.com](mailto:tom.klasinak@grifols.com)  
(651) 295-0407

Grifols is a global healthcare company whose mission is to improve the health and well being of people around the world. We accomplish this mission by producing life-saving protein therapies for patients and by providing hospitals, pharmacies and healthcare professionals with the product they need to deliver expert medical care.

# Exhibitors



## **Halyard Health**

www.halyardhealth.com  
43 Discovery, Ste 100  
Irvine, CA 92618

Theresa Downes, Territory Manager  
theresa.downes@hyh.com  
(651) 788-6278

Halyard Health is a medical technology company focused on preventing infection, eliminating pain and speeding recovery. Come to our booth to learn about the ON-Q\* Pain Relief System, which reduces narcotic usage and provides better pain relief than narcotics alone in post-surgical patients.



## **Mallinckrodt Pharmaceuticals**

www.ofirmev.com  
7436 W Shore Dr  
Edina, MN 55435

Peter Moe, Hospital Sales Specialist  
peter.moe@mallinckrodt.com  
(612) 325-3743



## **Med Alliance Group**

www.medalliancegroup.com  
2175 Oakland Dr  
Sycamore, IL 60178

Marc Tutt, Sales  
tuttmedical@gmail.com  
(612) 327-4595

Specialty Distributor



## **Medaxion, Inc**

www.medaxion.com  
PO Box 150241  
Nashville, TN 37215

Frank Thompson, Business Development Executive  
frank.thompson@medaxion.com  
(615) 537-5512

Medaxion Pulse - With a wireless iPad-iPhone interface, simplified data entry, and real-time access to information, Medaxion Pulse is the EHR anesthesiologists actually like to use.



# Exhibitors



## **Merck**

www.merck.com  
5305 W 61st St  
Edina, MN 55436

Paula Heller, Institutional Sales Manager  
paula.heller@merck.com  
(612) 804-2803

Merck Pharmaceuticals



## **Nonin Medical, Inc**

www.nonin.com  
13700 First Ave N  
Plymouth, MN 55441

Omyy Hew  
Territory Manager  
omyy.hew@nonin.com  
(612) 718-1587



## **Pacira**

www.pacira.com/www.exparel.com  
12423 Sandy Point Rd  
Eden Prairie, MN 55347

Linda Sherman, Hospital Specialist  
linda.sherman@pacira.com  
(952) 239-4444

Pacira Pharmaceuticals, Inc. is a specialty pharmaceutical company focused on the development of products that meet the needs of acute care practitioners and their patients. Its lead product, EXPAREL® (bupivacaine liposome injectable suspension), was launched in 2012. EXPAREL utilizes the Pacira proprietary delivery technology DepoFoam®.



## **PharMEDium Services, LLC**

www.pharmedium.com  
150 N Field Dr #350  
Lake Forest, IL 60045

Jay Anderson, Outside Sales Representative  
sanderson@pharmedium.com  
(847) 457-2300

PharMEDium is the leading provider of pharmacy-outsourced, ready to use compounded sterile preparations. PharMEDium helps to: mitigate medication supply issues, enhance patient safety efforts, reduce drug waste and simplify regulatory compliance. PharMEDium, part of AmerisourceBergen, serves 3,000+ hospitals and ambulatory surgery centers through our state-of-the-art FDA Registered 503B Outsourcing Facilities.

# Exhibitors



**The Medicines Company**  
www.themedicinescompany.com  
8 Sylvan Way  
Parsippany, NJ 07054

Christopher Cox, Customer Solutions Manager  
christopher.cox@themedco.com  
(612) 239-8601

The Medicines Company's purpose is to save lives, alleviate suffering and contribute to the economics of healthcare by focusing on the leading acute/intensive care hospitals worldwide. Its vision is to be a leading provider of solutions in three areas: serious infectious disease care, acute cardiovascular care and surgery and perioperative care. The company operates in the Americas, Europe and the Middle East, and Asia Pacific regions with global centers today in Parsippany, NJ, USA and Zurich, Switzerland.



**US Army Healthcare**  
www.goarmy.com/amedd  
7900 International Dr, Ste 1068  
Bloomington MRC  
Bloomington, MN 55425

CPT Patrick Wakefield, Center OIC  
patrick.a.wakefield.mil@mail.mil  
v(952) 854-8489

One of the largest health care systems in the world, Army Medical Department, AMEDD operates more than 600 medical centers, clinics, research facilities around the world. Opportunities exist for personal and professional development, practicing in diverse environments and continuing education, providing the finest health care to the finest Soldiers in the world.



**US Navy**  
www.cnrc.navy.mil/minneapolis  
755 Bielenberg Dr, Ste 120  
Woodbury, MN 55125

Greg Cady, Lieutenant Commander  
gregory.cady@navy.mil  
(612) 499-8927

US Navy - Active (full-time) and Reserve (part-time) opportunities within the medical profession.

# Attendees

as of 4/23/16

**J.P. Abenstein, M.D.**

*Mayo Clinic*

**Adam Amundson, M.D.**

*Mayo Clinic*

**Ioanna Apostolidou, M.D.**

*University of Minnesota*

**Joel Arney, M.D.**

*Ridges Anesthesiology, PA*

**James Baber, M.D.**

*OMC*

**Nicole Beatty, M.D.**

*Winona Health*

**Kumar Belani, M.B.B.S., M.S.**

*UMMC*

**Roberto Blanco, M.D.**

*University of Minnesota*

**J. Kyle Bohman, M.D.**

*Mayo Clinic*

**Peter Boosalis, M.D.**

*Mayo Clinic*

**Philip Boyle, M.D.**

*Anesthesia Associates of St. Cloud, Ltd*

**Chandra Castro, M.D.**

*Children's Hospital & Clinics*

**Mark Destache, M.D.**

*TCAA*

**Cole Deutz, M.D.**

*University of Minnesota*

**Douglas Dubbink, M.D.**

*Twin Cities Anesthesia Associates*

**Jacob Eiler, M.D.**

*Anesthesia Associates of St. Cloud*

**Kari Forde-Thielen, M.D.**

*Multi-Sites Anesthesiology*

**Bob Friedhoff, M.D.**

*Mayo Clinic*

**Robert Gauthier, M.D.**

*MASS*

**Mark Gujer, M.D.**

*Cuyuna Regional Medical Center*

**Elisa Hansen, D.O.**

*Shriners Hospitals for Children*

**Patrick Harper, M.D.**

*Mayo Clinic*

**David Hoops, M.D.**

*Medical Anesthesia, Ltd*

**Emily Johnson, M.D.**

*Mayo Clinic*

**Rebecca Johnson, M.D.**

*Mayo Clinic*

**Tae Kim, M.D.**

*University of Minnesota*

**Mojca Konia, M.D., Ph.D.**

*University of Minnesota*

**Sandra Kopp, M.D.**

*Mayo Clinic*

**Todd Kor, M.D.**

*Mayo Clinic*

**Thomas Kozhimannil, M.D.**

*University of Minnesota*

**Jay Krauss, M.D.**

*St. Cloud Surgical Center*

**Jake Krisik, M.D.**

*Southdale Anesthesiologists, LLC*

**Brent Kudak, M.D.**

*Northwest Anesthesia, P.A.*

**Steven Lader, DO**

*Grand Itasca Clinic and Hospital*

**Min Lee, M.D.**

*AAPA*

**Thomas Losasso, M.D.**

*University of Minnesota*

**Marie Marinello,**

*Minnesota Society of Anesthesiologists*

**David Martin, M.D., Ph.D.**

*Mayo Clinic*

**Yvette Martin, M.D.**

*Mayo Clinic*

**A. Wade McMillan, M.D.**

*AASC*

**Eric Melum, M.D.**

*AAPA/TCA*

**Matthew Moldan, M.D.**

*Mayo Clinic*

**Michael Montgomery, D.O.**

**Stephen Murphy, M.D.**

*TCA-AAPA*

**Joseph Neal, M.D.**

*Virginia Mason Medical Center*

# Attendees

as of 4/23/16

**Scott Nelson, M.D.**  
*TCAA*

**David Nicolai, M.D.**  
*Pediatric Anesthesia, P.A.*

**Lori Nidersson, M.D.**  
*Anesthesiology, P.A.*

**Adam Niesen, M.D.**  
*Mayo Clinic*

**Jean Nusbaum, M.D.**

**Dare Olatoye, M.D.**  
*Mayo Clinic*

**David Olsen, M.D.**  
*Mayo Clinic*

**Ron Osborn, D.O.**  
*Ridges Anesthesiology, PA*

**Jason Panchamia, D.O.**  
*Mayo Clinic*

**Bryan Pershing, M.D.**  
*Southdale Anesthesiologists, LLC*

**Mark Reiner, M.D.**

**Alan Reitz, M.D.**  
*Anesthesia Associates of St. Cloud*

**Mary Rhee, M.D.**  
*University of Minnesota*

**Martina Richtsfeld, M.D.**

**Chris Rodahl, M.D.**  
*TCAA*

**Jim Rowe, M.D.**  
*Anesthesia Management Solutions*

**John Sill, M.D.**  
*Mayo Clinic*

**John Spielmann, M.D., Ph.D.**  
*White Oak Anesthesia*

**David Stordahl, M.D.**  
*Mayo Clinic*

**Hans Sviggum, M.D.**  
*Mayo Clinic*

**Steven Sween, M.D.**  
*Physician Specialists in Anesthesia, PC/  
Emory Saint Joseph's Hospital*

**Mike Sweeney, M.D.**  
*University of Minnesota*

**Amos Szajner, M.D.**  
*Regional Anesthesia Services*

**Michael Tan, M.D., Ph.D.**  
*Anesthesia Associates of St. Cloud*

**Ashley Tollefson, B.S.**  
*University of Minnesota Medical  
School*

**James Turner, M.D.**  
*Ridgeview Anesthesia Associates*

**Edward Violante, M.D.**  
*Medical Anesthesia, Ltd*

**Elizabeth Vogel, M.D., Ph.D.**  
*Mayo Clinic*

**Michael Wall, M.D.**  
*University of Minnesota*

**Michael Walsh, M.D.**  
*Mayo Clinic*

**Emily Williams, M.D.**  
*University of Minnesota*

**Erica Wittwer, M.D., Ph.D.**  
*Mayo Clinic*

## Reminder

The MSA administrative office has moved!

Minnesota Society of Anesthesiologists  
6737 W Washington St, Suite 4210  
Milwaukee, WI 53214  
Phone: (414) 389-8612  
Fax: (414) 276-7704  
office@msaconnect.org  
www.msaconnect.org