

# 2025 MEDICAL CONFERENCE

Advancing Emergency Medicine and  
Pain Management:

Join visiting professors, Dr. Katherine Vlasica, Medical Director of Pain Management, and Dr. Doris Ilic, an Emergency Medicine Chief Resident, for an engaging series of lectures in Zagreb, Croatia.

 Date: February 11th-13th

 The School of Medicine in Zagreb



## Our Topics:

- Introduction to Pain Management
- Introduction to Emergency Medicine Ultrasound
- Introduction to Regional Anesthesia

Open to all students and residents, this conference offers a comprehensive introduction to key topics at the forefront of emergency medicine and pain management. Expand your skills and knowledge in a collaborative and dynamic learning environment.

## Our Speakers:



**Katherine Vlasica, DO, FACEP**

Medical Director of Pain Management  
St Joseph's University Medical Center  
Paterson, NJ, USA



**Doris Ilic, DO**

Emergency Medicine Chief Resident  
St Joseph's University Medical Center  
Paterson, NJ, USA

## Day 1 – INTRODUCTION TO PAIN MANAGEMENT

11 February 2025, Tuesday

2 p.m., Mašek Hall, Šalata 3

### Duration & type:

2-3 hours, Lectures

### Target audience:

Medical graduate students, residents, ancillary staff

### Number of participants:

Unlimited number of participants

### Topics:

- Introduction to pain management - pathway overview, history
- Ketamine
- Magnesium
- Neuroleptanalgesia
- Na channel blockers
- Nitrous Oxide
- Targeted analgesia intro - headache blocks, trigger points, dental blocks

### Course description:

The **INTRODUCTION TO PAIN MANAGEMENT** course goes beyond the basics, offering a deep **dive into the** diverse and innovative strategies that fill the gap between simple analgesics and opioids. Whether you're new to pain management or seeking to broaden your expertise, this program is designed to empower you with practical, multimodal techniques to improve patient care.

### Course Objectives:

- **Understand Pain Perception:** Gain insights into the fundamental pathways and mechanisms involved in how pain is perceived and processed by the body.
- **Explore the History of Pain Management:** Discover how pain management has evolved over time and how current practices are shaped by this rich history.
- **Utilize Non-Opioid Pain Management Options:** Delve into the practical applications of medications such as acetaminophen, NSAIDs, ketamine, magnesium, neuroleptics, antiepileptics, and nitrous oxide, emphasizing evidence-based usage.
- **Introduction to Targeted Analgesia:** Learn introductory techniques for addressing specific pain types, including:
  - Dental pain
  - Musculoskeletal pain
  - Headaches

### What to Expect:

This interactive course includes case-based discussions, practical tips, and an introduction to targeted interventions, ensuring participants leave with actionable skills to improve patient care.

Whether you're new to pain management or looking to expand your repertoire, this course is the perfect opportunity to enhance your practice and deliver better outcomes for your patients.

## Day 2 – INTRODUCTION TO ULTRASOUND: MASTERING ESSENTIAL EMERGENCY APPLICATIONS

12 February 2025, Wednesday

2 p.m., Radiology Lecture Hall, KB Dubrava, Av. Gojka Šuška 6

Duration & type:	2 hours, Labs
Target audience:	4 <sup>th</sup> -6 <sup>th</sup> year medical students
Number of participants:	15 participants
Topics:	<ul style="list-style-type: none"><li>• Fast Exam</li><li>• Biliary exam</li><li>• US guided IV</li></ul>

### Course description:

Unlock the power of bedside ultrasound in this comprehensive introductory course designed for healthcare providers. Learn to integrate ultrasound into your clinical practice with hands-on training and expert guidance. This course focuses on three high-impact applications:

- **FAST Exam (Focused Assessment with Sonography for Trauma):** Rapidly identify life-threatening conditions in trauma patients with this critical skill.
- **RUSH Exam (Rapid Ultrasound in Shock and Hypotension):** Assess the causes of undifferentiated shock with a systematic approach to ultrasound evaluation.
- **Ultrasound-Guided IV Placement:** Enhance vascular access success rates by mastering ultrasound-guided techniques for difficult IV placements.

Through a combination of didactic sessions and practical scanning time, participants will gain confidence in performing these essential exams and learn how to interpret findings to make informed clinical decisions.

Whether you're new to ultrasound or looking to refine your skills, this course provides the foundation you need to elevate your practice and improve patient outcomes.

## Day 3 – INTRODUCTION TO REGIONAL ANESTHESIA: FOCUS ON HIP AND RIB BLOCKS

13 February 2025, Thursday

2 p.m., Radiology Lecture Hall, KB Dubrava, Av. Gojka Šuška 6

Duration & type:	3 hours, Labs
Target audience:	Emergency medicine residents/specialists
Number of participants:	14 participants
Topics:	<ul style="list-style-type: none"><li>• Chest wall - serratus, Erector spinae</li><li>• HIP - fascia iliaca, PENG, femoral nerve</li></ul>

### Course description:

Discover the transformative potential of regional anesthesia in managing acute pain with this foundational course designed for healthcare providers. Gain a comprehensive introduction to the principles of regional anesthesia, with a focused exploration of techniques to address pain in the hip and rib regions.

### What You'll Learn:

- **Foundations of Regional Anesthesia:** Understand the principles, indications, and benefits of regional anesthesia in acute and perioperative pain management.
- **Hip Blocks:** Learn targeted techniques, such as the fascia iliaca block, PENG and the femoral nerve block, to effectively manage pain from hip fractures or surgeries.
- **Rib Blocks:** Master the anatomy and approach for rib fracture pain management, including the serratus anterior plane and erector spinae blocks.

This course combines didactic instruction with hands-on practice, allowing participants to gain confidence in performing these blocks and understanding their applications in various clinical scenarios.

Whether you're new to regional anesthesia or seeking to expand your skill set, this course equips you with practical tools to enhance patient care and reduce reliance on systemic opioids.