

ESSR Outreach Ljubljana 19th-20th of April 2024

Introduction

The Outreach Course "US Approach to Peripheral Joints: Diagnostic and Minimally Invasive Procedures," organized by the European Society of Skeletal Radiology (ESSR) and the Slovenian Association of Radiology was held in Ljubljana, Slovenia, in April 2024. This comprehensive event focused on the latest advancements in ultrasound (US) techniques for diagnosing and managing peripheral joint conditions and neuropathic pain treatment of peripheral nerves. It featured in-depth lectures and practical workshops, drawing participation from established musculoskeletal radiologists.

Lectures

The course was structured around detailed lectures covering both the upper and lower limb joints. These sessions were designed to provide participants with a robust understanding of current diagnostic methodologies and minimally invasive procedures utilizing ultrasound technology. Sessions were dedicated to one specific joint, each with 5 lectures, and one session dedicated to neuropathic pain treatment. On the first day we covered the upper limb joints with structured lectures starting with functional anatomy of shoulder, elbow, and wrist followed by coverage of the major clinical issues for each, specific joint and ending with approaches to minimally invasive treatment methods of these conditions. A special session presented the possibilities of neuropathic pain treatment with minimally invasive techniques on peripheral nerves. On the second day of the course the lectures were dedicated to lower limb joints hip, knee, and ankle and foot. The same systematic approach covered functional anatomy of the joints followed by description of the major clinical problems, and approaches to percutaneous treatments under the US guidance. The lecturers included renowned radiologists ensuring a rich exchange of knowledge and expertise.

Practical workshops

A key feature of the course was the practical workshop sessions. These hands-on workshops were held on both days for three hours, allowing participants to apply the techniques discussed in the lectures. Divided into small groups, attendees had the opportunity to engage in focused learning experiences, with direct guidance from the course instructors. Participants were able to practice on models to gain the skills in diagnostic approaches to the joints and peripheral nerves. Additionally, they were able to practice on chicken meat samples gaining practical skills in needle placement and injection techniques. This format ensured that each participant received personalized attention and feedback, enhancing their learning experience.

Participants and Feedback

The course was attended by 90 participants from various medical backgrounds, including radiologists, orthopedic surgeons, traumatologists, and sports medicine specialists. The diverse group fostered an environment of multidisciplinary learning and collaboration.

Feedback from the attendees was overwhelmingly positive. Participants appreciated the balance between theoretical knowledge and practical application, as well as the expertise and approachability of the lecturers. Many highlighted the value of small group workshops in ultrasound-guided procedures.

Conclusion

The "US Approach to Peripheral Joints: Diagnostic and Minimally Invasive Procedures" course in Ljubljana was well accepted and successful in combining expert lectures with intensive hands-on training. The event provided participants with a comprehensive understanding of ultrasound techniques for peripheral joint assessment and intervention.

Local Organizing Team

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