



VI World Congress of Anesthesiology

Thousands of anesthesiologists from all over the world descended on Mexico City for the VI World Congress in Mexico City.

Members of ASRA were well represented on the faculty for this meeting. Dr. John Bonica served as the Chairman of the Symposium on "Pain" and was assisted by Dr. Jordan Katz. Dr. Peere Lund and Dr. P. R. Bromage served as Co-Chairmen for the Symposium on "Recent Advances in Regional Anesthesia" and were assisted by Drs. Alon Winnie, Harold Carron, and Guillermo Vasconcelos.

Dr. D. C. Moore served as Co-Chairman of the Symposium on "Monitoring and Recording in Anesthesia and Intensive Care" and presented a free paper. Free papers were also presented by Dr. Alon Winnie and Dr. Benjamin Covino. Dr. Winnie also presented a scientific exhibit entitled, "Anticholinergic Differences — A Matter of Safety".

Journal

The Board of Directors have agreed that it is appropriate that the Society establish a quarterly publication.

This Journal will contain such features as original articles, Letters to the Editor, Abstracts from other Journals, a membership roster, minutes of the Board of Director's Meetings, Timely Tips, annual meeting summary, information on workshops and seminars presented by the Society, and a listing of educational programs of interest.

The Editor of the Journal has issued a call for original papers of a clinical nature. Forward to Harold Carron, MD, Box 238, U. of Virginia Medical Ctr., Charlottesville, Va. 22901. Deadline, Sept. 1, 1976.

Membership

Since the official formation of the Society in October of 1975, the membership now numbers some 300 practitioners. Although the majority of the membership is in the United States, memberships have been received from Brazil, Canada, Denmark, England, Mexico, Sweden, and Venezuela.

Physicians interested in membership may complete the application form in this Newsletter.

Administrative Offices

The Board of Directors have selected Mr. John A. Hinckley, President of the Institute for Continuing Education, to serve as the Administrative Assistant to the Secretary/Treasurer.

Correspondence may be directed to the Society's mailing address at P. O. Box 11083, Richmond, Virginia 23230.

Accreditation Survey

The American Medical Association Council on Medical Education has been requested to make a survey of the 1977 annual meeting to accredit the Society for purposes of awarding Category I Credit towards the American Medical Association's Physicians Recognition Award.

These credits are accepted by many state medical societies and specialty organizations for continuing education requirements for membership or relicensure.

Minutes of Annual Meeting

PHOENIX, ARIZONA

March 18-19, 1976

The President called the meeting to order at 5:40 P.M. on March 18, 1976. The Secretary determined that a quorum was present.

The following recommendations of the Board of Directors were approved by the membership:

1. The establishment of three "starter" research grants for studies of regional anesthesia by residents to be awarded by the Committee on Research.
2. The establishment of a \$500 prize for an original work on regional anesthesia by a resident, with the winner to present his paper at the annual meeting of the Society.
3. The publication of a Quarterly bulletin by the Society devoted to original articles, questions and answers, summaries of works in progress, and other subjects of interest to the membership.
4. The development of a category of membership for non-physician anesthetists.
5. ASRA sponsorship of a breakfast seminar at the ASA annual meeting.
6. The establishment of an annual Labat Award for outstanding contributions to regional anesthesia.
7. The establishment of Category II credits for AMA continuing education certification pending obtaining approval of Category I credits.
8. The next annual meeting of the Society will be held at Hollywood, Florida in conjunction with the meeting of the IARS.

The Society was requested to affirm the election of the original officers of the Society elected by the Board at its organizational meeting:

President Alon P. Winnie, M.D. — term 1977
V. Pres. L. Donald Bridenbaugh, M.D. — term 1977
Secy./Treas. Harold Carron, M.D. — term 1978
Directors Jordan Katz, M.D. — term 1978
P. P. Raj, M.D. — term 1977

The meeting adjourned at 6:00 P.M. on vote of the membership.

Annual Labat Award

At the Annual Meeting in Phoenix in March 1976 the Board of Directors received the membership approval to establish the annual LABAT AWARD.

This Award will be presented at the Annual Meeting to an individual, selected by a Special Award Committee, "for outstanding contributions to the development, teaching and practice of regional anesthesia in the tradition of Gaston Labat."

Nominations for the award must be received in the Administrative office by Oct. 1, 1976. Include curriculum vitae and nominating letter.

Interim Meeting

A regional meeting of the American Society of Regional Anesthesia has been scheduled for Copenhagen, Denmark, between June 20-22, 1977. It is hoped that this will provide an opportunity for the Associate membership to participate in a learning forum in conjunction with the Active membership.

The meeting has been scheduled to precede the 14th Congress of the Scandinavian Society of Anesthesiologists which will take place in Uppsala, Sweden between June 28 and July 1, 1977. The Congress themes are, 1. Physiological Measurements related to Clinical Anesthesia and Intensive Care with special reference to organ perfusion, 2. Relief of Postoperative Pain and 3. Prospective Advances in Local Anesthesia.

The official language for the meeting in Copenhagen will be English and one of the official languages for the Congress will be English.

Audio Tapes

Within the next several weeks all members of the Society, Chairman of Departments of Anesthesiology, and Residents will receive the taped proceedings of the first annual meeting held in Phoenix. This service was made possible by an educational grant from Winthrop Laboratories.

Officers

President
Alon P. Winnie, M.D.

Vice-President
Donald L. Bridenbaugh, M.D.

Secretary/Treasurer
Harold Carron, M.D.

Board of Directors

Donald L. Bridenbaugh, M.D.

Harold Carron, M.D.

Jordan Katz, M.D.

P. P. Raj, M.D.

Alon P. Winnie, M.D.

Board of Advisors

J. J. Bonica, M.D.

Philip Bromage, M.D.

Benjamin Covino, Ph.D., M.D.

Peere Lund, M.D.

Daniel Moore, M.D.

Monroe Trout, M.D.

Committee Appointments

1975-1976

Executive Committee

Officers

Immediate Past President

Committee on Research

John Bonica, M.D. (1 yr.) Chairman

Peere C. Lund, M.D. (2 yrs.)

Edwin S. Munson, M.D. (3 yrs.)

Committee on Clinical Survey

Donald Bridenbaugh, M.D. (1 yr.) Chairman

Jordan Katz, M.D. (2 yrs.)

James Montgomery, M.D. (3 yrs.)

Committee on Annual Meetings

Philip Bromage, M.D. (1 yr.) Chairman

Ronald Miller, M.D. (2 yrs.)

Milton Alper, M.D. (3 yrs.)

Annual Meeting Sections

1. Surgical Anesthesia Section

Philip Bromage, M.D.

Prithvi Raj, M.D.

Phil Bridenbaugh, M.D.

Adjunct — Gale Thompson, M.D.

2. Obstetrical Anesthesia Section

Milton Alper, M.D.

John McDonald, M.D.

John Petrakis, M.D.

Adjunct — William Gottschalk, M.D.

3. Pain Control Section

Ronald Miller, M.D.

Burnell Brown, M.D.

Donald Howland, M.D.

Adjunct — James C. Erickson, M.D.

Committee on Publications

Harold Carron, M.D. (1 yr.) Chairman

Benjamin Covino, M.D. (2 yrs.)

Alon P. Winnie, M.D. (3 yrs.)

Committee on Membership

Jordan Katz, M.D. (1 yr.) Chairman

Donald Bridenbaugh, M.D. (2 yrs.)

Prithvi Raj, M.D. (3 yrs.)

Committee on Constitution and Bylaws

Don Bridenbaugh, M.D. (1 yr.) Chairman

William S. Derrick, M.D. (2 yrs.)

Harold Carron, M.D. (3 yrs.)

Judicial Committee

Same as Executive Committee for 3 years;
then 3 past presidents.

Committee on Education

Prithvi Raj, M.D. (1 yr.) Chairman

Alon P. Winnie, M.D. (2 yrs.)

Daniel P. Moore, M.D. (3 yrs.)

2nd Annual Meeting

DIPLOMAT HOTEL, HOLLYWOOD, FLORIDA

March 10-11, 1977

The 1977 Annual Meeting will be devoted to Regional Anesthesia and the Control of Pain. The initial portion of the program will discuss pain mechanisms, evaluation of chronic pain problems, and a panel on models for pain clinics.

The second session will cover the application of regional anesthesia technics in the diagnosis and treatment of common pain problems, spasticity, and cancer.

A highlight of the meeting will be the presentation of the First Annual Gaston Labat Award and an address by the recipient. Details on the award appear elsewhere in this Newsletter.

There will be a third session devoted to Open Papers on regional anesthesia.

Resident's Award

The Board of Directors has proposed, and the membership approved, an annual award to an anesthesiology resident for an original paper on regional anesthesia. The winning author of the paper will be invited to present his paper at the annual meeting.

Residents are solicited to contribute manuscripts for consideration by the Committee on Research.

Manuscripts should be forward in duplicate to the Executive Office by December 15, 1977.

Research Grants

The Society has established three "mini-grants" of \$500 each to support resident investigators in regional anesthesia. Protocols should be forwarded directly to J. J. Bonica, M.D., Chairman, Committee on Research, ASRA, Department of Anesthesiology, University of Washington Medical Center, Seattle, Washington 98105.

Call For Papers

October 15, 1976 — Deadline for submission of titles and abstracts.

December 15, 1976 — Deadline for originals.

Instruction for Preparation of Abstracts

1. The title of the paper should be in **capital letters**.
2. An abstract should be typed double space and limited to one hundred (100) words.
3. Accepted papers should include the following:
 - A. The specific purpose of the paper.
 - B. Methods employed.
 - C. Results obtained.
4. Abstracts and final papers must be submitted in duplicate.

Mail to: L. Donald Bridenbaugh, Jr., M.D., Dept. of Anesthesia, The Mason Clinic, 1118 Ninth Avenue, Seattle, Washington 98101.

PRELIMINARY PROGRAM — 2nd Annual Meeting ASRA

Thursday, March 10, 1977

9:00 AM Registration Desk Open

2:00 PM Meeting Convenes

Presentations

Current Concepts of Pain

Physical Examination of the Patient with Pain

Psychological Evaluation of the Patient with Pain

Panel: Organization of a "Pain Clinic": Different Points of View

6:00 PM Reception for Recipient of Labat Award

Friday, March 11, 1977

8:00 AM Presentation — Gaston Labat Award

The Labat Lecture

Presentations

Differential Diagnostic Blocks

Sympathetic Pain: Mechanisms and Management

The Role of Muscle Spasm and Trigger Points in

Chronic Pain: Mechanisms and Management

The Management of Cancer Pain: Lytic Blocks

The Management of Spasticity with Blocks

Panel: The Management of Discogenic Pain

12:00-1:30 Lunch

1:30-4:30 Free Papers

Registration Form

2ND ANNUAL MEETING — AMERICAN SOCIETY OF REGIONAL ANESTHESIA

MARCH 10-12, 1977

DIPLOMAT RESORT AND COUNTRY CLUBS, HOLLYWOOD BEACH, FLA.

NAME: _____

CITY: _____ STATE: _____ ZIP: _____

Hospital/Teaching Affiliation: _____

REGISTRATION FEES: Active & Associate Members \$10.00 Non-Members \$25.00

Make check payable to (US Currency): American Society of Regional Anesthesia and mail to P.O. Box 11083, Richmond, Va. 23230.

HOTEL ACCOMMODATIONS: A special block of rooms has been reserved at the Diplomat Resort & Country Club. Special reservation cards will be mailed upon receipt of registration form. Persons attending the IARS meeting which precedes this meeting may reserve their room for both meetings on this form.

THE AMERICAN SOCIETY
OF REGIONAL ANESTHESIA
P. O. BOX 11083
RICHMOND, VIRGINIA 23230



The American Society of Regional Anesthesia

(SURGERY, OBSTETRICS, AND PAIN CONTROL)

Application for Membership

INSTRUCTIONS: PLEASE PRINT OR USE TYPEWRITER. COMPLETE EACH SPACE.
WRITE "NONE" IF QUESTION IS NOT APPLICABLE.

- Date of application _____
1. I HEREBY MAKE APPLICATION FOR (Circle One) ACTIVE ASSOCIATE MEMBERSHIP
Active — (Residing in U. S.) *Associate — (Residing outside U. S.)*
2. NAME _____ Date of Birth _____
(Last) (First) (Middle) (Month) (Day) (Year)
3. BUSINESS ADDRESS _____ PHONE _____
Number Street
City State Country
4. HOME ADDRESS _____ PHONE _____
Number Street
City State Country
5. LOCATION OF PRINCIPAL PROFESSIONAL ACTIVITY: _____
City State Country
6. ARE YOU INVOLVED IN RESIDENT TRAINING? Yes _____ No _____
7. TYPE OF PRACTICE
A. PRIVATE PRACTICE _____ C. GOVERNMENT _____
B. UNIVERSITY _____ D. OTHER (indicate) _____
8. INTEREST IN REGIONAL ANESTHESIA: Surgery _____ Obstetrics _____ Pain Control _____
(Check areas of interest)

(Signature)

Abbott Lectureship Epidural Anesthesia and Childbirth - An Enduring Marriage



Sol M. Shnider, M.D.

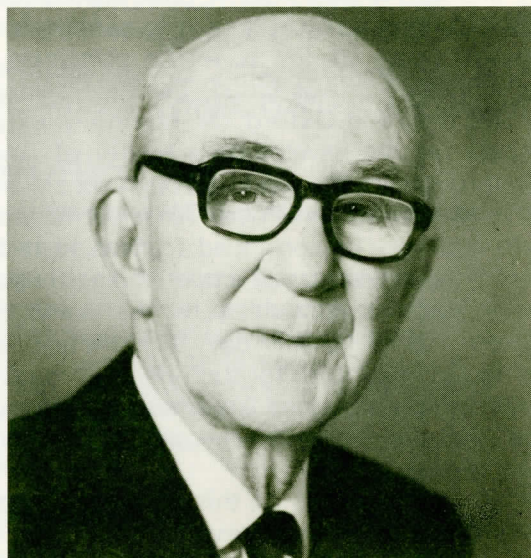
The opening lecture of the second day of the Society's 3rd Annual Meeting will be the 1st Annual Abbott Lectureship, presented by Dr. Sol M. Shnider.

A graduate of the University of Manitoba, Dr. Shnider served his internship in Winnipeg and his residency at Presbyterian General in New York. In 1962 Dr. Shnider joined the faculty of the University of California at San Francisco in the Department of Anesthesia and Obstetrics/Gynecology. He presently serves the University as Director of Obstetrical Anesthesia, Vice Chairman of the Anesthesia Department and Professor of Anesthesia, Obstetrics/Gynecology and Reproductive Sciences.

Dr. Shnider is a founding member of the Society of Obstetrical Anesthesia and Perinatology, serves on the Committee of Obstetric Analgesia and Anesthesia of the World Federation of Societies of Anesthesia, is a Diplomate of the American Board of Anesthesiology and a Fellow of the American College of Anesthesiology, a member of ASA and the American Society of Regional Anesthesia.

As an author, Dr. Shnider has served as the Editor or Co-author of three books and over 100 publications, in addition to Editorial positions with **Perinatal Care**, **Anesthesiology**, **J.A.M.A.** and the **American Journal of Obstetrics and Gynecology**.

To Receive 2nd Annual Labat Award



**Sir Robert Macintosh
Oxford, England**

Sir Robert Reynolds Macintosh was born in New Zealand on the 17th of October in 1897. On finishing school, young Macintosh sailed for Great Britain to join the Royal Flying Corps. He trained as a fighter pilot in World War I, and after a brief career in the air, he was shot down over France and taken prisoner. A number of daring attempts to escape were foiled on each occasion, so he never succeeded in regaining his freedom in re-entering the war.

After the war, Macintosh took his medical training at Guy's Hospital in London, intending to become a surgeon. After qualifying in 1924, he began to give Anesthesia for a number of dental surgeons in order to earn enough money that he might continue his surgical training. His efforts were so successful and his skills so great that, although he achieved the diploma of F.R.C.S., he abandoned surgery and espoused Anesthesia, to which he has devoted the remainder of his productive life to date.

In addition it was he who constantly explored difficult technical problems that provided obstacles to the development of Anesthesia in surgery, and invariably found solutions to them. Hence, virtually every Anesthesiologist (and many surgeons) in the world are aware of the technical genius of Dr. Macintosh if only through the multitude of instruments that to this day bear his name, i.e., the Macintosh

over please

Laryngoscope Blade, the Macintosh Balloon (for identification of the epidural space), etc.

1937 Dr. Macintosh was enticed away from practice in order to become the first Nuffield Professor of Anesthetics at the University of Oxford. The establishment of this chair, the first in Europe, was made possible by the benefaction of Lord Nuffield, who has always ascribed at least part of his success to his ability to choose the right man for any job. Such academic recognition of a previously minor specialty was most welcome, and provided encouragement for Anesthetists everywhere. In his years at Oxford, Dr. Macintosh was able to broaden the scope of Anesthesiology and give it an academic base, always teaching a simple common sense approach to clinical practice, but always aware of the scientific principles upon which that practice was based. During his long and productive tenure at Oxford, Dr. Macintosh extended his impact on the developing specialty of Anesthesiology throughout the world through six classic text books in Anesthesia and over 70 scientific publications. In addition, he continued to develop technical equipment to augment the scope of Anesthesiology, but now such equipment bore the name of his institution. Hence to this day, Anesthetists are indebted to Dr. Macintosh for such items as the Oxford Vaporizer (a self contained Anesthesia machine which can be used anywhere in the world), the Oxford Epidural Needle, etc.

The accomplishments of this man are attested to by a multitude of awards presented to Dr. Macintosh around the world: he received the Cross of Military Merit while working in Spain during the Civil War, and was awarded the Order of Liberty by Norway. He was made M.D. Hon. Causa, from the University of Buenos Aires, in 1950 and M.D. Hon. Causa from the University of Aix-Marseilles, in 1952. The vast extent of his accomplishments is recognized at home too; in 1955 he was knighted by the Queen of England.

Dr. Winnie Comments:

If Sir Robert, or "Mac," as he prefers to be called, had an impact on the development of the specialty of anesthesiology, perhaps his greatest personal influence was felt in the development of regional anesthesia. Much of his technical creative energy was expended in the creation of new and the refinement of old techniques in a continuing effort to expand the usefulness and increase the safety of regional anesthesia. Nor was he satisfied with the development of new methods; always the educator, Dr. Macintosh was concerned lest the advantages of regional anesthesia be lost by inadequate clinical teaching and inaccurate and complicated didactic material. As a result, and it is a fortunate result, four of the five major textbooks authored by Dr. Macintosh are devoted to techniques of regional anesthesia, and true to form, they stand as classics: Lumbar Puncture and Spinal Analgesia, Local Analgesia: Brachial Plexus, Local Analgesia: Head and Neck, and Local Analgesia: Abdominal Surgery.

It is truly fitting that this year the American Society

of Regional Anesthesia is presenting the Gaston Labat Award to Sir Robert Macintosh, as it states on the award, "for outstanding contributions to the development, teaching, and practice of regional anesthesia in the tradition of Gaston Labat."

Hands On Workshops Washington

Maximum subscription has been received for the first ASRA Workshop in Arlington, Virginia. The course announcement was circulated on a local basis, plus the membership and although the majority are from a two hundred mile radius, representation includes persons from Texas, Connecticut, Ohio, New York, Michigan, Iowa, Florida, Illinois, Oklahoma, Tennessee, Kentucky, California, Georgia and Puerto Rico.

Boston

The second ASRA Workshop will be held on Saturday, June 3, 1978 at the Park Plaza in Boston. Registration will again be limited, so that maximum participation can take place during the demonstration sessions. Notices will be mailed early in 1978 to all ASRA members and interested persons in New England.

Announcements

Papers for annual meeting invited

Those wishing to present free papers at the society's annual meeting to be held in San Francisco March 18-19, 1978, are invited to submit titles and abstracts no later than November 15, 1977. Completed manuscripts will be due January 15, 1978.

To prepare abstracts: (1) State the title of the paper (type in capital letters); (2) type double spaced and limit to 200 words; and (3) state the purpose of the paper, the methods employed, and the results obtained.

Abstracts and completed manuscripts should be submitted **in duplicate** to G. W. Ostheimer, MD, 77 Hancock Road, Needham, MA 02192.

ASA - Breakfast Meeting - SRO

Standing room only was the case at the Regional Anesthesia Breakfast Meeting — held at the Annual Meeting of the American Society of Anesthesiologists in New Orleans.

Moderated by Dr. Alon P. Winnie, President of ASRA, this meeting again proved the interest in Regional Anesthesia, as it was completely sold out prior to registration.

Honors

Dr. Harold Carron, Secretary/Treasurer of ASRA and Professor of Anesthesiology at the University of Virginia has been elected Secretary of the American College of Anesthesiology.

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3rd Annual Meeting

March 17-19, 1978 / San Francisco Hilton

REGISTRATION HOURS:
Friday, March 17, East Lounge 3:00 PM-9:00 PM
Saturday, March 18, East Lounge 7:00 AM-9:00 PM

Sat., March 18

7:50 AM Opening Remarks
Alon Winnie, M.D., President
American Society of Regional Anesthesia

1st SESSION (Imperial Ballroom)

8:00 AM Moderator: R. Bryan Roberts, M.D.
Fetal Monitoring & Obstetric Anesthesia
John S. McDonald, M.D.
8:45 AM *Local Anesthetics in Obstetrics*
Philip R. Bromage, M.D.
9:30 AM *Anesthesia & Perinatal Asphyxia*
Milton H. Alper, M.D.
10:15-10:45 AM Coffee Break

2nd SESSION (Imperial Ballroom)

10:45 AM PRESENTATION OF THE
GASTON LABAT AWARD AND
REMARKS BY RECIPIENT
11:15 AM Moderator: Milton H. Alper, M.D.
Panel: *Controversies in Obstetric Anesthesia*
Drs. Bromage, McDonald, Roberts
12:00 Noon LUNCH RECESS

3rd SESSION (Imperial Ballroom)

1:30 PM Moderator: Gerard W. Ostheimer, M.D.
Free Papers 10 minutes each, 4 minutes
discussion
4:30 PM Annual Meeting

4th SESSION (Continental Ballroom)

5:30 PM *Meet With The Experts,*
Round Table Discussions (Cash Bar)
6:30 PM Reception for Labat Award
Recipient (Cash Bar and complimentary
hors d'oeuvres)
7:30 PM Adjournment

Sun., March 19

5th SESSION (Imperial Ballroom)

8:30 AM ABBOTT LECTURESHIP*
Sol M. Shnider, M.D.
9:30-10:00 AM Coffee Break

6th SESSION (Parlors 1, 2, 3 of Continental Ballroom and Sections 1, 2, 3 of Imperial Ballroom)

10:30 AM Moderator: L. Donald Bridenbaugh, M.D.
Didactic Sessions: Spinals, Epidurals and Caudals
(Limited to 300)

12:00 Noon Adjournment

*Made possible by a grant from Abbott Laboratories

MEMBERS TAKE NOTE

Participation in the 10:30 AM, Sunday, March 19th Didactic Session on Spinals, Epidurals and Caudals will be limited to 300 persons. Each participant will be afforded the opportunity to work directly with an expert who will demonstrate techniques on live models and mannequins. Time will be provided for critique and individual discussion. A waiting list will be maintained.

Accreditation

As an organization accredited for Continuing Medical Education, the American Society of Regional Anesthesia certifies that this Continuing Medical Education offering meets the criteria for 11 hours in Category I of the Physicians Recognition Award of the American Medical Association, provided it is used and completed as designed.

This course has been approved for 9 cognates by the American College of Obstetricians and Gynecologists. Fellows participating in the program should record their attendance under Category I, #13.

This course has been approved for 6.5 points under Category II of the AANA CPE program.

Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Hospital/Teaching Affiliation: _____

☐ I will

☐ I will not take part in the Didactic Session at 10:30 AM on Sunday, March 19.

REGISTRATION FEES:

☐ Active Member \$25.00

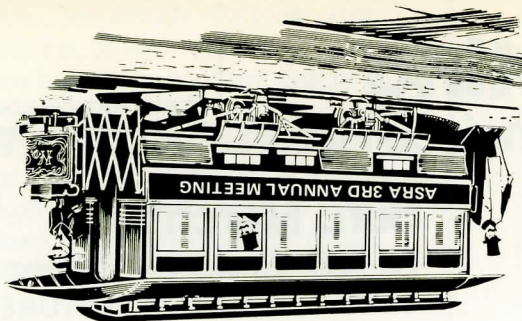
☐ Associate Member & Affiliate \$25.00

☐ Non-Member \$50.00

☐ Resident Member & SRNA \$10.00

Make check (U.S. currency) payable to: American Society of Regional Anesthesia and mail to P. O. Box 11083, Richmond, Va. 23230. Check must accompany application.

☐ Please Send Membership Information



**3rd ANNUAL MEETING
SAN FRANCISCO, CA.
MARCH 17-19, 1978**

FINAL NOTICE

**The American Society
of Regional Anesthesia**
P. O. BOX 11083
RICHMOND, VIRGINIA 23230



Non-Profit Org.
U. S. POSTAGE
PAID
PERMIT NO. 365
RICHMOND, VA.

Meetings

1977

Dec. 11-14 31st Postgraduate Assembly in Anesthesiology — New York State Society of Anesthesiologists — New York Hilton Hotel. Mrs. Eugenia C. Sinisi, Executive Secretary, New York State Society of Anesthesiologists, 30 East 42nd Street, Room 1501, New York, New York 10017

Dec. 16-19 Caribe Hilton, San Juan, Puerto Rico. Second Caribbean Symposium in Anesthesiology and Related Fields. "Practical Aspects of Acute and Chronic Pain Control." For further information contact Miguel Colon-Morales, M.D., GPO Box 4547, San Juan, Puerto Rico 00936.

1978

March 30 — April 2 Memphis, Tennessee: Annual Meeting, Society for Obstetric Anesthesia and Perinatology. Hyatt Regency Memphis, Memphis, Tennessee.

May 5-6 Boston, Massachusetts: "Obstetric Analgesia and Anesthesia," Department of Anesthesia, Boston Hospital for Women and Harvard Medical School, Boston, Massachusetts.

May 20-21 Cincinnati, Ohio: The Use of Regional Anesthesia in Today's Practice. For information: Department of Anesthesia, College of Medicine, Room 3504, 231 Bethesda Avenue, Cincinnati, OH 45267.

June 3 Boston, Massachusetts: American Society of Regional Anesthesia, "Hands On Workshop", ASRA, P. O. Box 11083, Richmond, Virginia 23230.

Aug. 27 Montreal, Quebec, Canada: 2nd World Congress on Pain of the International Association for the Study of Pain. For information: Secretary, IASP, c/o Department of Anesthesiology, RN-10, University of Washington, School of Medicine, Seattle, Washington 98195.

Sept. 4-9 Paris, France: 5th European Congress of Anesthesiology. Main Topic: "Haemodynamic Variations in Anaesthesia" will be dealt with in depth by anesthetists and cardiologists through the cooperation of the European Society of Cardiology with the Societe Francasise d'Anesthesie, d'Analgesie et de Reanimation in the scientific organization of the Congress. For information: N.A. Secretariat: P. O. Box 11083, Richmond, Va. 23230.

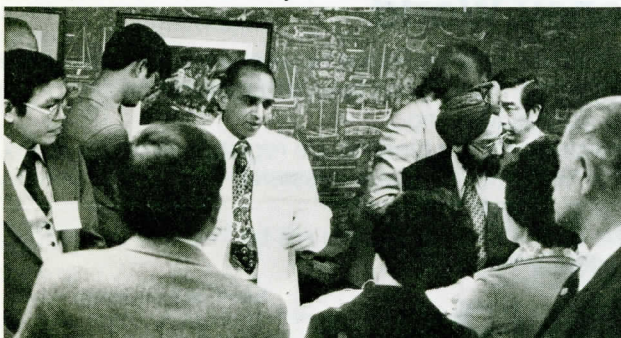
1980

September 9-12 Cologne, Germany: American Society of Regional Anesthesia. Surgery, Obstetrics & Pain Control, ASRA, P. O. Box 11083, Richmond, Virginia 23230.

Arlington, Virginia — Hands On Workshop



Dr. Cosmo Difazio
Metabolism and Toxicity of Local Anesthetics



Dr. P. Prithvi Raj
Nerve Stimulator — *Demonstration*



Dr. Benjamin Covino
Local Anesthetics — *Model*



Dr. Alon P. Winnie
Peripheral Blocks — *Demonstration*



Dr. Harold Carron
Autonomic Blocking — *Demonstration*



Q & A Session, Full Panel

Promptly at 8:00 AM, Dr. P. Raj, Director of Continuing Medical Education, introduced Dr. Harold Carron, Moderator for the 1st Hands On Workshop presented by the American Society of Regional Anesthesia. 162 persons registered for this Saturday program, with registrants coming from as far away as California, Canada, Puerto Rico and Texas.

The morning session was dedicated to lectures by a distinguished faculty. In the afternoon the registrants were divided into two groups. One group rotated through a series of five "Hands On Demonstrations" while the second group viewed films related to the demonstrations and halfway through the afternoon the groups reversed roles.

The final session consisted of the faculty answering questions that had been collected during the lectures and demonstrations.

The meeting adjourned promptly at 6:15 PM, although the faculty were gracious enough to make themselves available for further discussion.

A second "Hands On Workshop" will be held Saturday, June 3, 1978 in Boston. A registration form is included in this Newsletter and again registration will be limited.

Free Papers Selected for Annual Meeting

Dr. Gerard Ostheimer has announced that the following original papers have been accepted for presentation at the Annual Meeting in San Francisco.

"The Influence of Thoracic Epidural Anesthesia Upon the Size of Experimental Myocardial Infarction in Healthy Dogs."

Dr. Hans Renck, Tromsø, Norway

"Fifteen Years' Experience with 9,000 Outpatient Regional Anesthetics."

Dr. J. Firth, Lt. Cdr., M.C., San Diego, Calif.

"Uterine Incision — Delivery Time — A comparison of Neonatal Outcome with Epidural and General Anesthesia."

Dr. Thomas H. Joyce, III, Cincinnati, Ohio

"Is Lumbar Epidural Block the Anesthetic Technique of Choice for Outpatient Laparoscopy?"

Dr. L. Donald Bridenbaugh, Seattle, Washington

"The Status of Regional Anesthesia for Cancer Surgery — Current Concepts."

Dr. Peere C. Lund, Johnstown, Pennsylvania

"Effect of Premedication on the Hemodynamic and Pharmacokinetic Response to Peridural Anesthesia in Man."

Dr. Terence M. Murphy, Seattle, Washington

"Comparison of Continual Infusion and Intermittent Injection Extradural Block During Labor & Delivery."

Dr. Barry L. Belonsky, Bronx, New York

"Conduction Block by Lidocaine and Bupivacaine: Neonate vs Adult."

Dr. James E. Heavner, Seattle, Washington

"Arterial Block Levels Prior to and During Convulsions Following Epidural Block with Bupivacaine (Marcaine): A Case Report."

Dr. Daniel C. Moore, Seattle, Washington

"Blood Loss During Radical Gynecological Operations: Comparison of Epidural & General Anesthesia."

Dr. Sujit K. Pandit, Ann Arbor, Michigan

"The Inhibitory Effect (I50) of Commonly Used Local Anesthetics on Human Purified Usual-Type Plasma-cholinesterase."

Dr. E. K. Zsigmond, Ann Arbor, Michigan

"High/Low Temperature Intensification of Local Anesthetic Block."

Dr. Per H. Rosenberg, Seattle, Washington

Workshop (Annual Meeting) Sunday, March 19

This **"Didactic Session"** includes discussion of anatomy and techniques for performance of Spinal, Epidural and Caudal Procedures and includes use of models on which participants may perform the described techniques under the guidance of the experts.

Assisting the moderator, Dr. L. Donald Bridenbaugh, will be; Drs. Philip R. Bromage, Harold Carron, Jordan Katz, Peer Lund, John S. McDonald, Gerard W. Ostheimer, P. Prithvi Raj, R. Bryan Roberts and Alon P. Winnie.

You are reminded that registration for this session will be limited and on a first registered - first served basis.

ASRA Continuing Education Schedule

1978

MARCH 17-19
San Francisco, CA.

3rd Annual Meeting, ASRA, San Francisco Hilton.
AMA PRA CAT I, 11 hrs., ACOG 9 Cognates, AANA CAT II 6.5 CPE.

JUNE 3
Boston, MASS.

Hands On Workshop, Boston Park Plaza, AMA PRA CAT 8 hrs., AANA CAT II 6 CPE.

SEPTEMBER 23
Dallas, TEXAS

Hands On Workshop, Dallas Marriott, AMA PRA CAT 18 hrs., AANA CAT II 6 CPE.

1979

MARCH 8-11
Disney World, FLA.

4th Annual Meeting, ASRA, Contemporary Resort Hotel, Disney World, Florida.

FOR INFORMATION — ASRA, P. O. BOX 11083, RICHMOND, VA. 23230.

1979 Annual Meeting — Disney World

The Contemporary Resort Hotel at Disney World in Lake Buena Vista, Florida, has been selected as the site for the 1979 Annual Meeting.

The dates for the meeting are registration on Thursday, March 8th and the final sessions will be on Sunday morning, March 11th.

The theme for this meeting will be The Use of Regional Anesthesia in Surgery.

Annual Dues

Members are reminded that 1978 dues are payable upon receipt of invoice and membership may be terminated for failure to pay annual dues within 90 days of the due date or action by the Board of Directors on recommendation of the Judicial Committee. (By-Laws, Article I, Section 1.04)

Guide for Authors

Manuscripts for publication in **Regional Anesthesia** should be submitted to:

Harold Carron, MD
Editor, **Regional Anesthesia**
Box 238—Medical Center
University of Virginia
Charlottesville, VA 22903

Papers may be submitted for publication as original articles or for the "Regional Workshop."

Please submit an original and two copies of all manuscripts, along with a covering letter indicating the name and address of the author and a statement that the material has not been published elsewhere in whole or in part.

References should be contained on a separate page and accurately annotated in the text. A brief summary should conclude each presentation.

At least two reviewers will determine the acceptability and validity of the material.

REGIONAL ANESTHESIA (HANDS ON WORKSHOP)

June 3, 1978
Boston Park Plaza Hotel
Boston, Massachusetts

Registration Information

Fees include all educational materials, breakfast, coffee breaks and lunch.

Refunds will be made until May 20, 1978. A \$15.00 administrative fee after May 20, 1978.

Morning Session

7:00-8:00

Breakfast

Welcome — Program Coordinator — *Dr. Raj*

Introductions — Program Moderator — *Dr. Covino*

8:00-8:45

Local Anesthetics

(Site of Action, Classification, Metabolism)

Dr. Brown

8:45-9:30

Choice of Local Anesthetic Agents

(Common Surgical Procedures, Obstetrics, Pain)

Dr. Bridenbaugh

9:30-10:15

Uncommon Blocks for Surgery

(U.V. Regional — Ankle, Elbow, Shoulder, Neck)

Carron

10:15-10:30

Coffee Break

10:30-11:15

Autonomic Blocks for Pain Relief

(Techniques, Choice of Agents for Peripheral Vascular Disease, Cancer, Reflex Sympathetic Dystrophy) — *Dr. Boas*

11:15-12:00

Panel Discussion (Questions & Answers)

Moderator: *Dr. Covino*

12:00-1:30

Lunch with Faculty

Afternoon Session

GROUP I

1:30-3:35

Hands On Demonstrations

3:35-5:40

Video Demonstrations

GROUP II

1:30-3:35

Video Demonstrations

3:35-5:40

Hands On Demonstrations

5:45-6:10

Self Evaluation

6:10-6:40

Q&A Relative to Demonstrations

Moderator: *Dr. Covino*

6:40

Closing Remarks — *Dr. Raj*

HANDS ON DEMONSTRATIONS

1:30-5:40

(20-minutes with 5-minute breaks)

I. Local Anesthetics — *Drs. Vassalo, Covino*

II. Peripheral Nerve Blocks — *Dr. Carron*

III. Peripheral Blocks with Nerve Stimulator — *Dr. Raj*

IV. Epidurals — *Drs. Bridenbaugh, Brown*

V. Autonomic Blocks — *Dr. Boas*

VIDEO DEMONSTRATIONS

1:30-5:30

(30-minutes — 10 minute break)

Uncommon Blocks — *Dr. Carron*

Nerve Stimulator — *Dr. Raj*

Epidural & Caudals — *Dr. Bridenbaugh*

Autonomic Blocks — *Dr. Boas*

Perivascular Approach to Peripheral Block — *Dr. Winnie*

Hotel Information

The Boston Park Plaza Hotel is located on Arlington Street at Park Square. Hotel is at Exit 22 of the Massachusetts Turnpike and ten minutes from South Station, three minutes from Back Bay, ten minutes from Logan International Airport.

A block of rooms has been secured for this meeting. Single occupancy \$32.00, double occupancy \$40.00, plus tax.

RESERVATION FORMS MAILED UPON
RECEIPT OF REGISTRATION FEE.

Faculty

P. Raj, M.D.

Program Coordinator

Texas Neurological Institute
Dallas, Texas

Benjamin G. Covino, M.D.

Program Moderator

Professor of Anesthesiology
U. of Massachusetts School of Medicine

Harold Carron, M.D.

Professor of Anesthesiology

Director, Pain Clinic

U. of Virginia School of Medicine

Robert A. Boas, M.D.

Assoc. Prof. of Anesthesia

Director, Pain Clinic

U. of Massachusetts School of Medicine

Philip O. Bridenbaugh, M.D.

Professor & Chairman

Dept. of Anesthesiology

U. of Cincinnati School of Medicine

Burnell R. Brown, Jr., M.D.

Professor & Chairman

Dept. of Anesthesiology

U. of Arizona College of Medicine

Helen G. Vassalo, Ph.D.

Research & Development Division

Astra Pharmaceutical Products, Inc.

Accreditation

As an organization accredited for continuing medical education, the American Society of Regional Anesthesia certifies that this continuing medical education offering meets the criteria for 10 credit hours in Category I of the Physician's Recognition Award of the American Medical Association, provided it is used and completed as designed.

The symposium is approved for 10 points under Category II of the American Association of Nurse Anesthetists Continuing Professional Excellence Program.



Registration (Please Print or Type)

— LIMITED TO 185 — REGIONAL ANESTHESIA WORKSHOP

Name: _____

Address: _____

City, State, Zip: _____

Hospital/Teaching Affiliation: _____

☐ ASRA Member \$60.00

☐ Non-Member \$85.00

☐ Send membership information

Enclosed is (are) my registration fee(s) _____ (U.S. funds). Make check payable to American Society of Regional Anesthesia and mail to P. O. Box 11083, Richmond, Va. 23230.

HOTEL RESERVATION FORM MAILED UPON RECEIPT OF FEE.

☐ MD

☐ Ph.D.

☐ CRNA

☐ Other _____

HANDS ON WORKSHOP BOSTON, MASSACHUSETTS JUNE 3, 1978

**The American Society
of Regional Anesthesia**
P. O. BOX 11083
RICHMOND, VIRGINIA 23230



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Meetings

1978

March 17-19 San Francisco, California: 3rd Annual Meeting, American Society of Regional Anesthesia. San Francisco Hilton, ASRA, P. O. Box 11083, Richmond, Virginia 23230.

March 19-23 San Francisco, California: 52nd Congress of the International Anesthesia Research Society. San Francisco Hilton, 3645 Warrensville Ctr.-Rd., Cleveland, Ohio 44122.

March 30 – April 2 Memphis, Tennessee: Annual Meeting, Society for Obstetric Anesthesia and Perinatology. Hyatt Regency Memphis, Memphis, Tennessee.

April 7-9 Fredericksburg, Virginia: Virginia State Society of Anesthesiologists, 16th Annual Meeting, Fredericksburg, Virginia VSSA, P. O. Box 11083, Richmond, Virginia 23230.

April 15-16 Sixth Flats, Texas: ASA Regional Refresher Course, Inn of the Sixth Flats, Texas.

May 5-6 Boston, Massachusetts: "Obstetric Analgesia and Anesthesia," Department of Anesthesia, Boston Hospital for Women and Harvard Medical School, Boston, Massachusetts.

May 6-7 San Francisco, California: ASA Workshop. Hotel St. Francis, San Francisco, California.

May 20-21 Cincinnati, Ohio: The Use of Regional Anesthesia in Today's Practice. For information: Department of Anesthesia, College of Medicine, Room 3504, 231 Bethesda Avenue, Cincinnati, OH 45267.

June 3 Boston, Massachusetts: American Society of Regional Anesthesia, "Hands On Workshop", ASRA, P. O. Box 11083, Richmond, Virginia 23230.

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1980

Sept. 14-21 Hamburg, Germany: World Federation of Societies of Anesthesiologists, 7th World Congress.



Michael D. Stanton-Hicks, M.B.
President, ASRA

President's Message

As the American Society of Regional Anesthesia enters its fifteenth year it would seem to have realized all the dreams of its founding fathers as a subspecialty society in anesthesiology with over 4000 active members. Like good wine, 1988 was a great year with the unqualified success of Williamsburg, the site of the combined ESRA/ASRA International Meeting, the successful Annual Meeting in San Francisco and the excellent Workshop on PCA that was held in Scottsdale, Arizona.

With the continuing interest in patient controlled analgesia, a second workshop on this theme has been organized by Dr. Michael Ferrante of the Brigham and Women's Hospital in Boston this Fall. Two hands-on workshops are planned for 1990, one in the sun at a site yet to be determined and, capitalizing on the success of the Toronto Workshop, Montreal will be the site of a Fall 1990 workshop which will be coordinated with the assistance of the President-elect of the Canadian Anesthetist's Society, Dr. Desmond Writer, and its secretary Dr. Germain Houle.

Following representation of the American Society of Regional Anesthesia for a place in the House of Delegates of the American Society of Anesthesiology, by Dr. Philip Bridenbaugh, this proposal has come out of the committee for subspecialty representation with a positive vote and will be presented to the House of Delegates at its Annual Meeting in October this year. Having a seat in the House of Delegates will be an important milestone for our society and will assure us of a voice in the political process at a time of increasing government control and diminishing resources.

The culmination of much hard work by Dr. Philip Bridenbaugh, editor of *Regional Anesthesia* has resulted in a journal with not only a new look but one that with six issues

annually, already reaches over 5000 subscribers, 1000 of which are overseas. This circulation will undoubtedly increase and as the spokesperson of Regional Anesthesia it expresses the dedication of both the American and European Societies to education and research in regional anesthesia.

In keeping with its role as a promoter of regional anesthesia, the American Society of Regional Anesthesia in response to approaches by both Japanese and Malaysian societies of anesthesia, is offering its own resources and the journal as a *modus operandi* to broaden the interchange and development of regional anesthesia in these regions.

A task force already established under the chairmanship of Dr. Steven Abram is developing guidelines for pain units responsible for the management of cancer pain. This is one of several areas of anesthesia practice in which your Board of Directors has been sensitive to inquiries from the membership that relate to qualifications and accreditation for the practice of regional

anesthesia under different clinical situations. Although not yet formed, other task forces designed to address similar issues are also proposed.

In discussions with Professor Hans Nolte, the incoming president of the European Society of Regional Anesthesia this May, I have indicated my desire to increase our joint participation in educational functions between the two societies and in particular some means by which our membership may have access to information of a scientific and clinical nature that would otherwise be unavailable because of its dissemination in another language and in non indexed journals.

Finally, I would like to invite any of you for comments and suggestions relating to matters you feel are or might be important to the society by writing to me directly. I look forward to the coming year with optimism and am honored to have this opportunity of guiding the Society during the next twelve months.

M. Stanton-Hicks, M.D.
President

Orlando to Host 1990 Annual Meeting

Dr. Denise Wedel, Chairperson for the 15th Annual Meeting of ASRA, has announced the Call for Papers for the 1990 Annual Meeting, to be held at The Peabody Hotel in Orlando, Florida.

The dates for the meeting will be Sunday, March 25th through Wednesday, March 28th. Hotel rooms will be available for persons interested in arriving on Friday or Saturday in order to avail themselves of the many touristic activities.

On Sunday the Refresher Course will feature two parallel sessions, one on Surgery and one on Obstetrics and Pain. Registrants may change from one track to another, depending on their particular interest.

The first day of the Annual Meeting will include the presentation of the ASRA Distinguished Service Award, the John J. Bonica Distinguished Lecture on Pain and two parallel sessions, one on Cancer Pain and one on Obstetrics.

On Tuesday, the second day, the program calls for two simultaneous sessions, one on Neuropathic Pain Topics and one on Ambulatory Surgery. The featured lecture will be the Gaston Labat presentation.

The final day, Wednesday, will consist of the ASRA lecture and a panel presentation on Regional Anesthesia for Surgery.

Dr. Wedel and her committee will be reviewing submissions for Free Papers and Posters, always a highlight of the meeting and grouping them for presentation on Monday and Tuesday afternoon. The process of blinded review will be applicable to all submissions, including Resident Research Award.

ASRA Breakfast Panel

The ASRA breakfast panel at the 1990 Annual Meeting of the American Society of Anesthesiologists in New Orleans will discuss "Topical Issues in Spinal Anesthesia."

Moderator for this panel session will be Dr. M.S. Batra of Seattle, WA.

Panel members and their topics are:

"Adverse Cardiovascular Effects of Spinal Anesthesia"

Randall L. Carpenter, M.D.
Seattle, WA

"Spinal Anesthesia for the Young Pediatric Patient"

Linda J. Rice, M.D.
Washington, D.C.

"Continuous Spinal Anesthesia"

Donald H. Lambert, Ph.D., M.D.
Boston, MA

Members are reminded that tickets are only available from the American Society of Anesthesiologists and historically this breakfast is sold out early.

Shingles (Acute Herpes Zoster)

One of the most unpleasant and not infrequently painful skin problems which a patient can develop is known as "shingles", for which the medical term is "herpes zoster". Ordinarily, the course of the disease is as follows: For a day or two the person about to develop shingles may just feel "lousy" and have a low-grade fever; and then for several more days the patient may notice irritation, discomfort, and ultimately pain confined to a very localized part of the body. Finally the involved area appears red, and finally a rash appears, and very quickly thereafter vesicles ("blisters") develop. Over the ensuing week the vesicles gradually dry and form crusts and then over the next few weeks the crust falls off leaving a depressed, white scar. The pain usually persists for one to four weeks, and ordinarily it subsides as the lesions heal.

Shingles is caused by the "chicken pox virus": When an individual recovers from chicken pox, the virus which causes the disease does not leave the body or die, but becomes inactive and lies dormant in the sensory nerves of the body right where these nerves leave the bony spinal column. These viruses remain inactive due to the high level of antibodies to the virus, which developed during the acute phase of the chicken pox. Presumably, with the passage of time the level of these antibodies in the blood decreases, and if it falls low enough, the viruses in one of the nerves become activated, producing acute shingles, a secondary phase of chicken pox that is confined to the distribution of one or two nerves. The reason that the disease now remains localized is probably due to the fact that the re-infection by the re-activated virus produces an increase in the level of antibodies

to the virus, and thus the reactivation process extinguishes itself. Because it takes a prolonged period of time for the antibodies to chicken pox to fall to the level where the viruses can become re-activated, the development of "shingles", increases with advancing age. The occurrence of "shingles" is also more common in individuals where drugs (such as steroids), diseases (such as certain tumors), and physical agencies (such as radiation) interfere with the immune-response mechanism (the production of antibodies).

In the late 1930's a physician was treating a patient with sympathetic blocks for a painful condition known as reflex sympathetic dystrophy, and by chance, the patient also was in the acute and painful stage of "shingles". To the astonishment of the physician and the pleasure of the patient, the sympathetic block not only relieved the patient's pain due to reflex sympathetic dystrophy but also relieved the pain of the shingles and caused the vesicles to dry up and crust within twenty-four hours. Because of this unexpected experience, this physician utilized a sympathetic block to treat a patient whose only problem was shingles, and again the injection produced immediate relief of pain and resolution of the cutaneous lesions over the next 24-48 hours. Since that time many physicians have utilized this unique form of therapy in many thousands of cases with an extremely high success rate. Nonetheless, the technique is not widely utilized because its therapeutic efficacy is unknown to many physicians. Why?

Sympathetic blocks are a normal part of an anesthesiologist's expertise, and during residency training, an anesthesiologist learns of the efficacy of this form of therapy in terminating acute herpes zoster. However, patients with skin problems (and

in spite of the pain, shingles is a skin problem) go to their family practitioner, internist, or dermatologist: and most of these practitioners do not utilize sympathetic blocks in their practice and hence are unaware of the efficacy of these blocks in shingles. For one reason or another there is very little communication between specialties, so a communication gap exists. Such is the case with "shingles".

Nonetheless, when sympathetic blocks are utilized to treat shingles, the block is immediate, relief of the pain and resolution of the cutaneous lesions occurs within 24-48 hours. Occasionally a second and even a third injection is necessary, but this is the exception rather than the rule. However, while the patient is pleased at this simple and effective means of terminating the unpleasant disease we call shingles, perhaps the most important benefit of this form of therapy is **not** the curing of the shingles, but is rather the prevention of the development of post herpetic neuralgia, which can develop after the normal resolution of shingles as an **extremely** painful sequel. Post herpetic neuralgia ("after the shingles pain") is one of the most painful conditions known to man, and with the passage of time it becomes increasingly difficult, if not impossible, to alleviate. As stated earlier, the incidence of shingles, and hence the possibility of the development of post herpetic neuralgia, increases with advancing age, until by age 50 it occurs in 50% of the patients recovering from shingles, and after that increases 10% per decade. In patients whose acute herpes zoster is terminated by sympathetic blocks, the incidence of post herpetic neuralgia is zero. Thus the most important result of this unique form of therapy is the prevention of one of the most painful and devastating medical conditions known to man.

A Non-Surgical Cure for a "Slipped Disc"

When a patient develops a "slipped disc", that is a protrusion of the little cushion between two vertebrae, if the "disc" is in the lumbar (lower back) area, it usually results in pain which shoots down the leg, whereas if it occurs in the cervical spine, the pain shoots down the arm. If the situation is allowed to persist, not only does the pain become progressively worse, but the patient may develop weakness and even numbness of the involved extremity. Traditionally, if the symptoms cited above did not respond to bed rest, and perhaps traction, the treatment was surgical removal of the disc causing the pain. This would seem to be an entirely logical form of therapy, since removal of the disc causing the pain **should** obviously alleviate the pain. Unfortunately such is not always the case: the success rate provided by lumbar disc surgery is only about 60% and that provided by cervical disc surgery is even lower.

Presumably, the reason that surgery does not always provide pain relief is due to the fact that the pain is most likely **not** caused by the "disc" pressing on a nerve. More likely, the "slipped disc" results in a marked alteration in the structural integrity of the back in that area (so-called "internal trauma") which like all trauma results in an inflammatory response, that is, an increase

in blood flow to the area with resultant edema (swelling). Because this inflammatory response is taking place in a bony canal, there is no room for the tissues to "swell", and so the swelling of the tissues impinges upon the nerve or nerves at that level. It is for this reason that most patients find that coughing, sneezing, or straining makes the pain much worse; these maneuvers produce a sudden increase in blood flow into the area and decrease in the blood flow out of the area, with a resultant, brief increase in the pressure upon the nerves.

Because of the disappointing success rate provided by surgery and because of the belief by many that the mechanism underlying the patient's pain in this condition is due to the inflammatory response described above, for the past twenty years physicians have been treating the pain due to "slipped disc" by injecting steroids (cortisone-like drugs) into the epidural space, the space around the spinal canal through which the involved nerves must pass. Since anesthesiologists make injections into this same space to produce surgical anesthesia in the operating room, most commonly the injection of steroids for "slipped discs" are injected by anesthesiologists, since the technique is so familiar to them. This simple, non-surgical form of therapy has yielded a success rate that varies depending upon the stage of the patient's disease: if the patient is suffering from an acute disc of

recent onset, the injection of steroids epidurally yields better than a 90% success rate. If, on the other hand, the patient has already undergone surgery without relief, the success rate decreases approximately 10% for each operative intervention.

Even an acute disc with the passage of time results in muscle spasm in response to the altered spinal mechanics, and when the spasm continues, small areas of the involved muscles break down internally forming packets of scar tissue known as "trigger points", which entrap nerve endings and produce pain on their own. This sets up a vicious cycle of pain-producing muscle spasm, and muscle spasm producing pain, so with the passage of time the trigger points themselves can be the cause of continued pain and can even cause (through the spasm-induced alteration in the structural stability of the spine) a resumption of the signs and symptoms due to the disc. Therefore, if a disc has been present long enough to result in the development of trigger points, the trigger points must be identified and destroyed by "needling" (injecting them with sufficient local anesthetic to abolish pain or pressure).

And finally, since a slipped disc is probably the result of an imbalance of muscular "pull" on the spinal column, therapy should ultimately include exercises designed to restore the balance to relieve the present episode, and most important, to prevent recurrences.

Reflex Sympathetic Dystrophy (Post Traumatic Pain)

Ordinarily, when a patient sustains traumatic injury to an extremity, after the wound, fracture, or injury heals, the pain associated with the injury disappears. However, in a small but significant number of patients as the pain associated with the initial injury subsides, it is replaced by a different type of pain, usually described as burning. At first the pain is localized to the site of injury, but typically, with time it spreads to involve the entire extremity. Furthermore it increases in intensity to the point where any form of contact with the extremity involved is unbearable, and obviously then, the extremity becomes useless.

Historically, the development of this excruciating and incapacitating condition was first identified following war time injuries such as bullet wounds or stab wounds, but it is now realized that the same condition can develop following injuries (or diseases) that are so minor that the patient fails to relate his painful state to the initiating event.

The medical term "reflex sympathetic dystrophy" is particularly appropriate because it does describe what little is known about the causative process: The term "reflex" indicates that the condition represents a **response** to a primary, exciting mechanism, whether that mechanism is traumatic (fracture, burn, cut), medical (heart attack, stroke, infection), or vascular (phlebitis, thrombosis). The term "sympa-

thetic" indicates that the nerves involved in this painful condition are the **sympathetic** nerves, nerves that supply blood vessels, sweat glands, and the hair follicles, and **ordinarily** don't carry pain impulses. It is because of the involvement of these nerves that the development of this painful condition is accompanied by redness, swelling, and sweating, and after the condition is established, the extremity becomes pale and dry. Finally the term "dystrophy" indicates that if the condition persists for a sufficient period of time because of the persistent sympathetic stimulation and pain-induced disuse, trophic changes result, that is, the skin becomes tight and hairless, the joints become shiny, etc.

In many cases of reflex sympathetic dystrophy the signs and symptoms are so bizarre in their distribution and apparently so unrelated to any precipitating factor that not infrequently the examining physician may doubt there being any organic basis for the patient's complaints and he tends to attribute them to psychological factors. Clearly then, patients suffering from this condition are in danger of being misunderstood, discredited, and misdiagnosed, and as a result they are frequently mismanaged or neglected for sufficiently long periods of time that the disease progresses from a completely reversible to an irreversible state. On the other hand, a definitive diagnosis can be made simply and effectively by blocking ("freezing") the sympathetic nerves to the involved extremity. This sympathetic block, which is a technique known to all practicing anesthesiologists, is followed by complete and dramatic relief of

the patient's pain. Furthermore, and perhaps more importantly, this technique not only establishes the diagnosis, but initiates the treatment; for if the condition is treated early enough following its onset (within one year), repeated blocks will provide progressively prolonged relief until ultimately, this relief becomes permanent.

Editor's Note:

The articles on *A Non-Surgical Care for a Slipped Disc*, *Shingles (Acute Herpes Zoster)* and *Reflex Sympathetic Dystrophy (Post Traumatic Pain)* were prepared by Dr. Alon P. Winnie for the purposes of patient education.

ASRA Awards Research Grants

Dr. Cosmo A. DiFazio has announced the following research grants for 1989:

"Does Continuous Infusion of Low Concentration of Epinephrine Impair Uterine Blood Flow in Gravid Ewes?"

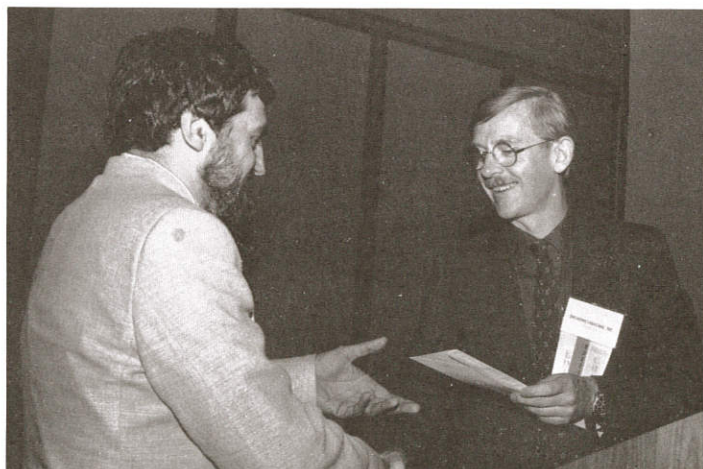
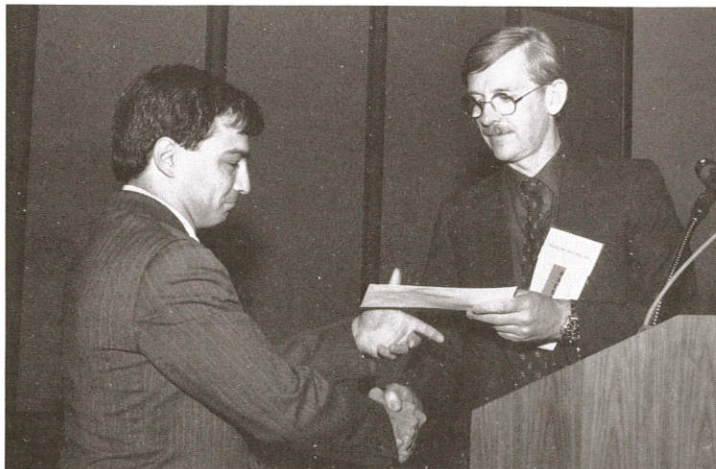
Mark C. Norris, M.D.
Jefferson Medical College

"The Effects of Volatile Anesthetic Agents on the Toxicity of Local Anesthetic Agents in Young Subjects"

J. Michael Badgwell, M.D.
Texas Tech Univ.

"Effect of Naloxone on Lidocaine Induced Central Nervous Systems Toxicity in Rhesus Monkeys"

William E. Ackerman, M.D.
U. of Cincinnati Med. Ctr.



Resident Paper Awards

Seven papers were considered for the Carl Koller Resident Research Award and presentations were made at the 1989 Annual Meeting in Boston.

The first prize of \$1,000.00 was made to Dr. Torben Mogenson from the University of Copenhagen for his paper:

"Tachyphylaxis During Intermittent Epidural Lidocaine Administration Is not Related to Changes in Distribution and Disappearance From the Epidural Space"

The second prize of \$750.00 was made to Dr. Sconzo of the University of Virginia Medical Center for his paper:

"In Vitro Diffusion of Lidocaine Across Endotracheal Tube Cuffs"

and third prize to Dr. Rosenquist from Emory University for his paper:

"Hyaluronidase and Axillary Brachial Plexus Block: Effect on Latency and Plasma Levels of Mepivacaine"

Residents interested in participating in the 1990 competition will find all pertinent information in the 1990 "Call for Papers."

1989 Annual Meeting



*Welcome to 1989 Annual Meeting
Dr. Benjamin Covino*

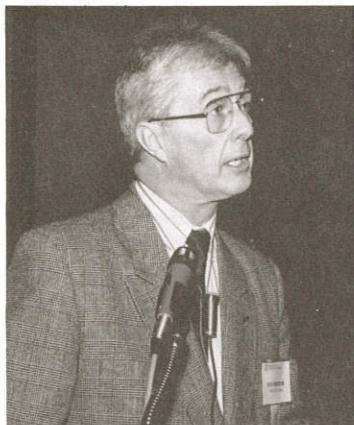


*Drs. Wall and Melzack
1989 Gaston Labat Awardees*

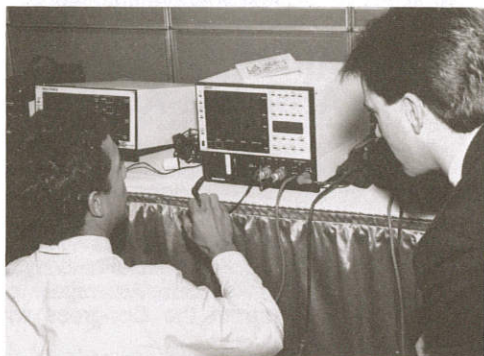
Presentors and Participants



*Dr. Tony Yaksh, 1989 Bonica Lecturer
with Drs. Katz and Bonica*



Industrial Support and Relaxation



Regional Anesthesia Editorial Board Meets



Contemporary Issues in Patient Controlled Analgesia

The second workshop to be presented by the Society dealing with Patient Controlled Analgesia will take place in Boston, MA on August 24 and August 25.

Dr. F. Michael Ferrante of the Brigham and Women's Hospital will serve as the Course Coordinator.

Faculty from the Boston area include: Charles Berde, M.D., Ph.D., William Camann, M.D., Benjamin G. Covino, Ph.D., M.D., Mary Lou Falk, R.N., Lynn R. Johnson, M.D., Barbara Jean Magnani,

Ph.D., M.D. and Gerard Ostheimer, M.D. Invited faculty include: Ray MacKenzie, M.D., Pittsburgh, PA; Laurie Mather, Ph.D., Adelaide, Australia; L. Brian Ready, M.D., Seattle, WA and Paul White, Ph.D., M.D., St. Louis, MO.

On each of the two days there will be afternoon workshops, which will allow hands on participation. Early registration is suggested as attendance will be limited.

Drs. Ferrante, Ostheimer and Covino are serving as editors for a publication that will contain the proceedings of this Workshop and the first PCA Workshop that was held in late 1988 in Scottsdale, AZ.

Funding for these two Workshops was supported by an educational grant from Abbott Laboratories.

Membership Report

The continued growth in membership evidences the continuing interest in all aspects of regional anesthesia.

As of April 1, 1989 there were 4,136 members of the Society, an increase of some six hundred members in a year, of which three hundred and thirty-two were residents.

The Society will continue its policy of inviting new residents to affiliate for one year on a complimentary basis. Directors of residency program may either submit a list of their residents, so applications may be mailed, or request membership applications.

Vlth World Congress on Pain, Adelaide, Australia

The International Association for the Study of Pain has announced the dates of April 1 through April 6, 1990 for the next Congress.

The program to be held at the Adelaide Convention Centre, Festival Hall and Hyatt Regency Hotel in Adelaide, Australia.

The structure of the Congress will include:

1. Plenary Sessions
 2. Special Plenary Lectures
 3. Free Communications (Posters & Slides)
 4. Luncheon Sessions
 5. Structured Topical Seminars
 6. Four track Refresher Course
- Pre-Congress Satellite meetings will be held as follows:

Heron Island, Australia
Bombay, India
Christchurch/Auckland, N.Z.
Post-Congress satellite meeting will be held as follows:
Honolulu, Hawaii
Perth, Australia
Sydney, Australia

Listed below is the schedule and contacts for the satellite meetings and the Congress.

Official abstract forms may be secured by writing to:

IASP Secretariat
909 NE 43rd St., Suite 306
Seattle, WA 98105, USA

Qantas Airlines has been appointed the official airline. Travel information is available from:

Convention & Group Travel
Associates, Ltd.
2051 Main Street
Stratford, CT 06497
(1-800-888-8007)

1990 Annual Meeting, European Society of Regional Anesthesia

Dr. Hans Nolte, President of ESRA has announced the dates of September 5-9, 1990 for the next Annual Meeting of the Society.

The location will be Bern, Switzerland. Persons interested in receiving additional information may write to:

Dr. M. Derron
Anästhesie Abteilung
Zieglerspital Bern
Marillanstrasse 75
CH Bern 3007
SWITZERLAND

1990 Annual Meeting Preliminary Program

Sunday, March 25, 1990 Refresher Course

Surgery

Combined Local Anes./Opiates for Intraspinal Anes.

Opiates for Intraspinal Anesthesia

Additives to Local Anesthetics

Lower Extremity Blocks

Pharmacology of Local Anesthetics

Complications of Peripheral Nerve Blockade

Complications of Central Neural Blockade

Closed Claims in Regional Anesthesia

Obstetrics

Surgery in the Pregnant Patient

Regional Anesthesia in the Obstetrical Cardiac Patient

Effect of Regional Anesthesia on Uterine Blood Flow

Postoperative Analgesia in the Pediatric Patient

Postoperative Analgesia — Update

Cost Benefit Analysis of Pain Management

Accreditation of Pain Clinics CARF

Monday, March 26, 1990 ASRA Distinguished Service Award

Cancer Pain

Mechanisms of Cancer Pain

Noninvasive Treatment of Cancer/Hospice

Neurolytic Block

Spinal Analgesics

Obstetrics

Complications of Regional Anesthesia in Obstetrics

Does Pregnancy Enhance Local Anesthetic Toxicity?

Effects of Obstetrical Anesthesia on the Fetus

Effects of Obstetrical Anesthesia on the Newborn

John J. Bonica Lecture on Pain

Free Papers

Tuesday, March 27, 1990

Neuropathic Pain Topics

Peripheral Nerve Injury

Trigeminal/Postherpetic Neuralgias

Phantom Limb Pain

Ambulatory Surgery

Outpatient Spinals

Sedation for Outpatient Regional Anesthesia

Brachial Plexus Blocks for Outpatients

Gaston Labat Lecture

Free Papers

Wednesday, March 28, 1990 Regional Anesthesia for Surgery

Intrapleural Catheters

Spinal Bupivacaine

New Local Anesthetics: Ropivacaine

Regional Anesthesia in the Aged Patient

American Society of Regional Anesthesia Lecture

Adjournment

Regional Anesthesia Six Issues a Year

Dr. Phillip O. Bridenbaugh, Editor in Chief of *Regional Anesthesia*, has announced that commencing with Volume 14, January - February, 1989, the journal will be distributed to the members six times a year, rather than four.

The Editorial Board in consonance with the Board of Directors of the Society made this decision in order to reduce the delay in the publication of articles received.

The membership should be aware that this increase in the number of issues distributed is being done with no increase in dues.

Dr. Bridenbaugh has also announced an expansion of the Editorial Board. In addition to presentation from the United States, there are representatives from major journals in Australia, Canada, Denmark, Finland, Japan, The Netherlands, New Zealand, Sweden and the United Kingdom.

Regional Anesthesia is the official journal of the European Society of Regional Anesthesia as well as the American Society of Regional Anesthesia.

International Meetings Calendar

May 31-June 4, 1989

Il Corso Nazionale di Analgesia Ipnocica. Organized by the Italian Chapter of IASP.
Verona, Italy.

Contact:
Prof. G. Guantieri; Presidente Istituto Italiano di Ipnosi Clinica e Psicoterapia 'H. Bernheim'; Via Valverde, 65; 37122 Verona, Italy.

June 1-2, 1989

First European Conference on Pain in Children. Sponsored by Dept. of Nursing Science, Univ. of Limburg, Maastricht; the Dutch Association for the Study of Pain (IASP Chapter); the French Association for the Study of Pain (IASP Chapter); and the International Association for the Study of Pain.

Contact:
Prof. H. Huyer Abu-Saad; Univ. of Limburg; P.O. Box 616; 6200 MD Maastricht, Netherlands.

June 1-3, 1989

1st International Congress on Epidural Spinal Cord Stimulation.
Groningen, Netherlands.

Contact:
QLT/Congrex; Keizersgracht 792; 1017 EC Amsterdam, Netherlands (31-20-261372).

June 16-17, 1989

Update on Pain IV: Management of Acute and Chronic Pain.
New Seabury, MA, USA.

Contact:
Dr. C. Peeters-Asdourian; Dept. of Anesthesiology; Univ. of Massachusetts Med. Ctr.; 55 Lake Ave. N.; Worcester, MA, 01655, USA (617-856-3271).

June 16-18, 1989

31st Annual Scientific Meeting and 8th Annual Post Graduate Course of the American Association for the Study of Headache.
Boston, MA, USA.

Contact:
W.R. Dion; P.O. Box 5136, San Clemente, CA, 92672, USA (714-498-1846).

June 21-23, 1989

2nd European Meeting on Chronic Pain: Adverse Effects of the Treatment of Chronic Pain. Organized under the auspices of the Council of Europe. Languages: French and English.
Strasbourg, France.

Contact:
Secretariat of the Groupe D'Etude de la Douleur; 4 rue des Mineurs, 67000 Strasbourg, France (88-22-46-66).

June 22-25, 1989

XII Congresso Nazionale della Associazione Italiana per lo Studio del Dolore (IASP Chapter).
Firenze, Italy.

Contact:
Prof. M. Zoppi; Clinica Medica B; Fac. Medicina e Chirurgia; Università Studi di Firenze; Policlinico 'Careggi'; 50134 Firenze, Italy.

Aug. 23-25, 1989

Annual General Meeting of the New Zealand Chapter of IASP.
Topics: Paediatric and Adolescent Pain Problems; Management of Acute Pain.
Invercargill, New Zealand.

Contact:
Dr. M. Zacharias; Spec. Anaesthetist; Southland Hosp.; Invercargill, New Zealand (021-81-949).

Sept. 16-19, 1989

2nd International Symposium on Pain. Sponsored by the Israel Pain Association (IASP Chapter).
Language: English.
Herzliya, Israel.

Contact:
Dr. D. Niv, PAIN 1989 Secretariat; P.O. Box 50006, Tel Aviv, 61500, Israel (Tel: 972-3-654571; Fax: 972-3-655674; Telex: 341171 KENS IL).

Sept. 19-22, 1989

15th International Congress of the Israel Society of Anesthesiologists.
Language: English.
Tel-Aviv, Israel.

Contact:
S. Hofman, PAIN 1989 Secretariat; P.O. Box 50006; Tel Aviv, 61500, Israel (972-3-654571).

Sept. 21-22, 1989

Second National Algology Congress. Sponsored by the Turkish Society of Algology.
Istanbul, Turkey.

Contact:
Assoc. Prof. S. Erdine; Turkish Soc. of Algology; Pain Unit of Medical Faculty of Istanbul Univ.; Monoblok Capa Klinikleri; Istanbul, Turkey.

Sept. 22-23, 1989

Annual Meeting of The Intractable Pain Society of Great Britain and Ireland, the British and Irish Chapter of IASP.
Nottingham, England, UK.

Contact:
Dr. A. Diamond, 9 Bedford Square, London, WC1B 3RA, UK (01-631-1650).

Sept. 26-28, 1989

East-West Pain Conference. Sponsored by the Neuroscience Research Inst. in Beijing and the Univ. of Medicine & Dentistry of New Jersey.
Beijing, China.

Contact:
Dr. J. Han; Dept. of Physiology; Beijing Med. Univ.; 38 Xue Yuan Rd.; Beijing 100083, People's Republic of China; or Dr. W. Wu; Pain Management Ctr.; UMD-New Jersey Med. Sch.; 185 S. Orange Ave.; Newark, NJ, 07103 (201-456-5006).

Oct. 5-7, 1989

Annual Meeting of the Canadian Pain Society (IASP Chapter).

Contact:
Dr. G.E. Lucier; CPS Meeting Banff '89; Dept. of Medical Physiology; Univ. of Calgary; 3330 Hospital Dr. NW; Calgary, AB, T2N 4N1, Canada.

Oct. 14-18, 1989

IVth International Headache Congress.
Sydney, Australia.

Contact:
Mrs. E. Loveridge; Conference Action Pty. Ltd.; P.O. Box 925; Crows Nest, NSW, 2065, Australia (61-2-439-6185; Fax 61-2-436-3730; Telex AA 23023).

Oct. 26-29, 1989

Annual Meeting of the American Pain Society (IASP Chapter).
Phoenix, AZ, USA.

Contact:
American Pain Society; 1612 L St. NW; Suite 925; Washington, DC, 20036, USA (202-296-9200).

Nov. 26-Dec. 2, 1989

Fifth International Seminar on the Treatment of Rheumatic Diseases. Sponsored by European League Against Rheumatism and Tel Aviv University Sackler Faculty of Medicine. Organized by Rheumatology Service, Golda Medical Center, Kupath Holim (Sick Fund), Petah Tiqva, Israel.
Tel-Aviv, Tiberias & Jerusalem, Israel.

Contact:
The Secretariat; P.O. Box 394; 61003 Tel Aviv, Israel (Tel: 972-3-650862; Fax: 972-3-660060; Telex: 33803, 35819 PELTG IL).

1990

Feb. 14-17, 1990

International Pain Control Conference: Contemporary Issues in Chronic Pain Management. Sponsored by the Dept. of Anesthesiology, Div. of Pain

International Meetings Calendar
continued

Control, and the Div. of Continuing Medical Education, Vanderbilt Univ. Med. Ctr. Credits: 16 AMA Category I. Cancun, Mexico.

Contact:
Div. of Continuing Medical Education; Vanderbilt Univ. Med. Ctr.; CCC-5326 Med. Ctr. North; Nashville, TN, 37232, USA.

March 25-29, 1990

The Neurobiology and Experience of Pain. Attendance limited to 30 participants. Heron Island, Australia.

Contact:
Dr. P.J. Snow; Anatomy Dept.; Univ. of Queensland; St. Lucia, QLD, 4067, Australia; or Prof. M. Zimmermann, II Physiologisches Inst.; Univ. of Heidelberg; Im Neuenheimer Feld 326; 6900 Heidelberg, West Germany. CONGRESS SATELLITE SYMPOSIUM

March 27-28, 1990

Cancer Pain Relief in Developing Countries. Organized by Dr. P. Kumar, Dr. B.J. Damany, and Dr. M.T. Bhatia. Bombay, India.

Contact:
Dr. M.T. Bhatia; 31 Hindu Colony, Opposite Sports Club; Navrangpura,

Ahmedabad 380009 India (Tel: 0270-445126/387454, Telex: 1216681) CONGRESS SATELLITE SYMPOSIUM

March 26, 28-29, 1990

Pain and Rehabilitation. Organized by Drs. R. Acland and B. Tait. Christchurch and Auckland, New Zealand.

Contact:
Dr. R.H. Acland; North Shore Hosp.; Shakespeare Rd.; Takapuna; Auckland 9, New Zealand. CONGRESS SATELLITE SYMPOSIUM

Vlth World Congress on Pain

**April 1-6, 1990,
Adelaide, Australia**

Sponsored by the International Association for the Study of Pain (IASP)

Contact:
IASP Secretariat, 909 NE 43rd St., Suite 306, Seattle, WA, 98105 USA
Telephone: 206-547-6409; Telex: 265214 PAIN; FAX: 206-547-1703

April 7-10, 1990

Intraspinal Narcotics/Pain Update 1990. Organized by Steven D.

Waldman, MD.
Honolulu, Hawaii.

Contact:
Steven D. Waldman, MD, 11111 Nall 4202, Lees Summit, MO 66211, USA (913-491-1111) CONGRESS SATELLITE SYMPOSIUM

April 8-10, 1990

"Spinal Pain: Precision Diagnosis and Treatment. Organized by the Pain Research and Education Foundation, Perth, Australia.

Contact:
Dr. P.M. ... Research and Education Foundation; Suite 42/146 Mount ... Centre, Mounts Bay Rd; Perth, WA, 6000, Australia (Tel: 61-09-434-1000; Fax: 61-09-322-2022). CONGRESS SATELLITE SYMPOSIUM

the Pacific Basin.
Australian Pain

Dr. ... Director, Pain Clinic; Royal ... Allied Hospital; Sydney, NSW 2000, Australia (61-02-516-6111). CONGRESS SATELLITE SYMPOSIUM

Calendar courtesy of IASP Newsletter



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**Contemporary
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The American Society
of Regional Anesthesia
in cooperation with
The Department of Anesthesia
Brigham and Women's Hospital
August 24-25, 1989
Ritz Carlton Hotel
Boston, Massachusetts

**Regional Anesthesia
Workshop**

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**1990 Annual Meeting
March 25-28, 1990
Orlando, Florida**