

**East of England Regional Core Trainee Teaching
Princess Alexandra Hospital
10th April 2019**

Morning Session – Everything about Eyes...

- 08:45** **Registration with breakfast**
(Lecture Theatre, Parndon Hall)
- 09:00 Welcome & MCQs
- 09:30 Why we need to know about the eye as anaesthetists...and what...
- An anatomy refresher!
- Hot topics in eye physiology for exams
- How drugs affect the eye
- Common eye signs & clinical relevance quiz
- 11:00** **Coffee Break**
- 11:20 Discussion – How would *you* anaesthetise...?
- 12:00 Question-setting exercise
- 12:30 Getting Practical! Eye blocking and needling...
(Clinical Skills Lab)
- 13:00** **LUNCH**

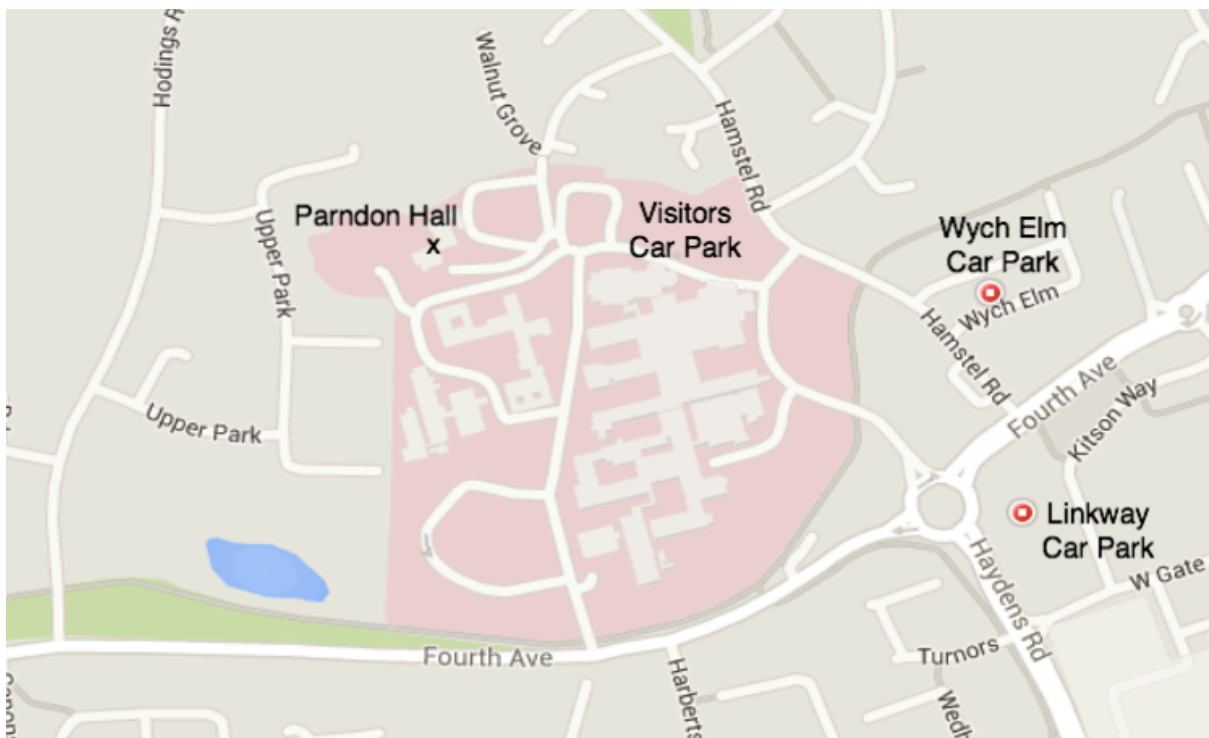
Afternoon Session – Follow up case-based discussions and regional blocks

- 13:45 Group discussions: Common FRCA exam cases and the eye...and application to day-to-day practice.
- 15:15 Follow up MCQs
- 15:30 An overview of regional blocks for ophthalmic surgery
- 16:45 Feedback and close



Venue: Parndon Hall (Education Centre), Princes Alexandra Hospital, Hamstel Road, Harlow, Essex CM20 1QX (pictured above).

Parndon Hall is completely separate from the main hospital. It is a short walk (approx. 1 minute) from the Visitors' Car Park – if you are standing in the Visitors' Car Park looking towards the A&E Department/Main Entrance, Parndon Hall will be to your right and behind you, in the wooded area. It is not that well sign posted, but look for signs for Parndon Hall and/or Education Centre.



Car Parking: On site visitor car parking has been increased recently. There is a Main Visitors' Car Park on site that costs **£8 for the day (coins or credit/debit cards)**. Access for the main car park is via the main entrance/Emergency Department signed routes. However, there are visitors' car parking areas throughout the hospital site now, which are signposted. But please check as Security do regular rounds and will put parking tickets on your car if you park in the staff car park or staff designated areas without a permit.

Alternative Car Parking (outside the hospital): The nearest car park to the hospital is Wych Elm Car Park. Wych Elm car park provides 120 spaces and is approximately 5 minutes walk from Parndon Hall " [http://www.harlow.gov.uk/carpark"wychem](http://www.harlow.gov.uk/carpark).

Contacts: Parndon Hall Education Centre 01279 827020 on the day or lucyevans@doctors.org.uk