



### Instructions for Use

### Interscalene /Suprascapular Block Simulator

MS2-INT

## 1. Preparation

### TRAINING GOAL #1: SETTING UP THE ULTRASOUND MACHINE

- Needle: Use sharp bevel needles, best with  $\leq 22G$  best with small diameter (25G). The use of small gauge needles increases the lifespan of the simulators.
- Sterile water ONLY when practicing injections
- Transducer: Linear - high-frequency transducer
- Depth: 3-4 cm
- **IMPORTANT: INCREASE the ultrasound gain BEFORE SCANNING (simulators are somewhat less echogenic and require more gain to obtain images similar to the human tissue)**

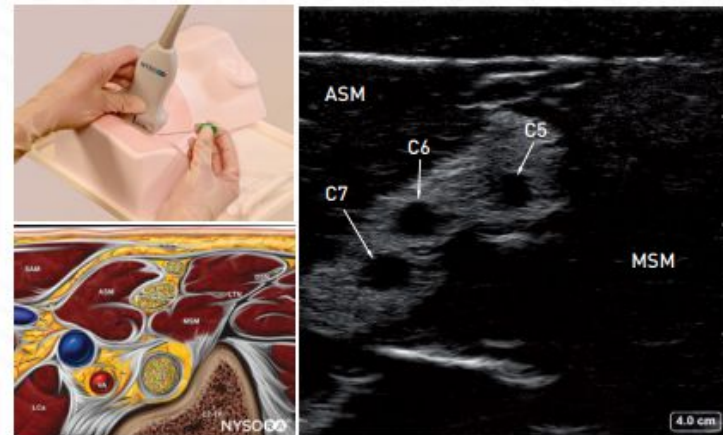
## 2. Scanning

### TRAINING GOAL #2: ANATOMY RECOGNITION

**For an interscalene brachial plexus block:** Position the transducer transverse over the neck, superior to the clavicle and over the external jugular vein.

Identify the following structures:

- Anterior scalene muscle (ASM)
- Middle scalene muscle (MSM)
- Roots of the brachial plexus: C5, C6, and C7

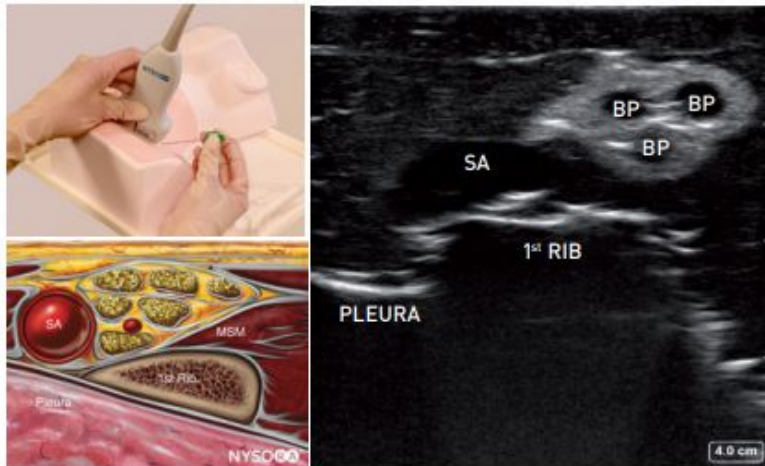




**For a supraclavicular brachial plexus block:** Place the transducer in transverse orientation, just above the clavicle.

Identify the following structures:

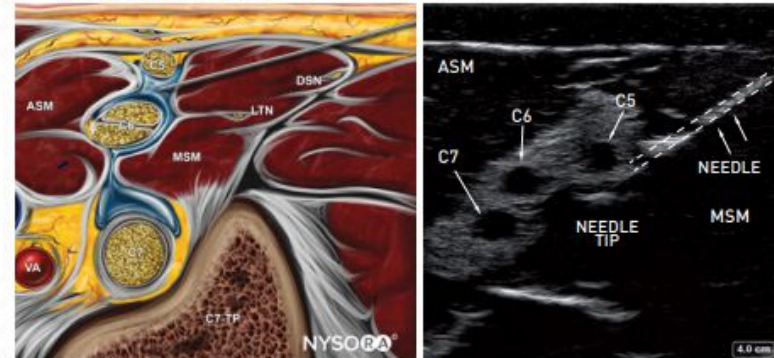
- SA: Subclavian artery
- BP: Trunks of the brachial plexus
- Pleura
- 1<sup>st</sup> Rib



### 3. Procedure

#### TRAINING GOAL #3: PRACTICE NEEDLE INSERTION INTO RELEVANT ANATOMY

**For an interscalene brachial plexus block:** Insert the needle in-plane in a lateral-to-medial direction in between the roots of the brachial plexus.



**For a supraclavicular brachial plexus block:** Insert the needle in-plane, maintaining a very shallow depth (1 cm or so) in a lateral-to-medial direction toward the brachial plexus sheath. Two separate injections are required for the block, (1) Start by injecting 10 mL between the first rib and the lower trunk (2) Withdraw and carefully redirect the needle toward the superficial elements of the brachial plexus to complete the injection between the divisions of the upper and middle trunks.

