

## 7<sup>th</sup> CARDIFF CADAVERIC ULTRASOUND-GUIDED MUSCULOSKELETAL INTERVENTION COURSE (CCUMIC)

10<sup>th</sup> June and 11<sup>th</sup> June 2016 (Friday and Saturday)

Welsh Centre for Anatomical Education, Sir Martin Evans Building, University of Cardiff

Dear Colleague,

Thank you for choosing to attend this course. May we take this opportunity to kindly welcome you to the course and to Cardiff!

This mail is to inform you of the directions to the venue, the reporting procedures, and the programme and format for the days.

### I. General and reporting

**Dates:**

10<sup>th</sup> and 11<sup>th</sup> June 2016 (Friday and Saturday)

**Registration time:**

At **0900 hours** – room C0.12 (Opposite the security centre as you enter the building).

**Start time:**

The introductory lectures will start at **0915 hours**.

**Finish time:**

The course will finish at **1700 hours on Day 1 and 1615 hours on Day 2**

**Venue:**

**Anatomy Dissection Room and C0.12**, Anatomy Department, School of Biosciences 2, Cardiff University

**Where to report:**

Please enter the School of Biosciences 2 in **Sir Martin Evans building** from the main entrance. Please walk up the ramp either from the 'museum avenue' side or the 'Colum Road' side and enter the main School of Biosciences 2 building. The building is a short walk from the 'Main Building of the University', 'Students Union', 'Cathays train station', and is behind the 'Security Centre'. Once you enter **Sir Martin Evans building** please report to the security and ask them to direct you to C0.12. If you arrive after 1000 hours please report straight to the Anatomy Dissection Room.

## II. Address, directions and parking

### Address:

Welsh Centre for Anatomical Education  
Sir Martin Evans Building  
School of Biosciences 2  
Park Place  
**Cardiff University**  
CF10 3AX  
Wales  
United Kingdom.

### Directions:

- For general directions to reach Cardiff University, please click on the link below:  
<http://www.cardiff.ac.uk/locations/directions/index.html>
- To reach the course venue: Please click on this link and look for directions to the '**Sir Martin Evans Building**': <http://www.cardiff.ac.uk/locations/locationsaz/>
- To view the venue on an university map, please click on this link and look for number '35':  
<http://www.cardiff.ac.uk/locations/maps/index.html>
- To view the building in a Google map, please visit:  
[https://maps.google.co.uk/maps?q=sir+martin+evans+building+cardiff+university+address&ie=UTF-8&ei=irKxUZ7T08nL0AXU1ICgCQ&ved=0CAsQ\\_AUoAg](https://maps.google.co.uk/maps?q=sir+martin+evans+building+cardiff+university+address&ie=UTF-8&ei=irKxUZ7T08nL0AXU1ICgCQ&ved=0CAsQ_AUoAg)

Once you are near the venue, please follow these visual directions:  
[http://doctorsacademy.org/Course/CCUMIC/image\\_slider\\_latest/directiontovenue.html](http://doctorsacademy.org/Course/CCUMIC/image_slider_latest/directiontovenue.html)

### Parking:

#### **Friday (10<sup>th</sup> June 2016):**

Parking is available just outside the School of Biosciences buildings both at the front (Museum Avenue) and back (Park Place). These 'pay and display' council car parks cost £5.00 for up to ten hours at the front of the building (Museum Avenue) but is valid only for five hours at the back in Colum road.

#### **Saturday (11<sup>th</sup> June 2016):**

Free parking is available in the car park outside the Main Building of the University.

Sat Nav Post code: **CF10 3AT**

<https://www.google.co.uk/maps/preview#!data=!1m4!1m3!1d2112!2d-3.1786544!3d51.4877441!4m35!3m16!1m0!1m5!1sMain+Bldg%2C+Park+PI%2C+Cardiff+University%2C+Cardiff+CF10+3AT!2s0x486e1cbc8230aa57%3A0x54af9e2e65a7caa1!3m2!3d51.4875389!4d-3.1793292!3m8!1m3!1d2112!2d-3.1786544!3d51.4877441!3m2!1i1270!2i653!4f13.1!5m15!2m14!1m13!1s0x486e1cbc8230aa57%3A0x54af9e2e65a7caa1!2sMain+Building!3m8!1m3!1d2112!2d-3.1786544!3d51.4877441!3m2!1i1270!2i653!4f13.1!5e6!7b1!7m1!3b1&fid=0>

### Programme and contents

The programme is as shown online:

[http://doctorsacademy.org/Course/CCUMIC/downloads/Programme\\_Jun\\_2016.pdf](http://doctorsacademy.org/Course/CCUMIC/downloads/Programme_Jun_2016.pdf)

There is always the possibility of a lecture or demonstration using the cadaver over-running the time and thus may necessitate some flexibility in the programme. However, due to the wide range of topics that will be covered during the course, we will adhere to strict time-schedule. Thus we will endeavour to stick to the session times (i.e., morning and afternoon) and hence all breaks, and start and finish times during both days will be followed as per programme.

**Course format/content:**

Details regarding the format are shown in the course programme. The group sessions will be a hand-on practical workshops that involve ultrasound-guided musculoskeletal interventional procedures on unembalmed freeze-preserved cadavers. Practical sessions will include injection of joints and surrounding soft tissue structures, and techniques such as dry needling and biopsies.

**Dress code:**

As you wish; informal, comfortable and that suits the British weather! You will be provided with aprons or overalls in the dissection room.

**Breaks for refreshments and lunch:**

There will be 20-minute refreshment break in the morning session, and a 45-50 minute lunch break. During the refreshment break, you will be provided coffee/tea and biscuits/cakes. Both vegetarian and non-vegetarian food will be available.

**Course dinner (free for all participants):**

There will be a course dinner at 7 pm on 10th June (Friday) in a restaurant in Cardiff. The venue will be informed on the day and it will be very close the city centre.

**Some guidance on:**

(i) Travel:

[http://doctorsacademy.org/Course/CCUMIC/downloads/Travelling\\_to\\_Cardiff14.pdf](http://doctorsacademy.org/Course/CCUMIC/downloads/Travelling_to_Cardiff14.pdf)

(ii) Accommodation:

If you have not already booked your accommodation, you may consider the options below. The venue where the course is held is very close to the city centre. The University is about 6-8 min walk from the city centre. Cardiff Bay is quite far from the venue and we would hence suggest you not to book your accommodation in Cardiff Bay (unless you wish to stay there due to other reasons). We recommend a few accommodations nearby:

1. The cheapest option might be:

**Travel lodge in City Centre, Cardiff:**

<http://www.travelodge.co.uk/hotels/81/Cardiff-Central-hotel>

**Travel Lodge in Whitchurch, Cardiff:**

<http://www.travelodge.co.uk/hotels/450/Cardiff-Whitchurch-hotel>

Both the travel lodges are quite close by. However, the one in city centre can be busy during the evenings/night and you may get disturbed. Thus the one in Whitchurch might be better. It will cost about £7-£8 by cab to the University.

2. There is a Holiday Inn as well that is not too far from the venue:

<http://www.holidayinn.com/hotels/us/en/cardiff/cdfcy/hoteldetail>

3. A more exquisite but pricier hotel is as below:

Mercure Cardiff Centre Hotel  
Wharf Road East  
Tyndall Street  
Cardiff  
CF10 4BB

This hotel is a short cab drive to the university.

Other accommodation options can be found at:

<http://doctorsacademy.org/Course/CCUMIC/downloads/Accomodations14.pdf>

**Places to dine in Cardiff:**

[http://doctorsacademy.org/Course/CCUMIC/downloads/Places\\_to\\_Dine\\_14.pdf](http://doctorsacademy.org/Course/CCUMIC/downloads/Places_to_Dine_14.pdf)

We look forward to seeing you for the course.

Please do not hesitate to contact us at [courses@doctorsacademy.org.uk](mailto:courses@doctorsacademy.org.uk) if you have a query in the interim.

Best wishes,

**Course Faculty  
Radiology Courses and Programmes  
Doctors Academy**

*Post scriptum:*

**'Buzz-words' to tell people if you get lost and want directions:** 'Park Place', 'Anatomy Dissection Room', 'School of Biosciences', 'Sir Martin Evans Building' 'Near Main Building', 'Close to students union', 'Near Cathays train station', 'Security Centre'!

**Please ring +44 (0) 29 2061 6765 or 07772 305166 if you need any help on the day.**