

9th CARDIFF CADAVERIC ULTRASOUND-GUIDED MUSCULOSKELETAL INTERVENTION COURSE (MSK Course)

15th and 16th February 2019 (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:

15th and 16th February 2019 (Friday and Saturday)

Registration time:

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

Start of Course:

The introductory lectures will start at **0930 hours on Day 1 and 0900 hours on Day 2.**

End of Course:

The course will finish at **1715 hours on Day 1 and 1615 hours on Day 2.**

Venue:

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

Where to report:

Please enter the School of Biosciences 2, 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 School of Biosciences 2 building. The building is a short walk from the 'Main Building of the University', 'Students Union', and 'Cathays train station'. It is located behind the 'Security Centre'. Once you enter the 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:

Cardiff School of Biosciences 2
Sir Martin Evans Building
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=irKxUZ7TO8nL0AXU1ICgCQ&ved=0CAsQ_AUoAg

More visual directions to the venue can be found by following this link:

http://doctorsacademy.org/Course/CCUMIC/image_slider_latest/directiontovenue.html

Parking:

Free parking is available in the car park outside the Main Building of the University on the Saturday of the course. On Friday, however, you will be required to park on the road on either side of the Sir Martin Evans building (Colum Road or Museum Avenue). These car parks are maintained by the council and their rates can be found here:

<https://www.cardiff.gov.uk/ENG/resident/Parking-roads-and-travel/parking/On-street-parking/Pages/On-street-parking.aspx>.

Please click on Outer City Centre zone – long stay and short stay.

Sat Nav Postcode: **CF10 3AT**

Please follow this link to view the Main Building of the University:

<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 available via this link:

<https://doctorsacademy.org/coursenw/ccumic/PGMF19.pdf>

There is always the possibility of a lecture or demonstration using the cadaver over-running the time and thus, some flexibility in the programme may be required. 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 hands-on practical workshops which 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.

IV. Other Pertinent Information

Dress code:

The dress code for this event is professional/semi-formal. Kindly refrain from wearing shorts of any kind, hoodies and flip-flops. 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 and afternoon sessions, and a 50-minute lunch break. During the refreshment break, you will be provided with coffee, tea, and biscuits/cakes. Both vegetarian and non-vegetarian food will be available.

Course Dinner (free for all delegates):

There will be a course dinner at 1900 hours on 15th February (Friday) in a restaurant in Cardiff. The venue will be informed on the day. It will be very close to the city centre.

Some guidance on:

(i) Travel:

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 a 6-8-minute 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 Travelodges are quite close to the venue. 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 taxi 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:

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

This hotel is a short taxi 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

We look forward to meeting you at the course.

Please do not hesitate to contact us at info@doctorsacademy.org.uk if you have any further queries in the interim. Alternatively, you can contact us at 02920 616 765.

If you have any issues on the day of the course, do not hesitate to contact us on +44 (0) 75 3426 0131.

With very 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 the students' union', 'Near Cathays train station', 'Security Centre'.