ANACON 2026

St. John's Medical College, Bangalore

Event Report | 24th-25th October 2026

ANACON 2026 was held at St. John's Medical College, Bangalore, on 24th and 25th October 2026, bringing together faculty and delegates for a two-day educational programme centred on anatomical understanding and ultrasound-guided regional anaesthesia. The programme was conducted under the leadership of Cadaveric Research Academic Board (CRAB) Chairman Dr. Sandeep Diwan, Course Director Dr. Manjula Devi, Lead Faculty Dr. Renuka Guragol and FDP Lead Dr. Bhuvaneshwari. A dedicated CRAB Faculty Development Programme preceded the workshop, providing an opportunity to strengthen teaching skills and promote consistency in regional anaesthesia education. The workshop combined masterclasses, cadaver-based training and cross-sectional anatomy demonstrations.

The first part of 24th October was devoted to the CRAB Faculty Development Programme, attended by 14 members. Building on feedback from previous programmes, the revised format emphasised learning from experienced colleagues, refining scanning skills and practising the explanation of a block through structured teach-back sessions. The programme aimed to establish a shared approach to essential anatomy, scanning sequences, safety messages and procedural endpoints across CRAB workshops.

The FDP opened with a discussion of professional responsibilities and expectations of CRAB-AORA faculty, followed by an introduction to a common teaching sequence. Cadaver demonstrations covered the brachial, lumbar and sacral plexus pathways, linking sonoanatomy with needle placement and injection techniques. Small-group sessions at volunteer-scanning stations provided opportunities for expert teaching, supervised scanning and trainee teach-back with immediate feedback. These sessions emphasised clear anatomical terminology, recognition of structures to avoid, explanation of the proposed needle trajectory and troubleshooting of difficult ultrasound images. The concluding discussion provided time for reflection, faculty feedback and identification of teaching points for future programmes.

The afternoon programme began with registration and inauguration, followed by the regional anaesthesia masterclass. Dr. Sandeep Diwan served as lead faculty. An introductory session by Dr. Diwan outlined key areas of focus and guided delegates on making the most of the masterclass.

The academic sessions covered upper limb blocks with Dr. Medha, Dr. Smrithi and Dr. Reshma; paraspinal blocks with Dr. Sandeep Diwan and Dr. Renuka Guragol; chest wall and truncal blocks with Dr. Shilpa Bhatt, Dr. Mitalee Parekh, Dr. Shrabanti and Dr. Abhishek Lonikar; and lower limb blocks with Dr. Vignesh Subramanian and Dr. Sandeep Diwan.

The second day began with the cadaver oath ceremony, led by Dr. Yogitha, Head of the Department of Anatomy, acknowledging the contribution of anatomical donors to medical education. The organisers gratefully acknowledge Dr. Yogitha for her support and contribution to ANACON 2026.

The workshop was organised into three group rotations of one hour each, with cadaver stations dedicated to upper limb and lower limb blocks; paraspinal blocks; and chest wall and truncal blocks. The station format connected regional anatomy with ultrasound-guided approaches and procedural techniques.

Upper limb teaching included interscalene, supraclavicular, infraclavicular and axillary blocks, together with rescue blocks. Lower limb teaching included femoral nerve, lateral femoral cutaneous nerve, adductor canal and IPACK blocks.

Paraspinal and chest wall teaching included thoracic paravertebral, pectoral, serratus anterior plane, erector spinae plane and external oblique intercostal blocks. Truncal teaching covered rectus sheath blocks and transversus abdominis plane blocks using midaxillary and subcostal approaches.

Complementing these stations were demonstrations of cross-sectional anatomy using formalin-preserved specimens at C6, T1, T4 and L4. These demonstrations provided an anatomical reference for understanding ultrasound images and the spatial relationships relevant to regional anaesthesia. External resource faculty worked alongside internal faculty from Anaesthesiology and Anatomy, supporting an integrated approach to teaching. This was followed by a dedicated session on injection techniques.

By bringing faculty development, masterclass teaching and cadaver-based learning into a single programme, ANACON 2026 placed emphasis on both the practice and the teaching of regional anaesthesia. The inclusion of the CRAB FDP extended the educational scope of the event, encouraging a consistent, anatomically grounded and safety-conscious approach to future CRAB workshops.