CME & UEMS-EACCME® Meeting

EMG WITHOUT PAIN: Advanced Course on Patient-Centered Needle EMG Examination
20-21 April
Genoa, NH Marina

SCIENTIFIC RATIONALE

Electromyography (EMG) is a cornerstone diagnostic tool in clinical neurophysiology, yet patients often perceive it as an uncomfortable or even painful examination. This perception can negatively affect patient cooperation, examination quality, and overall clinical experience. The course "EMG Without Pain" has been conceived to address this challenge by promoting a patient-centered approach to needle EMG, in which technical excellence is combined with strategies aimed at minimizing discomfort and improving patient well-being throughout the entire examination process.
Held in Genoa (20-21 April), Italy, and led by internationally recognized experts, this advanced course offers a comprehensive overview of both theoretical and practical aspects of pain management in EMG, with the ultimate goal of enhancing the quality and acceptability of the examination.

The primary motivation of this course lies in the growing awareness that technical proficiency alone is no longer sufficient to ensure high-quality neurophysiological assessments. Understanding pain mechanisms, patient perception, and communication strategies is essential to optimize EMG outcomes.
The course aims to deepen participants' knowledge of the nociceptive systems involved in EMG procedures, explore the relationship between muscle morphology and pain perception, and critically assess current needle insertion techniques to determine whether less traumatic approaches are possible. Additional objectives include improving competence in managing particularly sensitive examinations, such as pediatric EMG and studies involving the face and perineum and addressing safety aspects such as cross-contamination and other procedural risk factors. Ultimately, the course seeks to empower clinicians to perform EMG examinations that are both diagnostically accurate and respectful of patient comfort.

The scientific program integrates foundational neurophysiological concepts with applied clinical practice. Participants will explore the cutaneous and muscular nociceptive systems, the role of the autonomic nervous system and small fibers in pain perception, and how muscle structure influences the subjective experience of pain.
Practical and clinical sessions will focus on needle insertion techniques, electrical stimulation, and the use of complementary tools such as nerve ultrasound to enhance precision and reduce discomfort. Special attention will be given to EMG examinations in sensitive populations and anatomical areas, as well as to communication strategies that foster trust, reassurance, and cooperation. Hands-on workshops will allow participants to turn theory into practice, reinforcing a holistic and patient-centered approach to EMG.

"EMG Without Pain" represents an advanced educational opportunity for clinicians seeking to refine their EMG practice by integrating scientific knowledge, technical skills, and patient care principles. By emphasizing comfort, communication, and safety alongside diagnostic accuracy, the course promotes a modern vision of needle EMG—one that enhances both the patient experience and the overall quality of neurophysiological examinations.

SCIENTIFIC DIRECTORS
Dr. Maurizio Osio | Milan (Italy)

FACULTY
Dr. Alessandro Lozza | Alessandria (Italy)
Dr. Maurizio Osio | Milan (Italy)
Dr. Vincenzo Paolozzi | Genoa (Italy)
Dr. Giulia Perasso | Genoa (Italy)
Dr. Yann Pereon | Nantes (France)
Dr. Domenico Restivo | Messina (Italy)
Dr. Lucia Verga | Milan (Italy)
Dr. Francois Wang | Liege (Belgium)

SCIENTIFIC PROGRAMME

April 20, 2026 – Day 1

08.30-08.45 Participant registration

08.45-09.00 Meeting opening
M. Osio

09.00-10.00 The cutaneous and muscular Nociceptive System.
The autonomic Nervous System and Small Fibers: focus on pain
D. Restivo

10.00-11.00 Muscle morphology: focus on the different perception of pain based on muscle structure
M. Osio

11.00-11.30 Coffee break

11.30-12.30 Approach and specificity of pediatric EMG examination
Y. Pereon

12.30-13.30 Lunch

13.30-14.30 Peculiarities of EMG examination in sensitive areas: face and perineum
A. Lozza

14.30-16.30 Workshop
Needle insertion EMG examination is a less traumatic insertion possible?
M. Osio

16.30-17.00 Closing of the first day
M. Osio

April 21, 2026 – Day 2

08.00-08:15 Participant registration

08.15-08.30 Meeting opening
M. Osio

08.30-09.30 Electrical stimulation and pain
F. Wang

09.30-10.30 Nerve ultrasound
L. Verga

10.30-11.00 Coffee break

11.00-12.00 Cross-contamination and other risk factors
V. Paolozzi

12.00-13.00 EMG with care: enhancing comfort, communication, and the patient experience
G. Perasso

13.00-13.15 Conclusion and Take-home messages
M. Osio

13.15-13.30 ECM/EACCME test

DATE AND VENUE
20–21 April 2026
NH Marina Genoa
Molo Ponte Calvi, 5 - 16124 Genoa, Italy

PROVIDER (N. 758) AND ORGANIZING SECRETARIAT
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ITALIAN ACCREDITATION (CME)

The event **" EMG WITHOUT PAIN: Advanced Course on Patient-Centered Needle EMG Examination"** is included in the list of definitive CME events of the training program 2026 of the accredited **Provider MICOM (code ID 758**). To obtain the credits, the participants must: being specialized exclusively in the disciplines indicated in the program, attend 90% of the scientific works (the presence will be checked by signature on register), pass the learning TEST (through questionnaire); return the quality sheet received, return the completed documentation to the secretariat.

Events Code: 758-477878 Ed. 1
Accredited category: Medical Surgery, Neurophysiology technicians
Main disciplines: Medical Surgery (All disciplines), Neurophysiology technicians
Training objective: Clinical Documentation. Clinical paths for diagnostic and rehabilitative care, care profiles - care profiles (Process training area)

N° of participants: 20
Training hours: 11
Credits assigned: 14,3
Registration fee: **:** €245,90 + VAT 22% (Total including VAT: €300,00)

EUROPEAN ACCREDITATION (EACCME)

The EMG WITHOUT PAIN: Advanced Course on Patient-Centered Needle EMG Examination, Genoa, NH Marina, Italy - 20/04/2026 - 21/04/2026, has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 10.0 European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

LANGUAGE
The official language is English.

TABELLA DOCENTI

Nome e Cognome	Laurea	Specializzazione	Affiliazione
Alessandro Lozza	Medicina e chirurgia	Neurologia	Neurologist – Clinical Neurophysiology Specialist, Alessandria
Maurizio Osio	Medicina e chirurgia	Neurologia	Responsabile dell'US di Neurofisiopatologia dell'ASST Fatebenefratelli Sacco - Milano
Vincenzo Paolozzi	Medicina e chirurgia	np	Cultore della materia Dipartimento di scienze della formazione - DISFOR Specializzando Dipartimento di scienze della salute - DISSAL, Università di Genova
Giulia Perasso	Psicologia clinica	Psicoterapia	Psychologist and Psychotherapist, studio privato, Genova
Yann Pereon	Physiology	Neurologia	Neurologist, Head of the Dept of

			Clinical Neurophysiology, Hôtel-Dieu, University Hospital, Nantes, France
Domenico Antonio Restivo	Medicina e chirurgia	Neurologia	Dirigente Medico I Livello, clinica Cristal, Messina
Lucia Verga	Medicina e chirurgia	Radiologia	Dirigente di I livello a tempo indeterminato presso U.O.C Reparto di Radiodiagnostica dell'Azienda ospedaliera Gaetano Pini-C.T.O. di Milano
Francois Wang	Medicina e chirurgia	Medicina Fisica e della Riabilitazione	Associate Head of Department and Head of the Electromyography Unit, Department of Musculoskeletal Medicine, CHU de Liège, Belgium