



Welcome to ESRA Updates

December 2019 | Issue 01

ESRA Updates

ESRA Updates is the latest initiative from ESRA to support our members - a quarterly online publication, which focuses on news, information about ESRA events and of course education! Our goals are to keep you up to date about all things ESRA-related, explore hot-topics in the field of regional anaesthesia and pain medicine, create a platform for exchanging and sharing experience and knowledge among ESRA members and the occasional offbeat article!

Members of the Editorial Board are Clara Lobo, Peter Merjavý (Editors), Kris Vermeylen, Morne Wolmarans and Steve Coppens (Co-Editors) in collaboration with Ana Fucak (ESRA Trainees member), Rosie Hogg, Lloyd Turbit, Eric Albrecht, José Aguirre, Nuala Lucas, Alain Delbos, Thomas Volk.

Why ESRA Updates?

Following ESRA's decision to develop a newsletter, the first task was to select the name for the ESRA newsletter! The Editorial team started the process by approaching all ESRA officers and representatives to choose the best titles from a pool of thirty suggested for the newsletter. The most popular titles were, ESRA News, ESRA Digest, ESRA Bulletin and *ESRA Updates*; *ESRA Updates* was the first choice of the members.

“Main goal and objectives are information spread of ESRA events, education and promotion of perioperative medicine...”



ESRA has got a new Executive Board

This year in Bilbao the composition of ESRA Council, ESRA Executive Board and ESRA Major Officers has changed. Check the new organization here: <https://esraeurope.org/team/>

Major Officers of ESRA. From left to right, Alain Delbos (President), Clara Lobo (Secretary General), Thomas Volk (President Elect) and Eleni Moka (Treasurer).

ESRA Council of Representatives and Executive Board family picture.



Carl Koller Award

In 2019, Guy Weinberg was awarded the Carl Koller Award by ESRA in recognition of his outstanding contribution to anesthesiology. In 2020 Marc Van de Velde will be the recipient of this prestigious award. *ESRA Updates* would like to congratulate both awardees on this incredible achievement. If you'd like to know a little bit more about the winners, check out the interviews below!

Interview with Dr Guy Weinberg



ESRA Updates: What was your earliest ambition?

Guy Weinberg: I wanted the life of a tortured artist - probably the influence films like, *Lust for Life*, *Agony and the Ecstasy* and *Moulin Rouge*. Early on I could think of no higher calling but I soon recognized a substantial talent gap stood in the way of achieving that goal. That's when the opening credits to the American TV medical drama, *Ben Casey*, caught my attention (see it here: <https://www.youtube.com/watch?v=juN1mgR3VBQ>) - I was a sucker for the philosophical opening but the gurney crashing through swinging doors (at 18 seconds) sealed the deal - here was a job that mattered! I'm still waiting to crash a gurney through those doors.

ESRA Updates: What was your best career move?

Guy Weinberg: Undoubtedly that was making the switch to anesthesiology almost a decade after graduating medical school. It was the result of encouragement from friends like Dr. Lydia Cassorla and mentors like Dr. Hillary Don. I finally recognized that the best path is the one that fits your personality. I should've paid more attention to Polonius - better late than never.

ESRA Updates: What was the worst mistake in your career?

Guy Weinberg: No mistakes, only learning opportunities.

ESRA Updates: How is your work-life balance?

Guy Weinberg: My wife said, laughing loudly, "What balance"? From my perspective, I've experienced what I'll name 'The 40-60 paradox'. At 40, I looked forward to retiring in ten years but by 60 my goal had changed to hoping I could work another ten. The trend has continued and now at 67 I look forward to continued productivity, hopefully by something entirely new.

ESRA Updates: To whom would you most like to apologise?

Guy Weinberg: Any patients I may have harmed. I'm thinking first (among others) of the elderly, severely hypothermic woman I saw in the San Francisco General Mission Emergency Room. I was two-weeks out of medical school and running my first code (it was a long time ago). Her heart rate was <20 and I ordered atropine. No need to say more except that I learned a lot from the experience and still think of it often.

ESRA Updates: What living doctor do you most admire, and why?

Guy Weinberg: There are too many to pick just one. I have a strong list of several dozen exemplars that I strive to emulate or wish I could. [Just a few: Vince Chan, a guiding light and mentor; Santhanam Suresh, a tireless leader and teacher; Roger Johns, a superb scientist and, like David Stone, a great friend; Joe Neal, an outstanding communicator and collaborator; Ron Albrecht and David Schwartz, exemplify supportive leadership; and Michael Fettiplace, a former student who continues to teach me.]

ESRA Updates: Who is the person you would most like to thank, and why?

Guy Weinberg: That's easy..... my wife, Mary. She effectively balances my deficiencies, especially in the realm of common sense. I value her opinion on topics major and minor. She's a highly skilled RN and if you'd seen her manage a critically ill passenger on a recent flight we took, you'd know what I mean.



ESRA Updates: What single unheralded change has made the most difference in your field in your lifetime?

Guy Weinberg: The biggest changes have been well-publicized (heralded?): acceleration of literature search by several orders of magnitude; ultrasound guidance of vascular access and nerve blocks have improved patient safety. However, the single biggest change that few people discuss is the quantum leap in image quality and resolution when fiberoptics were upgraded to CCD cameras in bronchoscopes and video-laryngoscopes. Improved management of difficult airways has made my job easier and safer.

ESRA Updates: What new technology or development are you most looking forward to?

Guy Weinberg: OK, I'm going to dream a bit here. We need a method of breaking the demand for continual keyboarding. The burden of compliance currently takes our attention away from patients and their care. I guess the answer is verbal documentation with either voice recognition or a new class of professional scribes. Either way, let's get back to seeing the patient!

ESRA Updates: What book should every doctor read?

Guy Weinberg: Parkinson's Law. Famous for the law that says, "Work expands to fill the time available" it also explains the persistence and propagation of bureaucracy – valuable to understanding the modern workplace.

ESRA Updates: What is your guiltiest pleasure?

Guy Weinberg: Mint chip ice cream. Enjoying an episode of Fleabag. Doing both at the same time.

ESRA Updates: Where are or when were you happiest?

Guy Weinberg: Sharing a new city or travel experience with my wife is number one. Kayaking on a quiet lake in a beautiful setting is number two.

ESRA Updates: What personal ambition do you still have?

Guy Weinberg: I hope to continue making meaningful contributions, both clinical and scientific and to remain relevant. Right now, I do that best by organizing and co-hosting with Dr. John Lamar (Albany Medical Center) an annual meeting at the Telluride Science Research Institute. The workshop focuses on the transcription activating factors, YAP and TAZ - highly conserved paralogous proteins that promote key biologic features of cancer cells.

ESRA Updates: If you were given £1m what would you spend it on?

Guy Weinberg: Scientists and laboratories doing YAP/TAZ research.

ESRA Updates: Summarise your personality in three words

Guy Weinberg: Curious, grateful, awestruck. Curious about the world, grateful for my family and friends, awestruck by nature.

Interview with Prof Marc Van de Velde



ESRA Updates: What was your earliest ambition?

Marc Van de Velde: To become a veterinarian !

ESRA Updates: What was your best career move?

Marc Van de Velde: Moving from Cardiac anesthesia to Obstetric anesthesia

ESRA Updates: What was the worst mistake in your career?

Marc Van de Velde: Starting a PhD in cardiac anesthesia

ESRA Updates: How is your work-life balance?

Marc Van de Velde: Not good; too many evenings away :)

ESRA Updates: To whom would you most like to apologize?

Marc Van de Velde: Nobody, I have been honest and direct always!

ESRA Updates: What living doctor do you most admire, and why?

Marc Van de Velde: My wife !

ESRA Updates: Who is the person you would most like to thank, and why?

Marc Van de Velde: My kids

ESRA Updates: What single unheralded change has made the most difference in your field in your lifetime?

Marc Van de Velde: LAST management with lipid rescue

ESRA Updates: What new technology or development are you most looking forward to?

Marc Van de Velde: PIEB pumps with a smart interface

ESRA Updates: What book should every doctor read?

Marc Van de Velde: Obstetric anesthesia by Fernando, Clark and Van de Velde

ESRA Updates: What is your guiltiest pleasure?

Marc Van de Velde: Italian wine

ESRA Updates: Where are or when were you happiest?

Marc Van de Velde: With my family in Italy or skiing

ESRA Updates: What personal ambition do you still have?

Marc Van de Velde: Become the best obstetric anesthetist that ever lived.

ESRA Updates: If you were given £1m what would you spend it on?

Marc Van de Velde: My family

ESRA Updates: Summarise your personality in three words?

Marc Van de Velde: Flexible, happy, hard working



ESRA 2019 Opening Ceremony

The Opening ceremony was a very special part of the congress. You can see the show here: <https://www.facebook.com/EuropeanSocietyofRegionalAnaesthesia/videos/430126134267875/>

In an open space where nostalgia and human warmth intertwine, five artists from different backgrounds meet and reconnect around three Chinese poles. Complicity, intimacy, laughter and music merge in this show full of love that combines virtuosity and emotion. Acrobatics, dance, theater and music mingle to the point of being one. <http://cirque-entrenous.com>

The other highlight of this ceremony was to have Tony Hills-Smith to sing ESRA song on stage with all ESRA People. Here is the lyrics of ESRA song:

*I was lying on a table and dreaming
Hearing lots of voices banning and scheming
Talking about a subject that was way, way over my head
Words like multistimulation and local anaesthesia
Musculocutaneous, long acting analgesia
When they started landmarking,
I wanted out of my bed!*

Chorus

*Feet on the ground, get my feet on the ground,
Won't someone from ESRA get my feet back into my shoes
I got a catheter fixation in a palpable location,
Artery pulsation when my arm's in supination,
Stimulating nerves to sing the infiltrator ultrasound Blues*



ESRA Educational Video Competition

Paolo Grossi (Chair)

VIDEOCOMPETITION BILBAO 2019

Videos are by far the most successful content in today's media landscape. Educational videos are among the most effective tools for training. Videos are used widely as self-improvement tools and as CME materials in regional anaesthesia and pain medicine techniques. ESRA applauds the passion and commitment of our many members who produce educational videos and recognize the need to standardize the quality and structure of the videos. ESRA Educational Video Competition has completed its 3rd edition during the 2019 annual ESRA Congress in Bilbao. The international jury has selected 7 videos among the 22 that have been submitted from 11 countries. Before a well-attended session in Bilbao, these videos were shown and discussed. For the first time, the choice of the three finalists was decided by the audience using a televoting systems: **"Ultrasound Assisted Lumbar L5-S1 Transforaminal Block"** by **Sergi Boada Pie (Hospital Joan XXIII, Tarragona, Spain)**, **"Peng Block"** by **Raffaele Russo (IRCCS Casa Sollievo della Sofferenza Foggia, Italy)** and **"Essentials in Ultrasound Guided Regional Anaesthesia"** by **Emma Pack (Royal National Orthopaedic Hospital, Stanmore, United Kingdom)**. We are quoting just the first author, but most videos have been submitted by an enthusiastic team. The fateful sentence "And the winner is..." was pronounced during the Gala Dinner, held in the astonishing Guggenheim Museum in Bilbao. Dr. Grossi, on behalf of the Jury has awarded Sergi Boada Pie (with Patricia Alfaro-De La Torre and Monir Kabiri-Sacramento) as the winner of the competition. Second and third places were attributed to the teams of Raffaele Russo and Maria Paz Sebastian, respectively.

See the awarded videos here:

- Ultrasound Assisted Lumbar L5-S1 TransforaminalBlock" by Sergi Boada Pie (Hospital Joan XXIII, Tarragona, Spain) <https://www.youtube.com/watch?v=qhuw872Nlg8&t=13s>
- "Peng Block" by Raffaele Russo (IRCCS Casa Sollievo della Sofferenza Foggia, Italy) <https://www.youtube.com/watch?v=pU43sTYejfg&t=19s>
- Essentials in Ultrasound Guided Regional Anaesthesia" by Emma Pack (Royal National Orthopaedic Hospital, Stanmore, United Kingdom) <https://www.youtube.com/watch?v=xv9Xuw9kLHo&t=26s>

The 4th edition of ESRA Educational Video Competition will soon take off and will be part of the 39th annual ESRA Annual Congress in Thessaloniki, Greece

Best Paper and Poster Presentation Winners

ESRA wants to recognize, promote and congratulate the best research presented at the Annual Congress every year. This year, in Bilbao, the winners were:

Best Free Paper 1st	Bjørn Siska	Denmark
Best Free Paper 2nd	Zanfini Bruno Antonio	Italy
Best Free Paper 3rd	Page David	USA
Best E-Poster 1st	Rupinder Singh Mrupinder	India
Best E-Poster 2nd	Parmar Jaina	United Kingdom
Best E-Poster 3rd	Acres Natalya	United Kingdom

The journal with all abstracts is in this supplement:

https://rapm.bmj.com/content/44/Suppl_1 - accessible with ESRA credentials.

EDRA 2019 Diplomats

European Diploma in Regional Anaesthesia and Acute Pain Management will celebrate 15 years of existence in 2020. With the dedicated leadership of Alan Borgeat and José Aguire over 2000 candidates sat EDRA Part 1 and almost 1000 candidates got examined for EDRA Part 2 (figure 1).

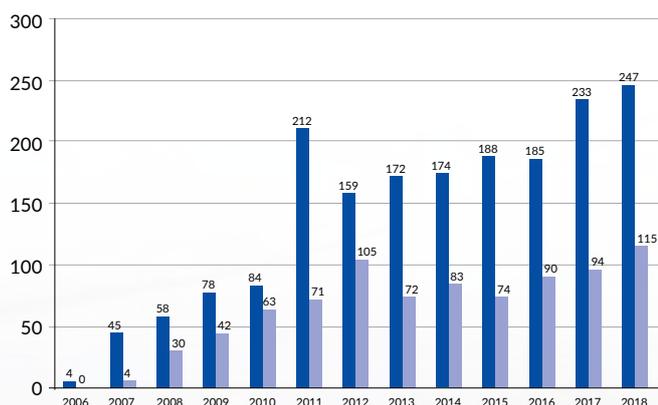


Figure 1. EDRA candidates

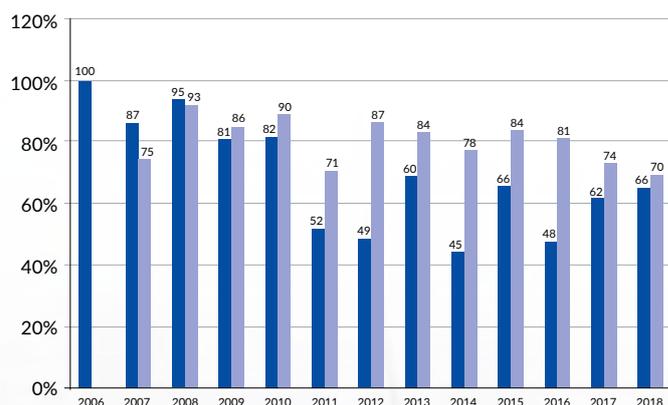


Figure 2. EDRA average pass rate

■ EDRA Part 1 ■ EDRA Part 2

This year EDRA part 1 took place in Riyadh (Saudi Arabia – 19 candidates), Coimbatore (India – 72 candidates), Cape Town (South Africa) and Bilbao (ESRA Congress, Spain – 140 candidates). For the first time EDRA Part 1 exam was offered in Spanish language during ESRA Espana congress in Brugos. Part-2 exam is only offered in English language at the moment and 131 candidates underwent the oral examination this year. The average pass rate for the exam over the years has been 68.8% for Part-1 and 81.1% for Part-2 (figure 2). This year's results in Bilbao were similar – pass rate for Part-1 67% and Part-2 75%. Part -1 exam in Spanish language in Brugos went also very well (we had 19 candidates) with pass rate of 68%. The exam has become very popular not only among European anaesthesiologists, but also for people from Asia, Africa & Middle East, America and other countries (figure 3). Next year we plan to run the exam in Saudi Arabia, India, Greece (ESRA congress in Thessaloniki) in English and in other centres in Spanish and Turkish language. There are some new developments regarding workshop requirements for EDRA exam in the future. You will be informed in advance about any changes to make appropriate arrangements.

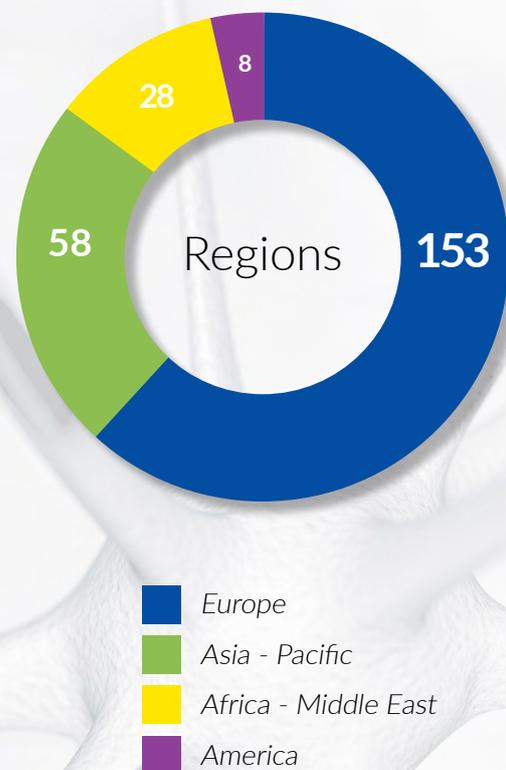


Figure 3. EDRA candidates by continent

For you, who are considering taking the exam, come and join us in growing family of EDRA diplomates across the world and challenge yourself to oral exam in Thessaloniki on 14th and 15th of September 2020.

Congratulations to all successful candidates, who passed the oral EDRA examination in Bilbao 2019. EDRA board and all examiners wish you good luck in sharing the knowledge and improving the standards of regional anaesthesia in your country.

Fahd Aamir	Natasha Hettiarachchi	Peter Poredos
Duraid Abod Mahmoud	Jakub Hlásny	Araz Pourkashanian
Hiram Abrahams	Samuel Howell	Arul Prakasham
Tammar Al-Ani	Marek Janiak	William Rattenberry
Ahmed Ali	Muhammad Anser Javed	Grainne Rooney
Noel Aypa	Kunal Joshi	Norihiro Sakai
Subha Bagchi	Arun Kalava	Hisham Salameh
Jon Bailey	Jonas Keuler	Hazem Selim
Laura Beard	Masaru Kikuchi	Ahmed Shehata
Philip Bewley	Nina Kloth	Conor Skerritt
Abhimanyu Bhattacharya	Terry Kong Kam Wa	James Smyth
Nicholas Black	Senthil Kumar	Bhavana Swasthi Kandalla
Ruth Boylan	Jesto Kurian	Martin Taube
Margaretha Breebaart	Michael Ma	Thavaratnam Nixon Thirumaran
David Burke	Ovidiu Matei Mahalean	Amruta Tilwe
Sari Casaer	Madhura Maiya	Worakamol Tiyaprasertkul
Moninne Creaney	Zbynek Mathon	Ralf Felix Trauzeddel
Niall Cribben	Sonya McKinlay	Nuala Treanor
theano demesticha	Thomas Miller	Ryota Tsukui
Neel Desai	Juraj Mlaka	Bhavdip Valladas Patel
Panagiota Dimou	Lokeswaraiah Nagaraju Morubagal	Rob van Gestel
Rachel Douglas	Paulo Muchacho	Amit Velagapudi
Jamil Elmawieh	Jaishri Nagari Radhakrishna	Jayashree Venkatesan
Martin Ertmer	Ganeshkrishna Nair	Jonas Verzele
Tara Feeley	Mohammed Naveed	Kuruppu Wijerathne
Ana Fucak	Ahmed Omran	Jolin Wong
João Galacho	Hui Jing Christine Ong	Valentine Woodham
Greta Gormley	Vishal Krishna Pai	Muhammad Yasir
Shahul Hameed	Nikhil Pallath	Hadi Ufuk Yörükoğlu
David Henchoz	Arnold Plazid	Mahjabeen Zahid

For full list of EDRA diplomates click on the following link:

<https://esraeurope.org/wp-content/uploads/2019/11/EDRA-Diplomates-2019-2007.pdf>

EDPM Diplomats

We welcome all anaesthesiologists interested in pain medicine to an unique opportunity of gaining the well-established & prestigious European Diploma of Pain Medicine (EDPM) qualification from an internationally recognized society (ESRA). Under the leadership of Sam Eldabe EDPM assesses the competencies of an anaesthesiologist, acting within a multidisciplinary team, and practicing as a pain medicine specialist. EDPM not only helps anaesthesiologists to boost their CV and makes them more employable but also promotes safe, competent, ethical and professional practice of pain medicine internationally.

There were 36 candidates from all over the world who took the EDPM exam (including part1 and part2)at Bilbao, Spain in 2019.

So, why wait? Take a look at the EDPM section of ESRA site (<https://esraeurope.org/edpm>) to know about the requirements and dates of future exams. Also, while you are there, don't forget to access the excellent EDPM preparation sessions using your ESRA credentials to help you get ready for the exam.

Best wishes
EDPM Team



ESRA's fun run is already a well-known event of ESRA annual meeting!
It was well attended, even at such early hours! Please see photos of the participants here
<https://esra-congress.com/networking-on-the-run/#>



ESRA's 2019 story in pictures

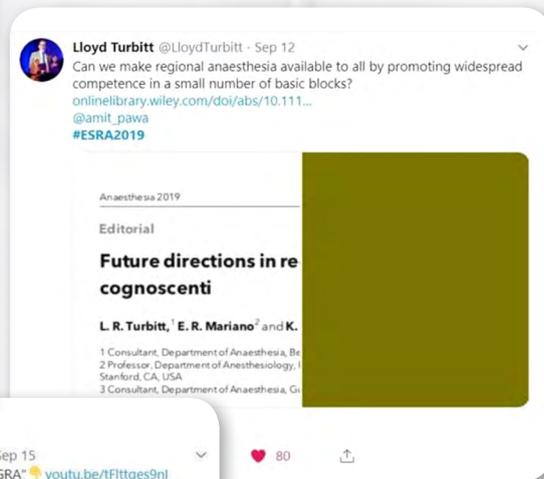
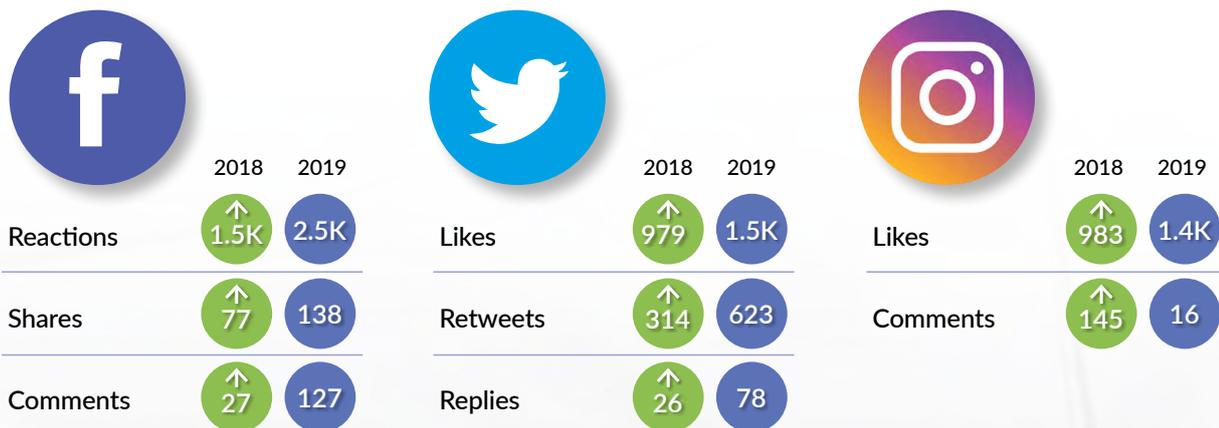
Please see photos of the participants here

https://www.dropbox.com/sh/Oa8ha1s7yakcz5z/AADb0bPoY2c33_Ip28-SrUFva?dl=0



ESRA 2019 in Social Media

The 38th annual ESRA congress was special in several aspects. One of them was the number of #SoMe impressions. Total impressions across 3 platforms were 10,848,832 while onsite the focus is Twitter as that is the main platform where participants mostly engage with a total of 10.69 Million. Below is the engagement from the 3 platforms (Facebook, Instagram and Twitter) for the days of ESRA 2019 compared to the same days of ESRA 2018.



Here we also included the TOP 3 Tweets of the meeting. Most popular tweet was posted by **Philip Peng** (@DrPhilipPeng), followed by **Lloyd Turbitt** (@LloydTurbitt) and **Maria Paz Sebastian** (@mariapsebastian).

ESRA's 2019 environmental impact

ESRA is deeply committed to organize sustainable and eco-friendly events and made an estimate on the environmental impact of that policy for the annual congress in Bilbao. A rough estimate of the numbers adds up to the following:

- Plastic cups not used: 15,000 (45 kg)
- Plastic bottles not used: 1,000 (14.31 kg)
- Roll ups recycled: 36 (180 kg)
- No disposable bedding during pre-event workshops (about 1 kg)

So, a total of 240.31 kg of plastic and non-recyclables avoided the landfill and total amount of 1,441.86 kg of CO2 emissions were avoided.



Plastic cups not used

15K (45kg)

Plastic bottles not used

1K (14.31 kg)

Roll ups recycled

35 (180kg)

No disposable bedding during pre-event workshops about 1 kg

ESRA congress Trainees Corner

For the first time during the annual meeting in Bilbao, ESRA had a 'Trainee Corner.' All trainees were welcomed. The corner provided a great place to hang out, grab a coffee, catch up with colleagues and meet new colleagues! There was a trainee MCQ competition, and trainees were encouraged to take part in the trainee survey with the chance to win a registration fee to the Trainee Workshop in Porto. This was a very popular addition to the annual meeting with lots of activity and a real buzz - 'Trainee Corner' is here to stay! We want to expand its role next year; if you have ideas about how we might do this, please get in touch!



There was an ultrasound machine and model for scanning available for demonstration of various upper and lower limb blocks presented by experts and trainee representatives. The corner was very active during coffee breaks, so every trainee could listen to lectures without losing the chance to network, learn and have fun.

We would like to expand the role of trainee corner next year, give trainees the opportunity to present their work and give short talks to other trainees and support their presentation skills. The corner is a great networking place, it was well visited and we are confident, it will be an absolute blast next year.



PROSPECT

Optimal pain management before, during and after surgery is extremely important for patient satisfaction but more importantly is essential for enhanced recovery after surgery. Despite published evidence-based guidelines from several professional groups, postoperative pain management remains inadequate and the guidelines and recommendations from professional groups and bodies are flawed in various ways. The procedure-specific pain management (PROSPECT) collaboration consists of anaesthetists and surgeons with broad international representation that provide healthcare professionals with practical and evidence-based recommendations formulated in a way that facilitates clinical decision-making across all stages of the peri-operative period on a procedure-specific basis. In a recent publication in *Anaesthesia* (Anaesthesia 2019 doi:10.1111/anae.14776) the PROSPECT methodology is explained in detail. PROSPECT is original because it discusses more than just drugs and analgesic interventions, it also addresses surgical aspects and not only looks at efficacy of interventions but also at side-effects. The collaboration of anaesthetists and surgeons makes the recommendations unique.

PROSPECT guidelines are also translated into various different languages (Mandarin, Portuguese, Japanese, German, Spanish, etc...).

PROSPECT is an independent Working Group within ESRA. Its members are Marc Van de Velde (Chair), Eric Albrecht, H. Beloeil, F. Bonnet, Alain Delbos, G. P. Joshi, P. Lavand'homme, P. Lirk, E. Pogatzki-Zahn, N. Rawal, J. Raeder, Axel Sauter, S. Schug, S. Freys (surgeon), D. Lobo (surgeon), H. Kehlet (surgeon).

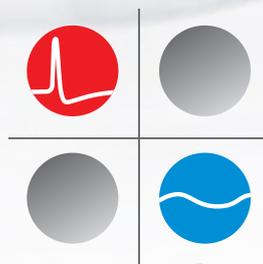
In depth information on members of the PROSPECT group, the methodology and the procedures on which guidelines and recommendations have been formulated can be found on the website postoppain.org. Detailed information on the recommendations itself can also be found on the same website.

The most recent recommendation that was published is on Rotator Cuff repair and was published in 2019 in *Anaesthesia* (Anaesthesia 2019, DOI:10.1111/anae.14796).

“PROSPECT is original because it discusses more than just drugs and analgesic interventions, it also addresses surgical aspects and not only looks at efficacy of interventions but also at side-effects.”

prospective

procedure specific postoperative pain management





State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY



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