



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

ASRA
PAIN MEDICINE



AFRICAN
Society of
Regional
Anaesthesia



Webinar from Canada
Streaming worldwide

Joining Hands for
a Pain Free Future Worldwide

1ST WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

Saturday, 27 January 2024

- One Day
- One Common Scientific Program
- In over +100 Cities across all Continents

WORLD DAY

Your Local Face-to-Face Meeting
There must be one city around you!

PAJUNK[®]
Trust Tradition. Experience Innovation.



ESRA Office: Rue de Chantepoulet 10, 1201 Geneva, Switzerland
Email: office@esraeurope.org

Info and Registrations
esraeurope.org

Joining Hands for a Pain Free Future Worldwide

1ST WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

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ORGANIZING & SCIENTIFIC COMMITTEE

ESRA

Chair

Sebastien Bloc (France)

Members

- Barbara Breebaart (Belgium)
- Dan Dirzu (Romania)
- Peter Merjavy (UK)
- Axel Sauter (Norway)
- Kassiani Theodoraki (Greece)

Sister Societies & Continents Representatives

USA – ASRA Pain Medicine

Stuart Grant (North Carolina, USA)
Jeff Gadsden (North Carolina, USA)

CANADA – CAS Regional and Acute Pain Section

Vishal Uppal (Halifax, Canada)

LATIN AMERICA – LASRA

Juan Carlos De La Cuadra (Chile)
Ana Eugenia Herrera (Costa Rica)

AFRICA – AFSRA

Ezzat Samy Aziz (Egypt)
Mohamad Mostafa Mohamad (Egypt)

ASIA – AOSRA Pain Medicine

Balavenkat Subramanian (India)
Suwimon Tangwiwat (Thailand)

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WELCOME MESSAGE

Dear Colleagues, Dear Friends

ESRA, together with its Sister Societies AFSRA, ASRA Pain Medicine, AOSRA and LASRA, is launching the **1st World Week of Regional Anaesthesia and Pain Medicine**, from Saturday 20th to Saturday 27th January 2024. During this week, Regional Anaesthesia (RA) and Chronic Pain physicians around the globe will connect together, to shine a spotlight on the critical fields of RA and Pain Medicine, under the inspiring theme **“Joining Hands for a Pain Free Future Worldwide”**. This week will also set the stage for its Highlighting Event; the Climax and Grand Finale will be the **1st World Day of Regional Anaesthesia & Pain Medicine**, which will take place on Saturday 27th January 2024, or at an alternative date during the aforementioned week. More than 100 cities, from 60 countries across all continents, will participate, with a common scientific program, aiming in learning, hands – on practice, interactivity and reflection between trainees and experts in RA & Pain Medicine, during Local Face to Face Meetings.

Pain affects countless lives and knows no boundaries, respecting neither age nor gender. RA & Pain Medicine have the potential to transform lives, offering relief, comfort, and hope to those in need. Our fields remain at the forefront, pioneering a future where pain is no longer a prevailing concern, and aiming to improving the quality of life for people everywhere.

Our initiative is dedicated to the celebration of collaboration and signifies our commitment to partnerships. It is a «Global Call to Action» that serves as a powerful reminder of the collective power we hold to improve access to care and alleviate suffering. By joining hands, we can advance research, share best practices, make a positive impact and enhance patients' care! Together, we can create a world where effective pain management is a universal reality, ensuring that every individual can enjoy a life free from unnecessary pain!

In parallel to our initiative, let us also reflect on the progress we have made and the work that lies ahead. Dedication, expertise, and compassion are the driving forces behind the changes we still seek to make. Let us continue to join hands, share knowledge, and work together to ensure a pain free future for everyone, everywhere. The journey ahead may be challenging, but with unity and determination, we can turn our dream into a reality. Together, we can make a difference!!!

Thank you for your spirit of enthusiasm, for contributing to our mission fulfillment, and for being a part of this global movement.

Happy 1st World Day of Regional Anaesthesia and Pain Medicine!

With Cordial Greetings

Eleni Moka (Greece)
ESRA President

Sebastien Bloc (France)
Chair of the Event
Organizing & Scientific Committee

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WORLD DAY

Saturday, 27 January 2024

COMMON SCIENTIFIC PROGRAM ONE DAY, ACROSS ALL CONTINENTS !!!

Morning Sessions

- We Have Read the Literature for You: Sister Societies Journal Club
- The «Joint» Club: Everything You Need to Know for Shoulder Procedures
- The "Ultrasound" Club: Everything You need to Know for UGRA & POCUS

Afternoon & Evening Sessions

- Pain Chronification Following Knee Surgery
- Obstetric Anaesthesia: What's New?
or / and
Paediatric Anaesthesia: Fostering the Highest Standards
- Hands - On Clinical Workshops
- Human Factors & Communication in Regional Anaesthesia

Plus, A Lot More...

- LIVE Demonstrations
- Videos & Podcasts
- Funny Sessions
- Surveys Across Countries / Continents
- Awards & Competitions

Your Local Face-to-Face Meeting
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Joining Hands for a Pain Free Future Worldwide

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OF REGIONAL ANAESTHESIA
& PAIN MEDICINE

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COMMON SCIENTIFIC PROGRAM
ONE DAY, ACROSS ALL CONTINENTS !!!

- EUROPE ...
- AFRICA ...
- ASIA & MIDDLE EAST ...
- NORTH AMERICA ...
- LATIN AMERICA ...



Your Local Face-to-Face Meeting
There must be one city around you!

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PARTICIPATING COUNTRIES & CITIES

EUROPE

BALTIC STATES – LITHUANIA

Kaunas

BELGIUM

Brussels

FRANCE

Paris, La Reunion

GERMANY

Marburg, Stuttgart

GREECE

Athens, Thessaloniki, Larissa

IRELAND

Dublin, Galway, Letterkenny

POLAND

Katowice, Warsaw

PORTUGAL

Porto

ROMANIA

Bucharest, Cluj-

Napoca

Timisoara

SCANDINAVIA – NORDIC COUNTRIES

for a Nordic Countries – Wide Webinar

Denmark, Iceland, Finland, Norway, Sweden

SLOVAKIA

Banska Bystrica

SLOVENIA

Ljubljana

SPAIN

Alicante, Barcelona, La Coruna, Madrid

Marbella, San Sebastian, Sevilla, Valladolid

SWITZERLAND

Bern

TURKEY

Ankara, Istanbul, Manisa

UNITED KINGDOM

Frimley, Newcastle Upon Tyne

UKRAINE

Kiev, Vinnitsa, Rivne, Ivano-Frankivsk

Targu-Mures,

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PARTICIPATING COUNTRIES & CITIES

AFRICA

ALGERIA

Algiers

ANGOLA

Luanda

BURKINA FASO

Ouagadougou

CAMEROON

Yaounde

DEMOCRATIC REPUBLIC OF CONGO

(DRC)

Bukavu

EGYPT

Cairo

GHANA

Cape Coast

IVORY COAST

Abidjan

KENYA

Nairobi

LIBERIA

Monrovia

MOROCCO

Casablanca

MOZAMBIQUE

Maputo

NAMIBIA

Windhoek

RWANDA

Kigali

SENEGAL

Dakar

SOMALIA

Mogadishu

SOMALILAND

Hargeisa

UGANDA

Kabale

ZAMBIA

Lusaca

SOUTH AFRICA

Bloemfontein, Cape Town

George, Johannesburg

Mthatha, Nelspruit,

Potchefstroom

Somerset West

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PARTICIPATING COUNTRIES & CITIES

ASIA – MIDDLE EAST

BANGLADESH

Dhaka North
Dhaka South

CHINA

Chengdu, Hong Kong

INDIA

Bangalore, Cochin
Coimbatore, Faridabad
Indore, Jaipur, Kolkata
Chandigarh, Mumbai
Odissa, Patna, Pune,
Varanasi

INDONESIA

Banda Aceh, Bandung
Jakarta,
Makassar Malang,
Manado, Medan
Palembang, Purwokerto
Semarang, Surabaya
Surakarta, Yogyakarta

IRAN

Tehran

KOREA

Seoul

MALAYSIA

Kuala Lumpur

PHILIPPINES

Bacolod City (Visayas)
Davao City (Mindanao)
General Trias City (Luzon)
Manila

SINGAPORE

Singapore

THAILAND

Bangkok, Chiang Mai
Khon Kaen
Songkhla

UNITED ARAB EMIRATES (UAE)

Abu Dhabi

VIETNAM

DaNang City,
HaNoi
ThaiNguyen

HoChiMinh

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PARTICIPATING COUNTRIES & CITIES

NORTH AMERICA

CANADA

for a Canada – Wide Webinar
with participating experts from
Edmonton, Halifax, London Ontario
Ottawa ...

UNITED STATES OF AMERICA (USA)

Chapel Hill, Durham, North Carolina

LATIN AMERICA

BOLIVIA

La Paz

COLOMBIA

Bogota

COSTA RICA

San Jose

PERU

Lima



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SCIENTIFIC PROGRAM

WORLD DAY

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08:30-09:00

VENUE: ARRIVALS - REGISTRATIONS

09:00-09:30

WELCOME MESSAGES & ADDRESSINGS

Welcome Video

City Representative / City Liaison Person: Opening of the Event (in person)

Country Representative: Welcome Message (either in person or via zoom)

Sebastien Bloc: Welcome Message - Chair of Event (via live streaming / recording stand by)

Eleni Moka: Welcome Message - ESRA President (via live streaming / recording stand by)

Sister Societies Presidents: Welcome Messages (possibly recordings, could be live streaming)

Others: Other Addressings - Welcome Messages can be added as per each city needs

09:30-09:50

SESSION 1 - PODCAST & INTERACTIVE DISCUSSION

09:30 - 09:40
09:40 - 09:50

Chairperson: Local / To be decided

Message from RAPM Editor - In - Chief / podcast (approximately 10 min)

Speaker - Presenter: Brian Sites (USA)

Q&A - Discussion: All (approximately 10 min)

09:30-10:40

SESSION 2 - EXPERTS PANEL & INTERACTIVE DISCUSSION

We Have Read the Literature for You: Sister Societies Journal Club

Chairperson: Local / To be decided

09:50 - 10:00

Regional Anaesthesia Article: Local Speaker / To be decided

10:00 - 10:10

Perioperative Care Article: Local Speaker / To be decided

10:10 - 10:20

POCUS Article: Local Speaker / To be decided

10:20 - 10:30

Chronic Pain Article: Local Speaker / To be decided

10:30 - 10:40

Q&A - Discussion

10:40 - 11:00

COFFEE BREAK

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11:00 – 12:15	SESSION 3 – EXPERTS PANEL & INTERACTIVE DISCUSSION
	The «Joint» Club: Everything You Need to Know for Shoulder Procedures Chairperson: Local / To be decided
11:00 – 11:15	Back to Basics: Shoulder Anatomy Local Speaker / To be decided
11:15 – 11:30	Evidence Based Practice: RA Application in Shoulder Surgery Local Speaker / To be decided
11:30 – 12:00	How I Do It: The Shoulder Surgery Pathway Clips from Various Centres of Excellence across the Globe Local Hospitals can make their own clips They can decide what to present from the pool / to be decided at the city level 3 to 4 clips with patients' testimony will be provided by ESRA to be presented
12:00 – 12:15	Q&A – Discussion
12:15 – 13:30	SESSION 4 – EXPERTS PANEL & INTERACTIVE DISCUSSION
	The "Ultrasound" Club: Everything You need to Know for UGRA & POCUS Chairperson: Local / To be decided
12:15 – 12:30	Application of RA Techniques in ER & Trauma Medicine Local Speaker / To be decided
12:30 – 12:45	RA Techniques in ICU: Do They Have a Role? Local Speaker / To be decided
12:45 – 13:15	POCUS Live Demonstration: Enhancing Patients' Safety Local Speaker – Demonstrator / To be decided
13:15 – 13:30	Q&A – Discussion
13:30 – 14:15	LUNCH BREAK

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14:15 – 14:40	SESSION 5 – PLENARY LECTURE & INTERACTIVE DISCUSSION
	Chairperson: Local / To be decided
14:15 – 14:30	Paediatric Anaesthesia Worldwide – Fostering the Highest Standards Local Speaker / To be decided
14:30 – 14:40	Q&A – Discussion
14:40 – 15:00	SESSION 6 – PRERECORDED VIDEO & INTERACTIVE DISCUSSION
	Chairperson: Local / To be decided
14:40 – 14:50	Obstetric Anaesthesia Care – Collaborating Towards Global Progress in Maternal Health Speaker – Presenter: Nuala Lucas (UK)
14:50 – 15:00	Q&A – Discussion
15:00 – 15:25	SESSION 7 – PLENARY LECTURE & INTERACTIVE DISCUSSION
	Chairperson: Local / To be decided
15:00 – 15:15	What's New in Obstetric Anaesthesia – Analgesia Local Speaker / To be decided
15:15 – 15:25	Q&A – Discussion
15:25 – 15:40	SESSION 8 – FUNNY QUIZ & COMPETITION
	Coordinator: Local / To be decided Process: The Quiz Will be Available / Distributed via SLIDO or Similar Platform Result: BEST 3 Responders Worldwide Will Win a Free Registration For PRAGUE Congress
15:40 – 16:00	COFFEE BREAK

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16:00 – 16:40	SESSION 9 – EXPERTS PANEL & INTERACTIVE DISCUSSION
	Pain Chronification Following Knee Surgery Chairperson: Local / To be decided
16:00 – 16:10	Why Me? The «Cargo» of Risk Factors Local Speaker / To be decided
16:10 – 16:20	Transitional Pain Services & Medicine: The Missing Linkage? Local Speaker / To be decided
16:20 – 16:30	Chronic Pain Management: Closing the Gaps & Evidence Based Data Local Speaker / To be decided
16:30 – 16:40	Q&A – Discussion
16:40 – 17:00	SESSION 10 – PRERECORDED VIDEO & INTERACTIVE DISCUSSION
	Chairperson: Local / To be decided
16:40 – 16:50	Human Factors & Communication in Regional Anaesthesia Speaker – Presenter: Steve Coppens (Belgium)
16:50 – 17:00	Q&A – Discussion
17:00 – 19:00	SESSION 11 – HANDS ON CLINICAL WORKSHOPS
	For example: 4 stations, 30 min per station, 2h total duration. Topics & Demonstrators to be decided at the local level
19:00 – 19:15	END OF 1ST WORLD DAY: QUESTIONS – COMMENTS – DISCUSSION

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COUNTRIES & CITIES LEADERS – REPRESENTATIVES

EUROPE

Leader: Sebastien Bloc (France)

BALTIC STATES – LITHUANIA: Arunas Gelmanas

- **Kaunas:** Arunas Gelmanas

BELGIUM: Matthias Desmet

Brussels: Michele Carella, Luc Sermeus, David Van Aken

FRANCE: Sebastien Bloc

- **Paris:** Sebastien Bloc
- **La Reunion:** TBA

GERMANY: Thomas Wiesmann

- **Marburg:** Ann-Kristin Schubert
- **Stuttgart:** Christoph Ilies

GREECE: Alexandros Makris

- **Athens:** Kassiani Theodoraki
- **Larissa:** Metaxia Bareka
- **Thessaloniki:** Eleni Koraki

IRELAND: David Moore

- **Dublin:** David Moore
- **Galway:** Brian Kinirons, John MacDonnell
- **Letterkenny:** Jakub Hlasny, Louise Moran

NORDIC COUNTRIES – SCANDINAVIA: Axel Sauter

Nordic Countries – Wide Webinar

- **Iceland:** Axel Sauter
- **Denmark:** Jens Borglum, Mathias Maargaard
- **Finland:** Axl Sauter
- **Norway:** Axel Sauter
- **Sweden:** Christian Bergek

POLAND: Andrzej Daszkiewicz

- **Warsow:** Marek Janiak
- **Katowice:** Andrzej Daszkiewicz

PORTUGAL: Lara Goncalves Ribeiro

- **Porto:** Ana Patricia Pereira, Lara Goncalves Ribeiro

ROMANIA: Dan Sebastian Dirzu

- **Bucharest:** Liliana Mirea
- **Cluj – Napoca:** Dan Sebastian Dirzu
- **Targu – Mures:** Janos Szederjesi
- **Timisoara:** Marius Papurica

SLOVAKIA: Peter Merjavý

- **Banska Bystrica:** Peter Merjavý, Michal Venglarčík

SLOVENIA: Ivan Kostadinov

- **Ljubljana:** Ivan Kostadinov

SPAIN: Vicente Roques

- **Alicante:** Jorge Hernando
- **Barcelona:** Carlos Morros
- **La Coruna:** Pablo Casas
- **Madrid:** Alejandro Ortega
- **Marbella:** Luis Valdes
- **San Sebastian:** Carlos Yarnoz
- **Sevilla:** Jose Manuel Lopez – Millan
- **Valladolid:** Maite Fernandez

SWITZERLAND: Andrea Saporito, Friedrich Lersch

- **Bern:** Friedrich Lersch

TURKEY: Ismet Topcu

- **Ankara:** Derya Ozkan
- **Istanbul:** Fatma Saricaoglu
- **Manisa:** Ismet Topcu

UNITED KINGDOM: Nat Haslam

- **Frimley:** Madan Narayanan
- **Newcastle Upon Tyne:** Nat Haslam, Kiran Koneti

UKRAINE: Dmytro Dmytriiev

- **Kiev:** Iurii Kuchyn, Andrii Stokan
- **Vinnitsa:** Dmytro Dmytriiev
- **Rivne:** Maksim Barsa
- **Ivano – Frankivsk:** Yaroslav Semkovich

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AFRICA

Leaders: Ezzat Samy Aziz (Egypt), Mohamed Mostafa Mohamed (Egypt)

ALGERIA: Bouarroudj Noredine

- **Algiers:** Bouarroudj Noredine

ANGOLA: Silvina Pereira

- **Luanda:** Silvina Pereira

BURKINA FASO: Aida Zongo

- **Ouagadougou:** Aida Zongo

CAMEROON: Lionelle Tchokam

- **Yaounde:** Lionelle Tchokam

- **DEMOCRATIC REPUBLIC OF CONGO (DRC):** William Baracka

- **Bukavu:** William Baracka

EGYPT: Ezzat Samy Aziz, Mohamed Mostafa Mohamed, Amany Ayad

- **Cairo:** Amany Ayad

GHANA: Ekor Oluwayemisi

- **Cape Coast:** Ekor Oluwayemisi

IVORY COAST: Kone Kadidja

- **Abidjan:** Serge Adje, Narcisse Boua, Judith Bouh, Kone Kadidja

KENYA: Anthony Kamau

- **Nairobi:** Anthony Kamau, Sonia Lalla

LIBERIA: Suleiman Musa

- **Monrovia:** Suleiman Musa

MOROCCO: Afak Nsiri

- **Casablanca:** Afak Nsiri

MOZAMBIQUE: Hamilton Arnaldo

- **Maputo:** Hamilton Arnaldo

NAMIBIA: Kavezembua Kavari, Francois Retief

- **Windhoek:** Kavezembua Kavari

RWANDA: Nyandwi Damascene

- **Kigali:** Nyandwi Damascene

SENEGAL: Mour Mammdou Traore

- **Dakar:** Mour Mammdou Traore

SOMALIA: Hari Abdullahi

- **Mogadishu:** Hari Abdullahi

SOMALILAND: Mubarak Mohamed Jama

- **Hergissa:** Mubarak Mohamed Jama

UGANDA: Isabella Epiu

- **Kabele:** Isabella Epiu

ZAMBIA: Arthur Polela

- **Lusaca:** Arthur Polela

SOUTH AFRICA: Francois Retief

- **Bloemfontein:** Jerome Mogorosi
- **Cape Town:** Bronwyn Roopnarain
- **George:** Andre Theron
- **Johannesburg:** Maria Fourtounas
- **Mthatha:** Nondwe Mgoqo
- **Nelspruit:** Reinier Swart
- **Potchefstroom:** Annamarie Steyn
- **Somerset West:** Jody Davids

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COUNTRIES & CITIES LEADERS – REPRESENTATIVES

ASIA – MIDDLE EAST

Leaders: J Balavenkat Subramanian (India), Suwimon Tangwiwat (Thailand)

BANGLADESH: TBA

- Dhaka North: Lutful Aziz
- Dhaka South: AKM Akhtaruzzaman

CHINA: Manoj Karmakar

Chengdu: Fei Liu

- Hong Kong: Manoj Karmakar

INDIA: Vrushali Ponde

- Bangalore: Azam Danish, Amjad Maniar
- Cochin: Sachin George, Jithendra T
- Coimbatore: J Balavenkat Subramanian
- Faridabad: Divesh Arora
- Indore: Javed Khan
- Jaipur: Vandana Mangal
- Kolkata: Saikat Sengupta
- Chandigarh: Rupinder Singh
- Mumbai: Satish Kulkarni, Vrushali Ponde
- Odissa: Ritesh Roy
- Patna: Shruti Shrey, U K Bhadani, G K Pal
- Pune: Anju Gupta, Sandeep Diwan
- Varanasi: Amrita Rath

INDONESIA: Besthadi Suknomo

- Banda Aceh: Rahmi Sp An
- Bandung: Andy Prihartono
- Jakarta: Anggara Gilang Dwiputra
- Makassar: Nur Surya Wirawan
- Malang: Ristiawan Muji Laksono
- Manado: Barry Immanuel Kambey
- Medan: Tasrif Hamdi
- Palembang: Aidyl Fitriyah
- Purwokerto: Aunun Rofik
- Semarang: Mochamat Mochamat
- Surabaya: Dedi Susila
- Surakarta: Bara Adithya
- Yogyakarta: Farhan Ali Rahman

IRAN: Poupak Rahimzadeh

- Tehran: Poupak Rahimzadeh

KOREA: Kim Hyungtae

- Seoul: Kim Hyungtae

MALAYSIA: Shahridan Mohd Fathil

- Kuala Lumpur: Shahridan Mohd Fathil

PHILIPPINES: Dahlia Arancel, Penafrancia Catangui Cano, Maria Dolmas Santos

- Bacolod City (Visayas): Lily Jingco
- Davao City (Mindanao): Dahlia Arancel
- General Trias City (Luzon): Numeriano Samar Jr
- Manila: Penafrancia Catangui Cano

SINGAPORE: Ashokka Balakrishnan

- Singapore: Ashokka Balakrishnan & Prit Singh

THAILAND: Suwimon Tangwiwat

- Bangkok: Suwimon Tangwiwat
- Chiang Mai: Prangmalee Leurcharusmee
- Khon Kaen: Aumjit Wittayaprairoj
- Songkhla : Pannawit Benjhawaleemas

UNITED ARAB EMIRATES (UAE): Clara Lobo, Amara Salti

- Abu Dhabi: Clara Lobo, Amara Salti, Reda Tolba

VIETNAM: Cong Quyet Thang

- DaNang City: Phan Trong Nhan
- HaNoi: Cong Quyet Thang
- ThaiNguyen: PT Lan
- HoChiMinh: Nam Binh Nguyen & Manh Hoang

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COUNTRIES & CITIES LEADERS – REPRESENTATIVES

NORTH AMERICA

Leaders: Stuart Grant (USA), Vishal Uppal (Canada)

CANADA: Vishal Uppal

for a **Canada – Wide Webinar**

with participating experts from Edmonton, Halifax, London Ontario, Ottawa ...

- **Edmonton:** Vivian Ip
- **Halifax:** Kwesi Kwofie
- **London Ontario:** Ushma Shah
- **Ottawa:** Patrick Wong

UNITED STATES OF AMERICA (USA): Stuart Grant

- **Chapel Hill, Durham, North Carolina:** Stuart Grant
- **Duke University, North Carolina:** Jeff Gadsden

LATIN AMERICA

Leaders: Juan Carlos De La Cuadra (Chile), Ana Eugenia Herrera (Costa Rica)

BOLIVIA: Julio Ramos

- **La Paz:** Julio Ramos

COLOMBIA: Paola Hernandez

- **Bogota:** Paola Hernandez

COSTA RICA: Ana Eugenia Herrera

- **San Jose:** Ana Eugenia Herrera

PERU: Luis Rodas Mejía

- **Lima:** Luis Rodas Mejía



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Joining Hands for a Pain Free Future Worldwide

1ST WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

WORLD DAY

Saturday, 27 January 2024

NOTES

Your Local Face-to-Face Meeting
There must be one city around you!