



1st World Day of Regional Anaesthesia & Pain Medicine
Scientific Program
LASRA TEAM
San Jose - Costa Rica

	Scientific Program	
	Chairperson: Ana Herrera MD	
9:00 - 9:30	Ana Herrera MD	Welcome Messages
9:30 - 10:00	Oscar Ledezma MD	Periarticular vasoconstrictor infiltration: a novel technique
10:00 - 10:30	Ana Herrera MD	Evidence Based Practice: RA Application in Shoulder Surgery
10:30 - 10:45	Q&A - Discussion	
10:45 - 11:15	Xochilt González MD	Paediatric Anaesthesia Worldwide: Fostering the Highest Standards
11:15 - 11:45	Jeffry Carvajal MD	POCUS : Enhancing Patients' Safety
11:45 - 12:00	Q&A - Discussion	
	Chairperson: Oscar Ledezma MD	
13:20 - 13:30	Oscar Ledezma MD	Welcome Messages
13:30 - 14:00	Adriana Gamboa MD	News in postoperative analgesia after cesarean section
14:00 - 14:30	Luis Valdez MD	Everything you wanted to know about the spinal but never asked
14:30- 15:00	Andrés Rocha MD	Pain Chronification Following Knee Surgery
15:00 - 15:30	Q&A - Discussion	