

«Joining Hands For a Pain Free Future Worldwide»

1ST WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

Your Local Face – to – Face Meeting !!!

Saturday 27th January 2024

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

WORLD DAY

There must be one city around you !!!

1st World Day of Regional Anaesthesia & Pain Medicine

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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

Plus, A Lot More ...

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



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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 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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Your Local Face – to – Face Meeting !!!

- AFRICA ...
- ASIA ...
- AUSTRALIA & NEW ZEALAND ...
- CANADA
- EUROPE ...
- UNITED STATES OF AMERICA ...
- LATIN AMERICA ...
- MIDDLE EAST & GULF ...

WORLD DAY

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SCIENTIFIC
PROGRAM

WORLD DAY

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Saturday, 27 January 2024

08.30 – 09.00

VENUE – ARRIVALS – REGISTRATIONS

09.00 – 09.30

WELCOME MESSAGES & ADDRESSINGS

City Representative / City Liaison Person (in person) for opening the event
Country Representative (either in person or via zoom)
Sebastien Bloc – Chair of Event (via live streaming / recording stand by)
Eleni Moka – ESRA President (via live streaming / recording stand by)
Sister Societies Presidents (either recordings or via live streaming)

09.30 – 09.50

SESSION 1 – PODCAST & INTERACTIVE DISCUSSION

Chairperson: **Miguel Sá**
Message from RAPM Editor in Chief: Brian Sites (10 min)
Q&A – Discussion (10 min)

09.50 – 11.05

SESSION 2 – EXPERTS PANEL & INTERACTIVE DISCUSSION

We Have Read the Literature for You: Sister Societies Journal Club
Chairperson: **Lara Ribeiro**

09.50 – 10.00

Regional Anaesthesia: **Paulo Fragoso**

10.00 – 10.10

Perioperative Care: **Marta Pereira**

10.10 – 10.20

POCUS: **João Moreira**

10.20 – 10.30

Chronic Pain: **Germano Cardoso**

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: Paulo Fragoso

11.00 – 11.15

Back to Basics: Shoulder Anatomy

Carlos Mateus

11.15 – 11.30

Evidence Based Practice: RA Application in Shoulder Surgery

Raquel Fernandes

11.30 – 12.00

How I do it: Clips from Various Centres of Excellence across the Globe

3 Clips – Sebastien Block, Vicente Roques, Peter Merjavy, Jeff Gadsden /

3 to 4 clips to be presented with patients testimony

Q&A – Discussion

12.00 – 12.15

12.15 – 13.30

SESSION 4 – EXPERTS PANEL & INTERACTIVE DISCUSSION

Chairperson: Humberto Rebelo

The "Ultrasound" Club: Everything You need to Know for UGRA & POCUS

12.15 – 12.30

Application of RA Techniques in ER & Trauma Medicine

Mauro Pereira

12.30 – 12.45

RA Techniques in ICU: Do they have a Role?

Sara Fonseca

12.45 – 13.15

POCUS Live Demonstration: Enhancing Patients' Safety

Duarte Machado

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: **Hugo Trindade**

14.15 – 14.30

Paediatric Anaesthesia Worldwide: Fostering the Highest Standards
Joana Marques

14.30 – 14.40

Q&A – Discussion

14.40 – 15.00

SESSION 6 – PODCAST & INTERACTIVE DISCUSSION

Chairperson: **Rita Araujo**

Obstetric Anaesthesia Care: Collaborating towards Global Progress in
Maternal Health, Nuala Lucas (10 min)

Q&A – Discussion (10 min)

15.00 – 15.25

SESSION 7 – PLENARY LECTURE & INTERACTIVE DISCUSSION

Chairperson: **Margarida Gil**

15.00 – 15.15

What's New in Obstetric Anaesthesia **Luis Ferreira**

15.15 – 15.25

Q&A – Discussion

15.25 – 15.40

SESSION 8 – FUNNY QUIZ & COMPETITION

Coordinator: **Ana Patrícia Pereira**

Will be Disseminated Via SLIDO

BEST 3 will win a free registration to PRAGUE Congress

15.40 – 16.00

COFFEE BREAK





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16.00 – 16.45

SESSION 9 – EXPERTS PANEL & INTERACTIVE DISCUSSION

Chairperson: **Edgar Semedo**

Pain Chronification Following Knee Surgery

16.00 – 16.10

Why Me? The "Cargo" of Risk Factors

João Moura

16.10 – 16.20

Transitional Pain Services & Medicine: The Missing Linkage?

Clara Lobo

16.20 – 16.30

Chronic Pain Management: Closing the Gaps & Evidence Based Data

Humberto Rebelo

16.30 – 16.45

Q&A – Discussion

16.45 – 18.45

End of E-Day: Questions – Comments- Discussion



