

Improved perioperative outcomes  
The role of anaesthetic care

# 8<sup>th</sup> ESRA

Sunny Autumn  
Meeting

7-11 October 2024, Algarve, Portugal

ALGARVE

## PROGRAMME

### Monday, 7<sup>th</sup> Oct 2024

- 15:30-16:30 Registration
- 16:30-19:00 **Session 1: Postoperative pain and patient outcomes**  
Chairs: Narinder Rawal & Marc Van de Velde
- 16:30-16:35  
**Opening of meeting**  
Narinder Rawal
- 16:35-16:55  
**The pathophysiology of postoperative pain**  
Kariem El-Boghdadly
- 16:55-17:15  
**PROSPECT recommendations: what/why?**  
Marc Van de Velde
- 17:35-17:50 Discussion  
17:50-18:05 Coffee break
- 18:05-18:25  
**Regional anaesthesia and outcomes: the evidence**  
Alan Macfarlane
- 18:25-18:45  
**Pain management in the respiratory, neurological and cardiac compromised patient**  
Patricia Lavand'homme
- 18:45-19:00  
Discussion
- 19:00-22:00 Welcome reception

**Tuesday, 8<sup>th</sup> Oct 2024**

**Session 2: Innovations and controversies in perioperative pain management**

Chairs: Peter Merjavý & Narinder Rawal

- 16:00-16:20 **The concept of “Basic Analgesia” and why?**  
Narinder Rawal
- 16:20-16:45 **Slow-release preparations and novel analgesics**  
Marc Van de Velde
- 16:45-17:05 **Non-opioids, what’s new: IV lidocaine, IV ketamine, gabapentinoids and NSAIDs**  
Kariem el Boghdady
- 17:05-17:30 **Abdominal wall blocks**  
Peter Merjavý
- 17:30-17:50 Discussion  
17:50-18:10 Coffee break
- 18:10-18:20 **Abstract presentations**
- 18:20-18:45 **Peripheral nerve blocks and catheters for perioperative analgesia**  
Kariem el Boghdady
- 18:45-19:10 **Optimising analgesia in the opioid tolerant and the opioid-dependent patient**  
Patricia Lavand’homme
- 19:10-19:35 **Role of high dose corticosteroids in postoperative pain**  
Eva Roofthoof
- 19:35-20:00 Discussion
- 20:00- Dinner

**Wednesday, 9<sup>th</sup> Oct 2024**

**Session 3: Enhanced Recovery After Surgery (ERAS)**

Chairs: Eva Roofthoof & Marc Van de Velde

- 08:15-08:40 **ERAS in colorectal surgery**  
Peter Merjavý
- 08:40-09:05 **The role of regional anaesthesia in ERAS**  
Marc Van de Velde
- 09:05-09:30 **ERAS in joint replacement surgery**  
Peter Merjavý
- 09:30-10:00 Discussion  
10:00-10:30 Coffee
- 10:30-10:45 **Abstract presentations**
- 10:45-11:05 **Enhanced Recovery after caesarean section**  
Nuala Lucas
- 11:05-11:25 **PROSPECT recommendations for post caesarean section pain**  
Eva Roofthoof
- 11:25-11:50 **Another view: improved postoperative recovery without ERAS**  
Narinder Rawal
- 11:50-12:15 Discussion
- 12:15-14:00 Lunch



## Thursday, 10<sup>th</sup> Oct 2024

### Session 4: Prevention and management of adverse events in perioperative care

Chairs: Nuala Lucas & Patricia Lavand'homme

- 08:15-08:45 **Chronic postsurgical pain – prevention and management**  
Patricia Lavand'homme
- 08:45-09:10 **Intrathecal long-acting opioids – the pros and cons**  
Nuala Lucas
- 09:10-09:35 **Anaesthesia and analgesia during pregnancy and breastfeeding**  
Nuala Lucas
- 09:35-10:00 Discussion
- 10:00-10:10 Abstract presentations**  
10:10-10:35 Coffee
- 10:35-10:45 Abstract presentations**
- 10:45-11:05 **Rebound pain after peripheral nerve blocks**  
Patricia Lavand'homme
- 11:05-11:30 **Strategies to reduce risks of regional anaesthesia complications**  
Kariem el Boghdadly
- 11:30-11:50 **PDPH – new guidelines**  
Nuala Lucas
- 11:50-12:15 Discussion
- 12:15-14:00 Lunch

## Friday, 11<sup>th</sup> Oct 2024

### Session 5: Regional Anaesthesia – current issues

Chairs: Narinder Rawal & Marc Van de Velde

- 08:15-08:40 **Opioid-free or opioid-sparing anaesthesia?**  
Marc Van de Velde
- 08:40-09:05 **Perineural catheters at home after ambulatory surgery – current status**  
Narinder Rawal
- 09:05-09:30 **Labour analgesia: state of the art**  
Eva Roofthoof
- 09:30-10:00 Discussion  
10:00-10:30 Coffee
- 10:30-10:40 **Awards ceremony**
- 10:40-11:05 **US-guided blocks – What's new?**  
Peter Merjavj
- 11:05-11:35 **Spinal anaesthesia revisited – multiple applications**  
Narinder Rawal
- 11:35-12:15 **Discussion and meeting summary**
- 12:15- Lunch and end of meeting

