



The European Society of  
Regional Anaesthesia & Pain Therapy  
Crossing Boundaries, Transforming Care

**ASRA**  
PAIN MEDICINE



**AFRICAN**  
Society of  
Regional  
Anaesthesia



Joining Hands for  
a Pain Free Future Worldwide

One day. One programme.  
In all Continents  
Simultaneously.

# 2<sup>nd</sup> WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

Saturday 25<sup>th</sup> January 2025



# WORLD DAY



**PAJUNK**<sup>®</sup>  
Trust Tradition. Experience Innovation.

## Your Local Face-to-Face Meeting



ESRA Office: Rue de Chantepoulet 10, 1201 Geneva, Switzerland  
Email: [office@esraeurope.org](mailto:office@esraeurope.org)

Info and Registrations  
[esraeurope.org](http://esraeurope.org)

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## PRELIMINARY PROGRAMME ONE DAY, ACROSS ALL CONTINENTS

- **We Have Read the Literature for You: Sister Societies Journal Club**
  - Regional Anaesthesia
  - Perioperative Care
  - POCUS
  - Chronic Pain
  - Q&A – Discussion
- **The «Joint» Club: Everything You Need to Know for Foot and Ankle Procedures**
  - Back to Basics: Ankle and Foot Anatomy
  - Evidence Based Practice: RA Application in Foot and Ankle Surgery
  - How I do it: Pro and Con of different practices
  - Q&A – Discussion
- **The "Ultrasound" Club: Tips and tricks for mastering**
  - How to teach ultrasound-guided peripheral nerve blocks
  - All about neuraxial ultrasound
  - Q&A – Discussion
- **The "AI" Club: What the future holds**
  - Advances and Utility of Artificial Intelligence in Regional Anaesthesia
  - Advances and Utility of Artificial Intelligence in Pain Medicine
  - Q&A – Discussion
- **The "Green" Club : Everything You need to Know about Environmental Sustainability**
  - Environmental benefits of RA: what do we know?
  - Strategies for Environmental Sustainability : How can we start and/or do more?
  - Q&A – Discussion
- **The "Acute & Chronic Pain Medicine" Club: Everything you need to know to avoid pain**
  - Risk factors for chronic postsurgical pain
  - Biomarkers for chronic pain: current evidence
  - Personalized programme for postsurgical pain: Ready for it?
  - The benefits of integrative medicine for chronic pain?
  - Q&A – Discussion
- **The "mother & child" Club: Everything you need to know about obstetrics and paediatrics**
  - Managing the failing epidural
  - POCUS in obstetric anaesthesia
  - Q&A – Discussion
- **Hands – On Clinical Workshops**
  - LIVE Demonstrations
  - Roundtable discussion: subject left to participants' choice

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