



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

Shaping the Future

in Regional Anaesthesia,
Perioperative Care,
and Pain Medicine



ESRA ROADMAP TO EXCELLENCE





PREAMBLE

Introducing ESRA Mission, Vision, Core Values & Strategic Plan

The European Society of Regional Anaesthesia and Pain Therapy is dedicated to advancing the practice of Regional Anaesthesia, Perioperative Care, PoCUS and Pain Medicine across Europe and beyond.

Our Commitment to Excellence is reflected in our **Mission, Vision, Core Values, Strategic Plan & Pathway**, which together form the Foundation of our Organization's Efforts, to enhance patient care, foster professional development, and promote innovative research in our fields.



WHO WE ARE

Our Identity & Purpose



The European Society of Regional Anaesthesia and Pain Therapy (ESRA) is a scientific association that promotes transformative education, encourages high-quality training and stimulates ground-breaking scientific research, in the fields of Regional Anaesthesia (RA), Perioperative Care, PoCUS and Pain Medicine, across Europe and beyond.

ESRA brings together the expertise of some of the best-known key opinion leaders and worldwide experts in these fields, to jointly push the frontiers of how scientific research is produced and delivers benefits to patients.

In ESRA, we envision a future where Innovation and Excellence in RA, Perioperative Care, PoCUS, and Pain Medicine enhance the overall Quality of Care.

Our commitment is to lead these fields and relieve the global burden of pain, through leadership, education, information and guidance, and by fostering collaborative initiatives that prioritize the the highest standards of practice, as well as patients' safety and comfort.

With the aim of building better prospects in learning and subsequently new opportunities in clinical practice, ESRA's principles and core values are founded upon advocating for science and the scientific community, to advance the exchange of cutting-edge knowledge, breaking down any existing boundaries and shaping the global scientific agenda in RA, Perioperative Care, PoCUS and Pain Medicine.

OUR HISTORY

Over 40 years of Leadership in Regional Anaesthesia & Pain Medicine



- *Inspired by the earlier establishment of the American Society of Regional Anesthesia, but with a structure to accommodate the diverse languages and health care systems of Europe, ESRA held its first scientific meeting in Edinburgh, in 1982.*
- *During the 44 years since its establishment, ESRA grew from strength to strength and implemented a number of important educational initiatives.*



OUR AUDIENCE:

over **30.000** specialists including over **8.000** voting members, from more than **140** countries across all continents

OUR FOLLOWERS:

over **16.000** subscribers on Facebook and more than **28.000** followers on X (ex- Twitter), and other social media platforms

OUR MEMBERSHIP:

10% growth per year on average

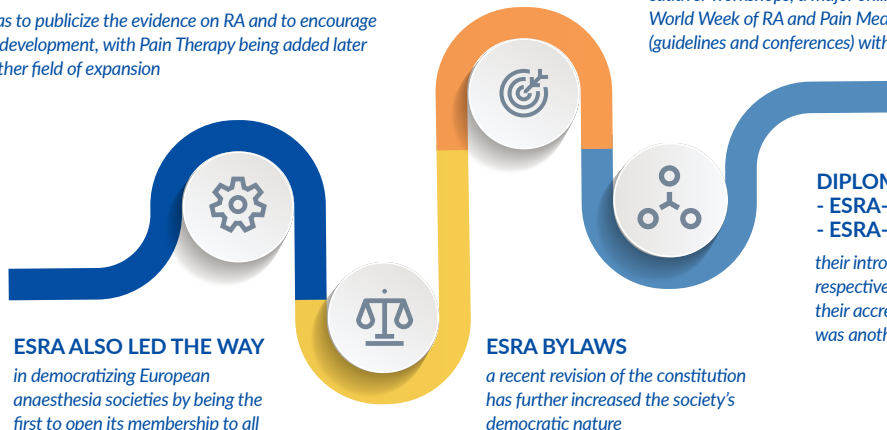
(2023 Data)

EDUCATIONAL ACTIVITIES

grew from a single annual congress to include zonal meetings, cadaver workshops, a major online program, World Day & World Week of RA and Pain Medicine, and collaborations (guidelines and conferences) with other societies

ESRA'S PRIME FUNCTION

initially, was to publicize the evidence on RA and to encourage its further development, with Pain Therapy being added later on, as another field of expansion



ESRA ALSO LED THE WAY

in democratizing European anaesthesia societies by being the first to open its membership to all

ESRA BYLAWS

a recent revision of the constitution has further increased the society's democratic nature

DIPLOMAS QUALIFICATION

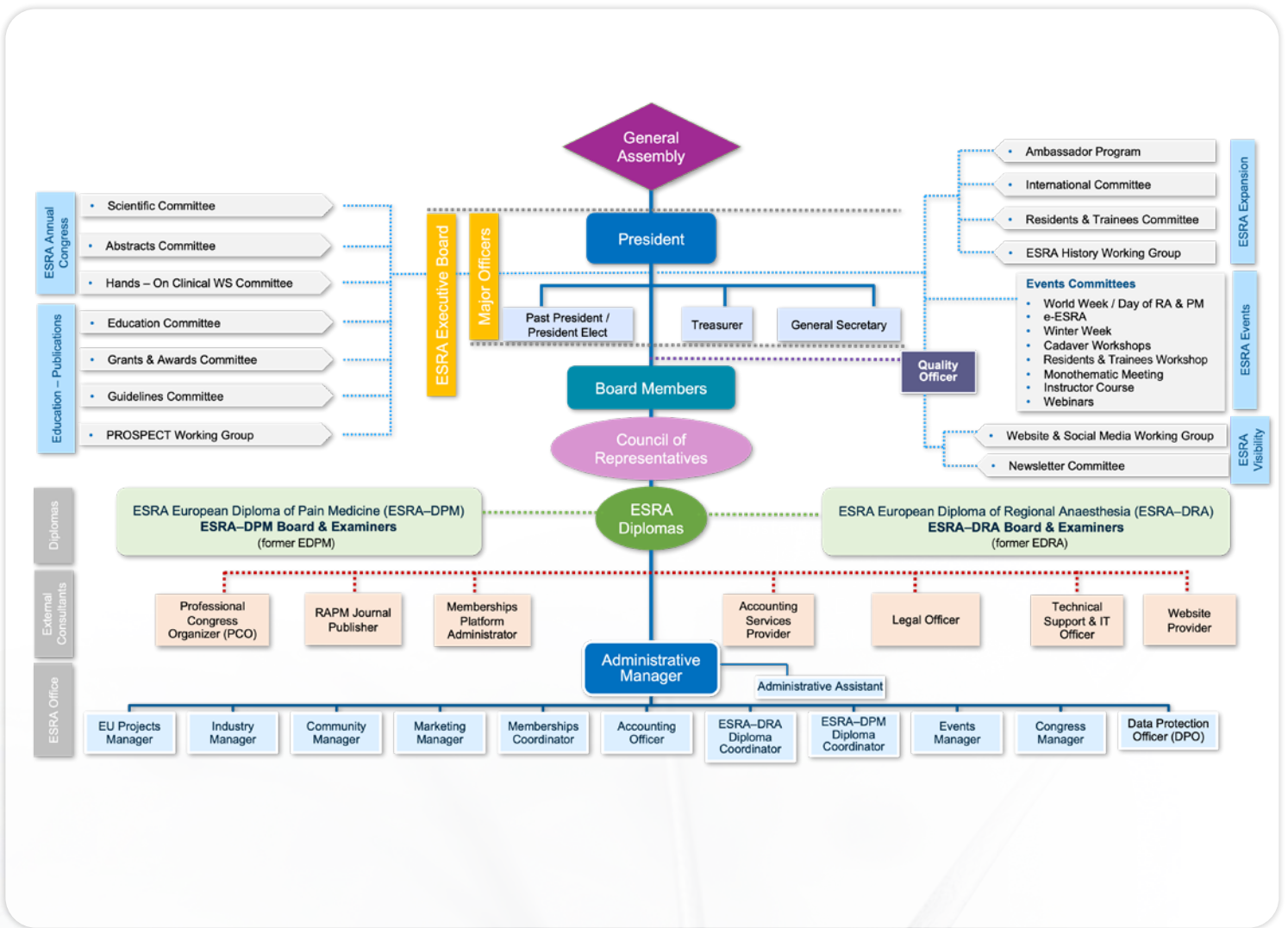
- ESRA-DRA (former EDRA)
- ESRA-DPM (former EDPM)

their introduction in 2006 and 2017 respectively, was an entirely novel project, and their accreditation by UEMS / CESMS in 2023, was another milestone in the society's history



OUR TEAM

ESRA Governance & Organizational Chart



WHAT WE DO

Our Core Activities



We organize numerous meetings, courses, workshops and live demonstrations throughout the year for anaesthesiologists and other health professionals. Our members enjoy discounted rates and are granted online access to lectures, podcasts and reports via ESRA Academy.



We provide guidance on best practices and conduct surveys with our members to better understand the delivery of RA, Perioperative Care and Pain Medicine. We also invite our members to share their views on best practices.



We organize exams for the acquisition of the 2 ESRA European Diplomas in RA and Pain Medicine (ESRA - DRA & ESRA - DPM) to harmonize and improve quality standards for safe practice of Regional Anaesthesia, Perioperative Care and Pain Medicine in Europe and elsewhere. Both ESRA Diplomas are intended to be complementary to national standards and enhance the competent, ethical, and professional care of Regional Anaesthesia & Pain Medicine.



We offer educational and research grants to members to encourage structured training in ESRA Approved Centres of Excellence and the integration of innovation & research into practice, ultimately informing and improving future care.



We support our members in measuring and comparing the quality of care provided in their hospitals. This helps to identify areas for improvement locally, nationally, and at the European and international levels.



We amplify our members' voices by representing our subspecialties in Europe and internationally, engaging with our sister societies, other health-care organizations and governmental agencies.



MISSION, VISION, PRINCIPLES & CORE VALUES



MISSION

Our Mission is ...



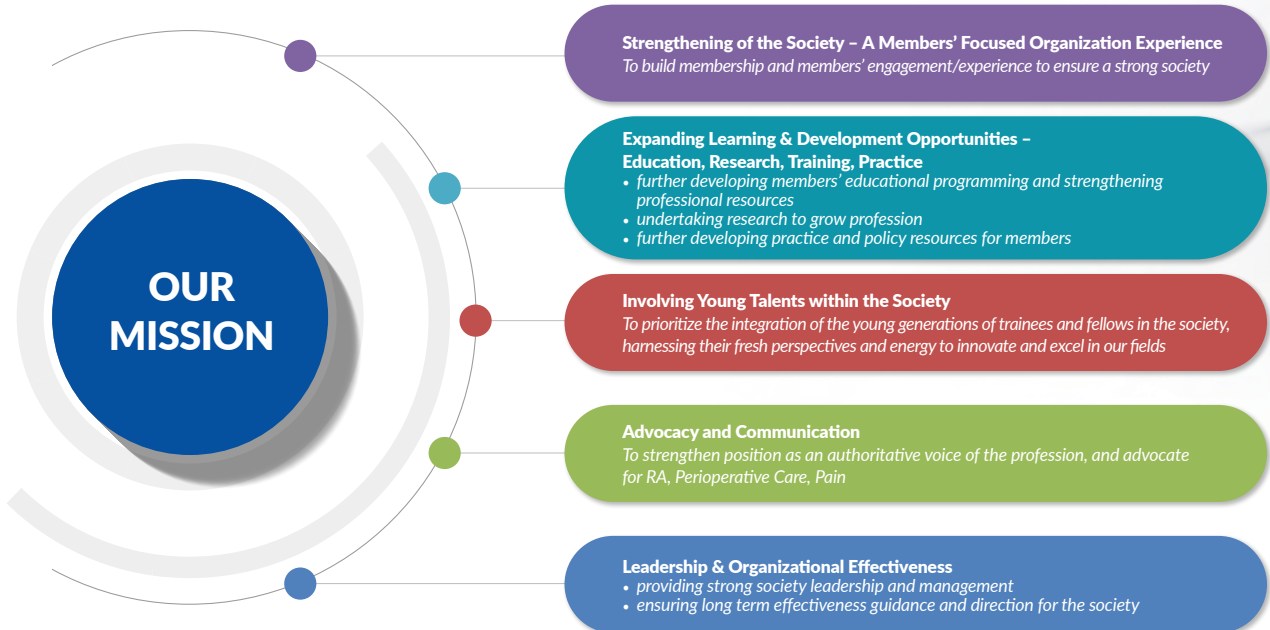
To unite medical professionals, breaking down barriers and championing best-practice approaches, to achieve excellence, enhance the quality of care, and advance the future of Regional Anaesthesia, Perioperative Care, PoCUS, and Pain Medicine.

The European Society of Regional Anaesthesia and Pain Therapy (ESRA) works to support research, education, and training, in the fields of RA and Pain Medicine. In a life span of nearly 45 years, ESRA has become a leading global authority and one of the largest subspecialty medical societies in Anaesthesiology and Pain Medicine. With more than 8,000 members, representing over 140 countries, in Europe and across all other continents, ESRA fosters the exchange of ideas and promotes education to stimulate research and to translate the knowledge into improved patients' care worldwide.

ESRA believes in the power of partnerships to drive forward the standards of care in RA and Pain Medicine. It is dedicated to fostering collaboration, encouraging teamwork and supporting professionals, by serving as the hub for the and dissemination of valuable educational, scientific, research, and networking resources. We fulfill our mission and vision by addressing the physicians' clinical and professional educational needs, promoting excellence in patient care, through the application of world-class knowledge in our fields, and by investigating the scientific foundation of our specialty.



The Pillars of our Mission are:



VISION

Our Vision is ...



To develop a dynamic scientific community that inspires, empowers, and guides knowledge spread in the fields of Regional Anaesthesia, Perioperative Care, PoCUS and Pain Medicine, transcending boundaries to transform patients' care worldwide.

We build a world where education & knowledge spread know no boundaries. We envision to be leaders in setting the highest standards of care, by uniting the brightest minds in the fields of Regional Anaesthesia, Perioperative Care, PoCUS and Pain Medicine. We aspire to promote excellence and best practices and aim to provide cutting-edge knowledge worldwide, through high quality education, innovative research and collaborative practices, ensuring that every patient benefits from the latest advancements in our fields



Ultimately ...

ESRA envisions a world where perioperative and chronic pain are managed effectively, patients receive the highest standard of care tailored to their needs, and where our collective expertise and partnerships contribute to the universal health coverage.

We are dedicated to leading this transformative journey, setting benchmarks for excellence, and inspiring the next generations of specialists in RA, Perioperative Care, PoCUS and Pain Medicine.

PRINCIPLES & CORE VALUES

Our Principles & Core Values...
define our culture and guide our decisions
and interactions with stakeholders

**ESRA Principles
& Core Values
are patient-
oriented &
human-centred**

01 Enthusiasm

We love what we do.

02 Diversity-Equity-Inclusivity

We respect and listen to all people.
We involve professionals from all over the world to take part in our journey.

03 Professionalism in Leadership and Services

We emphasize responsible, reliable, and accountable leadership.
We promote efficient operations, ownership of roles, and continuous learning

04 Team Work

We embrace a supportive environment that encourages collaboration and knowledge-sharing, empowering all team members to achieve common goals.

05 Innovation

We endeavor to approach challenges from diverse perspectives, fostering research, advancing techniques and tools, and seeking innovative solutions

06 Integrity-Transparency-Ethics

Integrity embodies consistency, trust, transparency, respect, and equality. It involves upholding high moral standards and treating others fairly.

07 Collaboration

It is at the heart of our values.
We believe that collaboration and engagement are constitutive elements of science, as they are vital elements to its effective and efficient functioning.
We are convinced that by working together, sharing ideas, and leveraging each other's strengths, we can achieve greater innovation and progress.
We foster a supportive and inclusive environment where every contribution is valued and collective success is paramount.

08 Support-Compassion-Wellbeing

We care about and strive for the wellbeing and success of every employee and member in our society.

09 High Quality

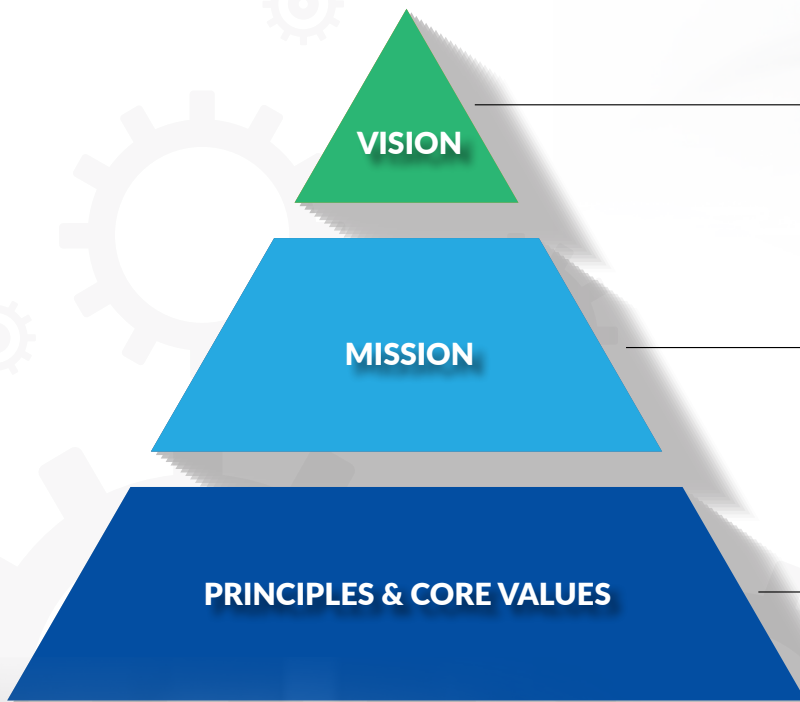
This is a fundamental core value for us.
We are committed to excellence in everything we do, from our research and educational programs to our clinical practices.
By maintaining rigorous standards and continuously striving for improvement, we ensure that our work meets the highest levels of professionalism and effectiveness.
Our dedication to quality ensures that we deliver superior outcomes and make a meaningful impact on our fields.

10 Connect Generations-History

We respect our roots, cherish our heritage and bridge the gaps between generations of regional anaesthesiologists and pain medicine physicians, to excel the patient outcomes, learn from the past and avoid mistakes in the future.

UNITING

our Mission, Vision, Principles & Core Values



OUR VISION

To develop a dynamic scientific community that inspires, empowers, and guides knowledge spread in the fields of Regional Anaesthesia, Perioperative Care, PoCUS and Pain Medicine, transcending boundaries to transform patients' care worldwide

OUR MISSION

To unite medical professionals, breaking down barriers and championing best-practice approaches, to achieve excellence, enhance the quality of care, and advance the future of Regional Anaesthesia, Perioperative Care, PoCUS, and Pain Medicine

PRINCIPLES & CORE VALUES

PRINCIPLES & CORE VALUES

- Enthusiasm
- Diversity - Equity - Inclusivity
- Professionalism
- Team Work
- Innovation
- Integrity
- Transparency
- Ethics & Morale
- Collaboration
- Partnerships
- High Quality
- Support
- Compassion
- Wellbeing
- Generations Connection
- Cherishing our Heritage

We build a world where acute and chronic pain are managed effectively, patients receive the highest standard of care, tailored to their needs, and where our collective expertise and partnerships contribute to universal health coverage. We are dedicated to leading this transformative journey, setting benchmarks for excellence, and inspiring the next generations of specialists in RA, Perioperative Care, PoCUS, and Pain Medicine



→ **STRATEGIC PRIORITIES**
GOALS, ACTION LINES,
PLAN & PATHWAY



STRATEGIC PRIORITIES



GUIDE the Future of Education, Research, Training in RA, Perioperative Care, PoCUS and Pain Medicine

- > Develop and offer comprehensive, cutting-edge educational programs and WS
- > Provide continuous professional development opportunities for members
- > Promote standardized training protocols and certifications
- > Empower ESRA Diplomas in RA and Pain Medicine
- > Support and fund innovative research projects
- > Foster collaborations between researchers and clinicians to translate research findings into clinical practice
- > Disseminate research outcomes through publications, conferences, and online platforms



CONTRIBUTE to Excellence in Patients' Care by promoting Innovation and Best Practices worldwide

- > Establish and promote best practice guidelines and protocols
- > Implement quality improvement initiatives to enhance patient safety and outcomes
- > Facilitate the adoption of evidence-based practices across healthcare institutions
- > Leverage digital tools and platforms to enhance education, research, and members engagement
- > Implement e-learning solutions to reach a broader audience
- > Use data analytics to drive decision-making and improve organizational effectiveness



STRENGTHEN the Role of Partnerships by supporting knowledge spread beyond boundaries

- > Strengthen partnerships with sister societies, academic institutions, and healthcare organizations
- > Promote cross-border knowledge exchange and collaboration among healthcare professionals
- > Organize international conferences, symposia, and forums to share expertise and innovations

STRATEGIC GOALS

The «Goal» outlines the overarching objectives that ESRA aims to achieve, while the «Focus» highlights specific areas or actions that will help in attaining that goal.



Advance Scientific Excellence & Achievement

Goal: To recognize, inspire, and enable robust research that drives discovery and innovation

Focus: To prepare future generations of anaesthesiologists to promote Regional Anaesthesia, Perioperative Care, Point of Care Ultrasound Use and Pain Medicine



Foster Equity and Inclusion for Scientific Excellence

Goal: To foster a diverse, equitable, open, and inclusive scientific enterprise

Focus: To ensure that such an environment is essential for scientific excellence



Build Trust among Scientists and Communities

Goal: To build trust among scientists and broader communities

Focus: To be a valued source of accurate scientific information, foundational to countering misinformation



Catalyze Progress where Science meets Clinical Practice

Goal: To provide actionable evidence for best practices that serve the society

Focus: To promote guidance that enables enhanced quality of care

FRAMEWORK OF ACTIONS & MECHANISMS



- Expertise
- Working Groups/Committees
- Task Forces
- Governance
- Partnerships



SHARE Best Practices between ESRA Members and with Sister Societies



Facilitate **ALIGNMENT** with High Standards of Care in various countries



Promote **COLLABORATION** between National and Sister Societies



Conduct **ADVOCACY** of Common Interests to relevant Stakeholders



Develop and Support **OUTREACH** for ESRA Activities and the Promotion of Science

ACTION PLAN, INITIATIVES & PATHWAY



GUIDE the Future of Education, Research, Training in RA, Perioperative Care, PoCUS and Pain Medicine

STRATEGIC PRIORITIES	ACTIONS & INITIATIVES
<p>Develop & Offer Comprehensive, Cutting-Edge Educational Programs & Workshops</p>	<p>Workshops, Courses, Webinars, LIVE Demonstrations, Podcasts, ESRA Annual Congress, e-ESRA, World Day and World Week of RA & Pain Medicine, ESRA Academy & Website, Educational Grants, ESRA Approved Training Centres of Excellence</p>
<p>Provide Continuous Professional Development Opportunities for Members</p>	<p>Events, Congresses, Key Opinion Leaders & Experts Guiding Members, One-to-One Teaching, Group Sessions, Instructors Courses, Career Development Webinars, ESRA Diplomas, Educational Grants</p>
<p>Promote Standardized Training Protocols & Certifications</p>	<p>Trainees Foundation Booklet, ESRA Approved Training Centres of Excellence, ESRA Diplomas</p>
<p>Empower ESRA Diplomas in RA and Pain Medicine</p>	<p>ESRA Diplomas (ESRA-DRA & ESRA-DPM) / UEMS - CESMA Accreditation</p>
<p>Support & Fund Innovative Research Projects</p>	<p>Research Grants, EU Grants</p>
<p>Foster Collaborations between Researchers and Clinicians to translate research findings into clinical practice</p>	<p>Guidelines, PROSPECT Recommendations, Research Grants, EU Grants, Partnerships with National & Sister Societies, Surveys, Awards</p>
<p>Disseminate Research Outcomes through publications, conferences, and online platforms</p>	<p>Guidelines, PROSPECT Recommendations, Newsletter (ESRA Updates), Communication with Members (mailshots, social media, ESRA channel), Marketing Campaigns, Congresses, Events, RAPM Journal</p>

ACTION PLAN, INITIATIVES & PATHWAY



**CONTRIBUTE to Excellence in Patients' Care
by promoting Innovation and Best Practices worldwide**

STRATEGIC PRIORITIES	ACTIONS & INITIATIVES
<p>Establish & Promote Best Practice Guidelines and Protocols</p>	<p>Guidelines, PROSPECT Recommendations, Partnerships with National & Sister Societies</p>
<p>Implement Quality Improvement Initiatives to Enhance Patient Safety and Outcomes</p>	<p>ESRA Quality Management System, ISO Certification, Quality & Safety Research Projects, Accreditation of ESRA Diplomas</p>
<p>Facilitate the Adoption of Evidence-Based Practices across Healthcare Institutions</p>	<p>ESRA Approved Training Centres of Excellence, ESRA Diplomas, Guidelines, PROSPECT Recommendations</p>
<p>Leverage Digital Tools and Platforms to Enhance Education, Research, and Members Engagement</p>	<p>Website, ESRA Academy, e-ESRA, USABCD platform, ESRA YouTube Channel, Surveys, Social Media, Applications, Videos, Podcasts, Webinars, 3-D modules</p>
<p>Implement e-learning Solutions to Reach a Broader Audience</p>	<p>Website, ESRA Academy, Videos, Podcasts, e-ESRA, USABCD platform, ESRA Newsletter, ESRA YouTube Channel, Surveys, Social Media, Applications, Webinars</p>
<p>Use Data Analytics to Drive Decision-Making and Improve Organizational Effectiveness</p>	<p>Website & Social Media Statistics, Events Tracking Data, Evaluation Forms & Surveys Analysis, Automation of Processes, Measuring System of Membership Engagement</p>

ACTION PLAN, INITIATIVES & PATHWAY



STRENGTHEN the Role of Partnerships
by supporting knowledge spread beyond boundaries

STRATEGIC PRIORITIES	ACTIONS & INITIATIVES
<p>Strengthen Partnerships with Sister Societies, Academic Institutions, and Healthcare Organizations</p>	<p>Common Guidelines, World Congress of RA and Pain Medicine, e-ESRA, World Day & World Week of RA and Pain Medicine, Webinars, ESRA Newsletter, ESRA Ambassador Program, ESRA International Committee, EU Projects, Joint Memberships between Societies, ESRA Diplomas Exams outside EU</p>
<p>Promote Cross-Border Knowledge Exchange and Collaboration among Healthcare Professionals</p>	<p>Common Guidelines, World Congress of RA and Pain Medicine, e-ESRA, World Day & World Week of RA and Pain Medicine, Webinars, ESRA Newsletter, ESRA Ambassador Program, International Committee, EU Projects</p>
<p>Organize International Conferences, Symposia, and Forums to Share Expertise and Innovations</p>	<p>World Congress of RA and Pain Medicine, e-ESRA, World Day & World Week of RA and Pain Medicine, Webinars</p>



FUTURE PLANS

Initiatives in the Pipeline

- > EXPANSION OF PARTNERSHIPS
- > NEW EDUCATIONAL TOOLS
- > ESRA WEBSITE & ESRA ACADEMY RENOVATION
- > ESRA YOUTUBE CHANNEL REFORM
- > MENTORSHIP PROGRAMS
- > ESRA FELLOWSHIP
- > ESRA SCHOOL / ESRA MASTERCLASS ON RA & PAIN
- > RA QUALITY PROJECT
- > NEW COMMON GUIDELINES WITH SISTER SOCIETIES
- > SIGS CREATION (GREEN RA, DIVERSITY & EQUITY, PAEDIATRIC RA)
- > MEMBERS DIGITAL COMMUNITY/PLATFORM



ESRA MAJOR OFFICERS

Eleni Moka, *President (Greece)*
Luis Valdes, *Secretary General (Spain)*
Philippe Gautier, *Treasurer (Belgium)*
Thomas Volk, *Immediate Past President (Germany)*

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