

Welcome to ESRA Updates

July 2022 | Issue 09



Editorial (P. 3)

[> Read More](#)



Report from the Opening Ceremony (P. 4)

[> Read More](#)



Annual Networking Evening (P. 7)

[> Read More](#)



ESRA-ASRA Panel: Establishing Standards in RA & Perioperative Pain Management Practice (P. 9)

[> Read More](#)



Cooperation between ESRA & sister societies (P. 10)

[> Read More](#)



Report from the Exhibition Centre (P. 11)

[> Read More](#)



Hands on Workshops during the ESRA Annual Congress in Thessaloniki (P. 13)

[> Read More](#)



First meeting of the committee ESRA International (P. 15)

[> Read More](#)



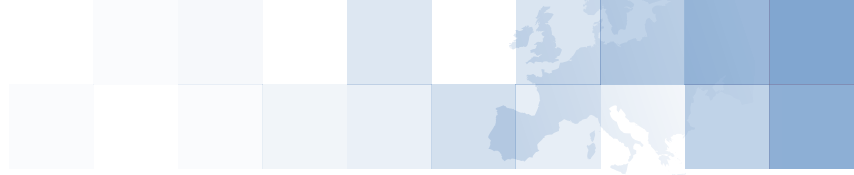
Obstetric sessions (P. 16)

[> Read More](#)



Top tweets (P. 17)

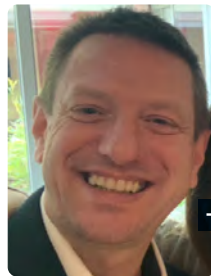
[> Read More](#)



Editorial Team



→ **Editor**
Clara Lobo



→ **Editor**
Peter Merjavý



→ **Co-Editor**
Kris Vermeylen



→ **Co-Editor**
Steve Coppens



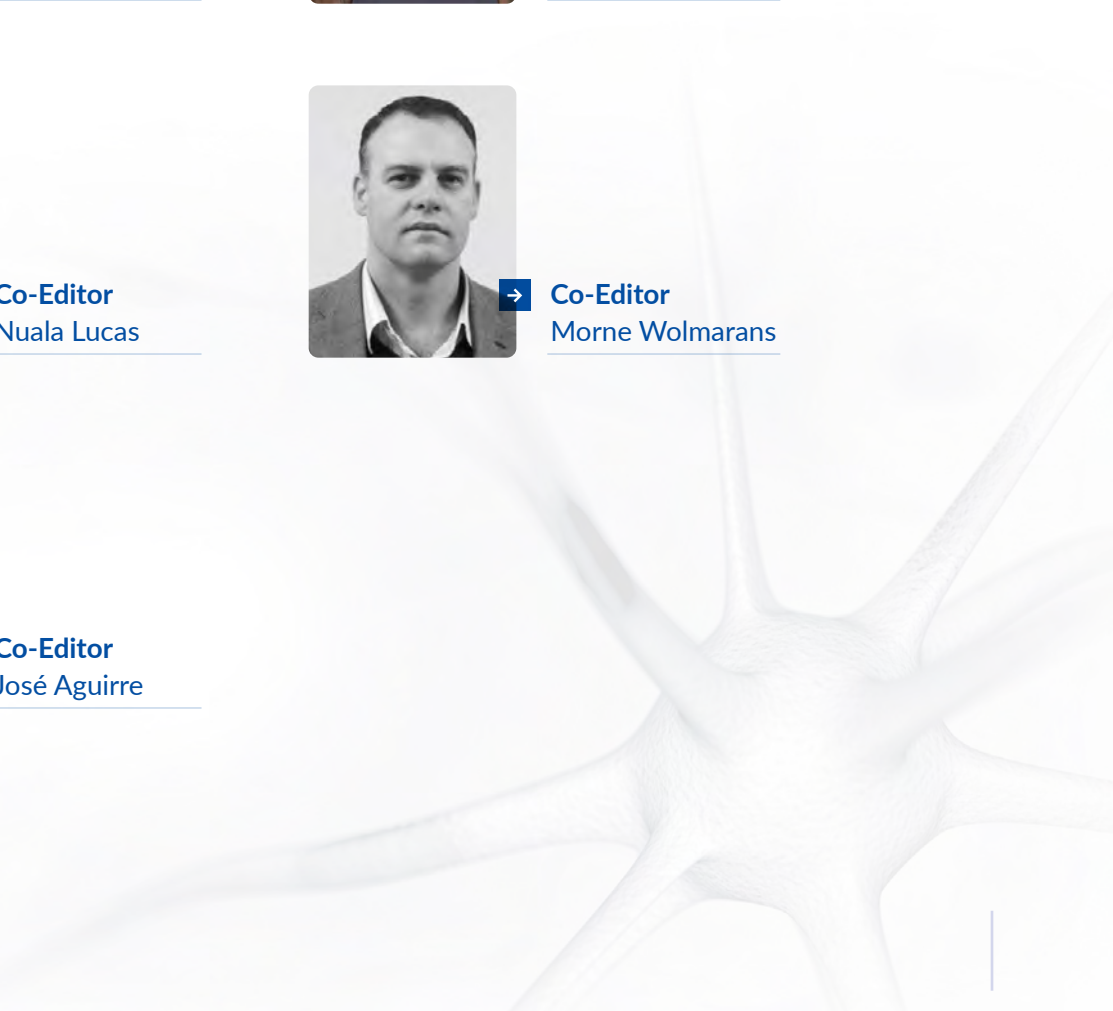
→ **Co-Editor**
Nuala Lucas



→ **Co-Editor**
Morne Wolmarans



→ **Co-Editor**
José Aguirre



Editorial



Thomas Volk (ESRA Past-President, Germany) @ThomasVolk16



Eleni Moka (ESRA Treasurer, Creta Interclinic Hospital, HHG - Heraklion-Crete, Greece) @mokaeleni



Alain Delbos (ESRA Past President; Medipole Garonne, France) @alaindelbos



Clara Lobo (Editor of ESRA Updates; Cleveland Clinic Abu Dhabi, UAE) @claralexlobo



Dear ESRA members,
Dear participants,

What a comeback!

Organizing this meeting was bitter and sweet, since its very start. The early proceedings were interrupted due to the pandemic and we had to postpone, wave after wave after wave...

Fortunately, and with everyone's efforts, ESRA organized one of the greatest meetings of its history, face-to-face!

More than 1600 participants and 200 faculty, 215 well attended scientific sessions and 62 fully booked workshops!

There are so many highlights that the ESRA Newsletter editorial team decided to dedicate this July number to present every special moment of the 39th ESRA Annual Congress, in Thessaloniki, Greece.

As MO's of ESRA, we are very proud and wish to pay homage to the local organizing committee for their countless efforts and extreme dedication to the success of this congress!

Finally, some words of due recognition for the support from the Greek National Government, Thessaloniki's local authorities and a very, very special thank you to our Industry Partners.

We hope this number of ESRA Updates gives you a glimpse of what was the 39th ESRA Annual Congress.

Report from the Opening Ceremony



Nuala Lucas (Co-Editor of ESRA Updates, Norwick Park Hospital, Harrow, UK) @noolslucas



Kris Vermeylen (Co-Editor of ESRA Updates, AZ Turnhout, Belgium) @KVermeyleylen



“This would be the first time the ESRA community had been together in three years.”

A tremendous sense of anticipation filled the air as delegates assembled in the beautiful setting of the Concert Hall in Thessaloniki for the opening ceremony of the first face-to-face ESRA Congress since the start of the pandemic. This would be the first time the ESRA community had been together in three years. The orchestra assembled and took their seats, and soon, the first bars of The Ode to Joy filled the hall. The choice of music was fitting and poignant for its profound symbolism within Europe. The Council of Europe adopted The Ode to Joy as



The Aristotle University Symphony Orchestra and Chorus

its anthem in 1972, and in 1985, it became the official anthem of the European Community and its successor, the European Union. Coming from Beethoven’s Symphony No.9, it symbolises hope, unity and fellowship. These words underpinned Prof. Thomas Volk’s heartfelt greeting to the ESRA community as he officially opened the Congress.

During the opening ceremony, Thomas welcomed to the stage the ESRA officers responsible for delivering the Congress, Dr Alain Delbos, Dr Clara Lobo and Dr Eleni Moka. An inspiring team who, despite uncertainty and difficulties, ensured a hugely successful congress and a triumphant and welcome return to face-to-face meetings. Special mention must go to Eleni, whose drive and determination leading the Local Organizing team were vital in bringing the Congress to Thessaloniki. The team recognised the ESRA Office team who worked so hard behind the scenes, Kalliopi Platsi, Jeremy Ryckebush, Beatrice Torri, Despina Manola, Vivien Penning-Titze and Aline Christen.



ESRA President Thomas Volk

ESRA's reach and international collaborative efforts were demonstrated with messages of support delivered by international partners, Prof Samer Narouze (ASRA), Dr Ezzat Aziz (AFSRA), Dr Juan Carlos de la Cuadra (LASRA) and Dr Jagannathan Balavenkatsubramanian (AOSRA).

Highlights of the opening ceremony included the presentation of awards to Prof Jose De Andres and Dr José Aguirre. Prof. De Andres received the Carl Koller Award for his outstanding contributions to pain management and the community of ESRA. Dr Aguirre received the Recognition of Education in Regional Anaesthesia Award, reflecting his contribution to the promotion of teaching and education in regional anaesthesia. Dr Aurore Latragne and Dr Alba Sabaté received awards for their excellent manuscripts on chronic pain. It was wonderful to hear a welcome from Professor Athina Vadalouca, a founding member and president of ESRA from 1997-2000, reinforcing the feeling that ESRA is a family within a scientific community!



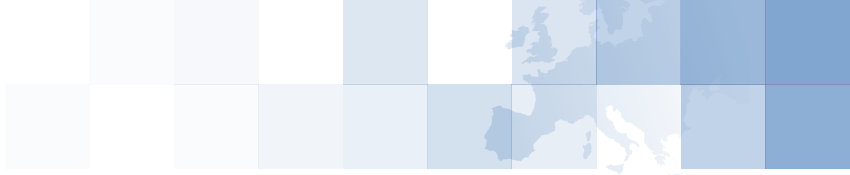
Prof Jose De Andres receiving the Carl Koller Award



Dr José Aguirre receiving the Recognition of Education in Regional Anaesthesia Award



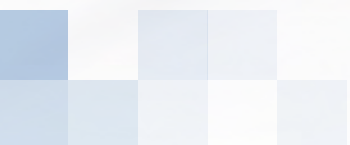
Dr Aurore Latragne and Dr Alba Sabaté receiving an award for their Chronic Pain paper



In the 14th century Nikephoros Choumnos, the Byzantine scholar and statesman of Thessaloniki, wrote “no man will be without a homeland, as long as Thessaloniki exists.” This comment has been described as capturing the essence of a city located midway between the East and West, at the intersection of cultures and one of the few European cities with an uninterrupted urban population across 2,500 years. So it felt appropriate at one of the first international medical conferences since the start of the pandemic to hear from our hosts in Thessaloniki. Mr Stavros Kalafatis, the Minister of Internal Affairs for Macedonia and Thrace, and the Mayor of Thessaloniki, Mr Konstantinos Zervas, welcomed the ESRA community warmly to their city.

To close the opening ceremony, the Aristotle University Symphony Orchestra and Chorus continued their recital with a fabulous selection of music from composers and musicians across Europe. An incredible performance from a group of highly talented people and a great end to an opening ceremony that embodied hope, unity and fellowship. For those wishing to relive the evening, check out the recordings on Spotify from Dvorak Slavonic Dance no 8 op4, Bizet Farandole-Intermezzo-Toreador, Gounod Dance de Phyrne, and Verdi il Trovatore.

Finally, the evening concluded with a drinks reception in the sunshine, where the music and dancing continued! The whole event was an excellent start to a fabulous Congress!



Annual Networking Evening



Clara Lobo (Editor of ESRA Updates; Cleveland Clinic Abu Dhabi, UAE) @claralexlobo



“All were invited and all made sure to mark their presence with smiles and good mood.”

The Nautical Club of Thessaloniki was established in 1931 and is the oldest established yacht club in Macedonia. Bathed by the silky warm, inviting waters of the Aegean Sea, this exclusive club offers magnificent views of Thermaikos Gulf and Olympus Mountain.

It was in this wonderful setting that the Annual Networking Evening took place.

All were invited and all made sure to mark their presence with smiles and good mood, tasting the wonders and colored flavors of Greek cuisine!

All was meticulously thought and prepared, from the elegant decoration, the band who started the animation, to the DJ that kept the spirits high during the lengthy, warm night.



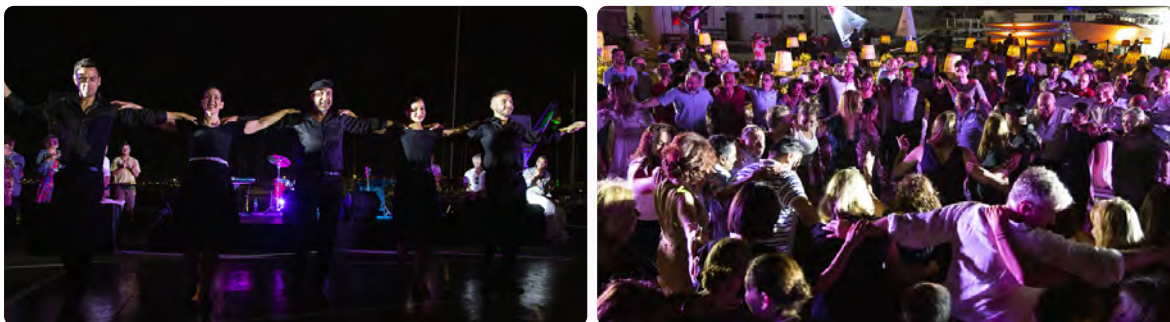
Where better, if not in this place, to recognize the excellence and present the authors of the research presented during the congress, by the President of ESRA.



The former presidents of ESRA were called to celebrate the 40th year of the society:



The Greek dance set the pace and all were happy to dance the sirtaki rhythms.



Thank you all who attended and hope we can see you next year in Paris!



ESRA-ASRA Panel: Establishing Standards in RA & Perioperative Pain Management Practice



Clara Lobo (Editor of ESRA Updates; Cleveland Clinic Abu Dhabi, UAE) @claralexlobo



José Aguirre (Balgrist University Hospital, Switzerland) @JAG_4773



Morné Wolmarans (Norfolk and Norwich University Hospital, UK) @docmorne



Nuala Lucas (Co-Editor of ESRA Updates, Norwick Park Hospital, Harrow, UK) @noolslucas



Kris Vermeulen (Co-Editor of ESRA Updates, AZ Turnhout, Belgium) @KVermeulen



Steve Coppens (Co-editor of ESRA Updates, UZ Leuven, Belgium) @Steve_Coppens



Peter Merjavý (Craigavon Area University Teaching Hospital, Northern Ireland, UK) @PeterMerjavý



Maria Tileli (Asklepieion Hospital of Voula, Greece)



“Teamwork: the fuel that allows common people attain uncommon results.” – Andrew Carnegie

Teamwork is always inspiring and rewarding in many ways.

The collaboration between ESRA and ASRA has long been and has produced important documents and recommendations with the aim of improving the provision of medical care, educating and refining the anaesthetic technique, encouraging high safety standards and fertilizing the soil to achieve the best success rates.

Bring simple and acceptable recommendations, especially when the literature is sparse in data, is difficult. This is where teamwork is so important, bringing together the best experts in the field to discuss fracturing and controversial topics, bringing light and helping the common practitioner in his/her daily clinical practice.

The 39th Annual ESRA Congress brought together the shining minds behind the major projects of the last 3 years between European and American societies, ESRA and ASRA.

Opening the 2nd day of the meeting, the joint panel ESRA-ASRA chaired by Dr Alain Delbos (France) and Dr Nabil Elkassabany (United States), gathered Dr Louise Moran (Ireland), James Bowness (United Kingdom), Stavros Memtsoudis (United States) and Jeff Gadsden (United States). The discussion focused on the Minimum Standards in RA Documentation, Identification of US Anatomical Structures for Basic Blocks Performance: International Consensus, Defining Guiding Principles for Acute Perioperative Pain Management and The Road to Accreditation for Fellowship Training in RA and Acute Pain Medicine.



ESRA and ASRA have several new projects under development that hopefully will see the light of day very soon!

Cooperation between ESRA & sister societies



Clara Lobo (Editor of ESRA Updates; Cleveland Clinic Abu Dhabi, UAE) @claralexlobo



"If you want to go fast, go alone; if you want to go far, go together." – African proverb

ESRA truly believes in cooperation, alliance, partnership to work together for the development and establishment of science, safety and good practice of all the dominions of Anaesthesia. Of course, the main targets are perioperative care, regional anaesthesia and pain medicine, either acute or chronic pain.

With this partnership, we will work together to meet the most noble of the objectives: Education.

The 39th ESRA Annual Congress opened the door of opportunity to strength ties for the creation of alliances between ESRA and its Sister Societies: AFSRA, AOSRA, ASRA and LASRA.



With this collaboration, we will be stronger. With this cooperation, we will build bridges and mills.

The possibilities are infinite and underway there are new activities that positively will have an impact on research, safety and better care in Europe and all over the World.



The first endeavour that we can announce are a series of joint ESRA-Sister Society webinars, in 2023.

ESRA will meet her Sisters again, in Paris, to celebrate together the next World Congress of Regional Anaesthesia and Pain Medicine, 6-9 September 2023.

Report from the Exhibition Centre



Nuala Lucas (Co-Editor of ESRA Updates, Norwick Park Hospital, Harrow, UK) @noolslucas



Steve Coppens (Co-editor of ESRA Updates, UZ Leuven, Belgium) @Steve_Coppens



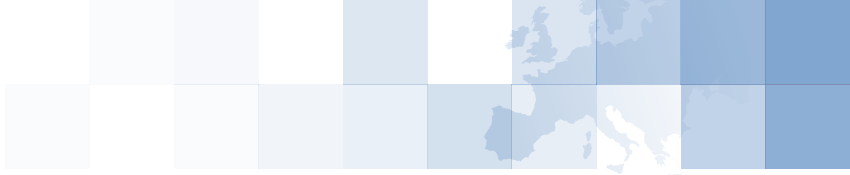
“A myriad of educational options were available in exploring the exhibitor centre.”

The transformation of regional anaesthesia over the last several years from occasional adjunct to general anaesthesia to an integral part of modern anaesthetic practice has been supported by technology. One of the many highlights of the 39th ESRA Congress in Thessaloniki was the opportunity to meet and network with our industry partners in the exhibition centre. Alongside the fabulous educational, scientific programme of the Congress, a myriad of educational options were available in exploring the exhibitor centre. Whether it was finding out about the latest developments in ultrasound or investigating new pharmacological options, the exhibition was the place to learn about the latest innovations and trends.



Most of the live demonstrations were unique and wonderful opportunities to not only see the industries new innovations, but also some of the faculty explaining the tips and tricks during scanning sessions. “Jack be nimble, jack be quick, let’s teach you the hockeystick” was one of the most interesting and hilarious sessions here by Bernard Moriggl at the M1 building for GE

Online technology has helped us deliver some outstanding regional anaesthesia education, and ESRA is proud of the virtual meetings held over the last two years. However, despite these innovations and successes, we all missed the truly interactive environment of a face-to-face meeting. This was particularly evident in the exhibitions, which were a hive of activity, communication and interaction throughout the Congress. Strolling down the exhibits looking at the gadgets, and meeting old and new friends along the way seemed to reinvigorate everybody attending Thessaloniki 2022. Our industry partners provided a vast array of live demonstrations and new products, allowing delegates to examine, handle and compare what changes and innovations they could bring to their own regional anaesthesia practice.



Our industry partners also provided some excellent sponsored symposia exploring diverse topics such as remote monitoring pain management and the latest short-acting spinal anaesthesia drugs.

Without the aid of industry in their generous sponsorship, these events are extremely hard to organize. The support and interaction from our industry partners was a vital part of ensuring that ESRA was a fully immersive regional anaesthesia environment! The whole ESRA team would like to express their thanks to our industry partners for their contribution to making ESRA Thessaloniki an outstanding unforgettable Congress!

The beautiful backdrops and artworks including an astounding jaw dropping sea view made the exhibition industry halls a wonderful place to encounter friends colleagues and inspect all the new “toys”



GOLD		BRONZE			
					
					
SILVER		Sponsor			
					

Hands on Workshops during the ESRA Annual Congress in Thessaloniki



José Aguirre (Balgrist University Hospital, Switzerland) @JAG_4773



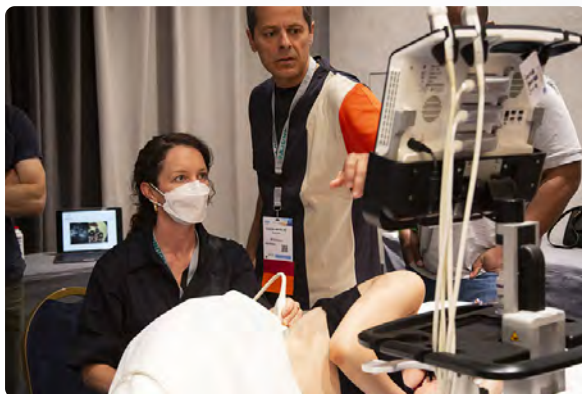
“We have recognized that the hands on workshops are an essential part of the congress and that delegates want to practice and learn from all the experts present.”



During the ESRA Annual Congress in Thessaloniki delegates could profit from an increased number of Hands on Workshops divided in different topics: 17 regional anaesthesia, 6 POCUS, 6 regional anaesthesia in paediatrics and 10 chronic pain. A total of 37 workshops was offered and delegates could adapt the level of the workshop according to their clinical experience: beginner, intermediate and advanced. In these workshops of 2h, typical clinical scenarios were explained at 4 different stations were a maximum of 6 delegates per station was standard to allow own scanning of the model. Around 540 participants attended these workshops .

For the first time we included also mini-Workshops were 1 demonstrator was together with 8 delegates and one model for ultrasound scanning of the different body regions. We offered 15 Min Hands-On Workshops and 150 delegates participated.

With a total of around 690 delegates visiting the clinical workshops we can state that they were highly popular and judging from the comments during the congress the quality met the expectations.





Another possibility of hands on was offered by the cadaver workshops in 7 workshops in regional anaesthesia and 3 in chronic pain therapy including 1 fresh frozen cadaver for fluoroscopy. Also here the delegates were divided according to their experience in 3 groups to allow an optimal teaching.

160 participants visited the regional anaesthesia workshop and 26 the chronic pain cadaver workshop.

In summary we can say, that the increased number of workshops offered was well appreciated by the delegates. Most of the workshops were sold out and all requests could be satisfied. The new introduction of the Mini Hand-On Workshops was also a great success. The cadaver workshops offer an unique possibility to learn the classical anatomy and the introduction of a fluoroscopy station was highly appreciated.

We have recognized that the hands on workshops are an essential part of the congress and that delegates want to practice and learn from all the experts present during the congress. New formats are welcome and interaction and practice well appreciated. We are looking forward to the next congress and will prepare some novelties to meet the high expectations of our delegates.



First meeting of the committee ESRA International



Clara Lobo (Editor of ESRA Updates; Cleveland Clinic Abu Dhabi, UAE) @claralexlobo



Patrick Narchi (Angoulême, France)



“ESRA knows that a multicultural and diverse society is more successful in developing plural initiatives, fulfilling higher acceptance and achieving a wider implementation.”

ESRA is especially focused on opening its doors to members from outside Europe, who represent about 25% of its membership. To this end, and during the pandemic, ESRA Board created a special committee, to welcome representatives from non-European countries that wish to contribute to the development of Regional Anaesthesia and Pain Therapy.

ESRA knows that a multicultural and diverse society is more successful in developing plural initiatives, fulfilling higher acceptance and achieving a wider implementation. That is why it is so important to give an active voice to outside Europe's members and echo it through a privileged channel towards ESRA heart and soul.



The first meeting of this committee took place during the 39th Annual Congress, with the online participation of the Representatives of the USA (Dr. Melody Herman and Dr. Kamen Vlassakov) and Saudi Arabia (Dr. Abdulaziz Ali Hazazi), and the face-to-face presence of Representatives from South Africa (Dra Razeena Lockhat), Philippines (Dra Penafrancia Cano), Australia (Dra Hosim Prasai Thapa) and India (Dra Anju Gupta) led by the Chairs Dr Patrick Narchi and Dr Alain Delbos (Past President of ESRA).

The meeting began with the presentation of its members and proceeded in a lively discussion of the objectives of the Committee, honest expectations and desires for fruitful cooperation in the future.

Obstetric sessions



Nuala Lucas (Co-Editor of ESRA Updates, Norwick Park Hospital, Harrow, UK) @noolslucas



“The story of ultrasound and obstetric anaesthesia continues to evolve!”



Obstetric sessions are always popular at ESRA meetings, and the Thessaloniki Congress was no exception, with a wide variety of sessions covering a broad range of topics in obstetric anaesthesia – useful for the obstetric enthusiast or the occasional obstetric anaesthetist. Highlights included a practical session discussing the role of ultrasound in obstetric anaesthesia.

The first descriptions of the use of ultrasound in clinical anaesthesia appeared almost forty years ago. Interest in its role in obstetric anaesthesia developed following a series of publications in the early 2000s. Despite the many publications and significant research interest in ultrasound supporting clinical care in obstetric anaesthesia, evidence would suggest that it is a long way from

being used routinely. Three excellent talks discussed the role of ultrasound in neuraxial block, airway management and evaluating the aspiration risk in a pregnant woman. The story of ultrasound and obstetric anaesthesia continues to evolve!

There was a thought-provoking session about PDPH with Kassiani Theodoraki describing the latest evidence on this topic, followed by a lively discussion session. Debating the pros and cons of a particular clinical situation and solution is always guaranteed to be popular with delegates and an excellent way to dive deeply into a topic. Andrea Melber and Pierre Yves Dewandres delivered an entertaining debate about the role of remifentanyl PCA in labour. Nicolas Brogly and Petramay Cortis provided an engaging discussion about whether the best solution for emergency CS in a woman with an epidural is to top it up or simply do a spinal. All talks were comprehensive, highlighting the nuanced aspects that can make these clinical situations challenging.

The final obstetric session of the meeting was bright and early on Saturday morning – the night after the outstanding Congress dinner. It was a fantastic testament to the delegates’ commitment to obstetric anaesthesia that this session – discussing the role of regional anaesthesia in women with various comorbidities – was so well attended. A wonderful final obstetric session for ESRA 2022!



Top tweets



The Numbers

10.489M Impressions

2,292 Tweets

347 Participants

18 Avg Tweets/Hour

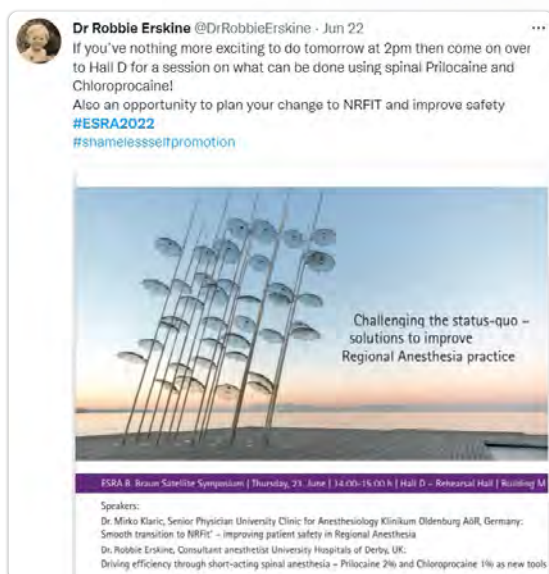
7 Avg Tweets/Participant

39th Annual
ESRA
 Congress
 22-25 June 2022
THESSALONIKI
Greece

#ESRA2022 Participants

The hashtag #ESRA2022 collected more than 10 million impressions on Twitter!
 Thank you to all participants who shared their experience on social media and especially to our top influencers.

Here is a glimpse of the most popular tweets published during the congress:



AK76 @AneetKassow · Jun 23
#ESRA2022 @KJinnChin @amit_pawa excellent session on thoracic wall and spinal blocks - great insights by @amit_pawa - the supercharged ESP 🙌 Great questions by the panel.

KJinn Chin @KJinnChin · Jun 25
 After the wonderful dinner and dancing under the stars at **#ESRA2022** I'm thankful for the hardy souls that graced our 8am session on neuraxial blocks in challenging situations. If you missed it, a version of my talk on paraspinous approaches is online youtu.be/G3Ek-UAkHSI

Stavros G Mentsoudis @sgmentsoudis · Jun 24
 Thank you @mokaaleni and @ESRA_Society for an amazing **#ESRA2022**. Combining mtg and family time is priceless. And the @RegionalAnaesUK crowd made it really special for us. @docmorne @rosie_hogg @ajmacfarlane ❤️

Eleni Moka @mokaaleni · Jun 29
 A wonderful ESRA congress has ended a couple of days ago... EDRA exams were also concluded!!! Going home, relaxed and happy!!! A big thank you to all!!! **#esra2022 #Thessaloniki #esra #lovegreece**!!!!

Marc Van de Velde @MarcVandeVelde6 · Jun 22
#ESRA2022 The first day of ESRA2022 is coming to an end: fantastic scientific first day and now the opening ceremony and reception! 🙌🙌🙌

matthias desmet @matthiasdesmet5 · Jun 24
 On the road to **#ESRA2022** @KVermeyleyn #BARA

James Bowness @bowncss_james · Jun 23
 Looking forward to hearing my fellow panellists talk on establishing standards in **#regionalanesthesia** @LouiseMoran75 @sgmentsoudis @jeffgadsden @nelkassabarry @alaindelbos **#ESRA2022**

Rosie Hogg @rosie_hogg · Jun 23
 An absolute pleasure teaching **#POCUS** to such engaged & enthusiastic learners this morning @ESRA_Society **#ESRA2022**
 Made all the better with having new & old friends there too! @AlexandrosMakr @JanBoutilikMDPhD Valentina Rancati, Barbara Rupnik & Wolf Ambruster 🙌🌟