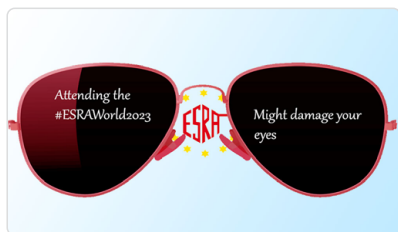




Welcome to ESRA Updates

May 2023 | Issue 12



Editorial (p. 3)

[> Read More](#)



We HAVE the world (p. 4)

[> Read More](#)



ESRA is calling for Abstracts! (p. 8)

[> Read More](#)



ESRA Video competition 2023 (p. 10)

[> Read More](#)



Call for Infographic Competition (p. 12)

[> Read More](#)



Spoiler Alert! 3 highlights from the World Congress (p. 14)

[> Read More](#)



I am attending #ESRAworld2023 (p. 17)

[> Read More](#)



Apply for ESRA Educational and Research Grants! (p. 19)

[> Read More](#)



Frequently Asked Questions: Workshops accepted for EDRA Part 2 exam (p. 21)

[> Read More](#)



ESRA Journal Club (p. 23)

[> Read More](#)



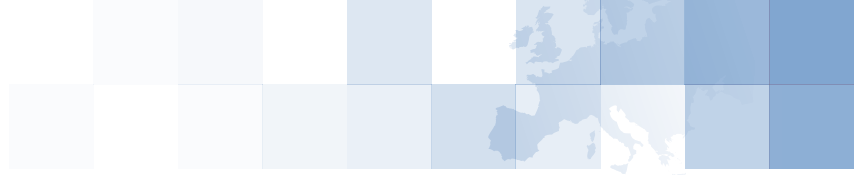
5th ESRA Trainees Workshop (p. 24)

[> Read More](#)



7th ESRA Monothematic Meeting (p. 25)

[> Read More](#)



Editorial Team



→ **Editor**
Clara Lobo



→ **Editor**
Peter Merjavy



→ **Co-Editor**
Kris Vermeylen



→ **Co-Editor**
Steve Coppens



→ **Co-Editor**
Nuala Lucas



→ **Co-Editor**
Morne Wolmarans



→ **Co-Editor**
José Aguirre



Editorial



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



«The most exciting event of this year and maybe even of this decennium is of course the World Congress in Paris in September.»

Dear friends, as the ESRA editorial team for ESRA UPDATES we are immensely happy to introduce our latest newsletter.

It is a really packed update with a quick look back at the successful e-congress Paris and various other bits of info.

As usual we have a very good Journal Club featuring Ed Mariano's pick of the moment. A very sweet update on all the ins and outs of EDRA part 2 and everything you ever wanted to know to succeed at the EDRA is also included and so much more....

However the most exciting event of this year and maybe even of this decennium is of course the World Congress in Paris in September. There's a ton of information on some of the most interesting sessions. A few testimonials on attendees about their highlights... Something on the Ambassadors of the #ESRAworld2023. I hope this edition can whet your appetite for this MUST ATTEND EVENT.

The city of light will have never shined so bright as in September 2023.
Put on your shades and join us!!



The ESRA-update Team
& Steve Coppens

We HAVE the world



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



«With all these difficulties and changes, the organisational committee of WCRAPM has decided to add a new and exciting feature to the World Congress. The ambassador function.»

Some of you may be old enough to remember the song “We are the world” recorded and released in 1985. Although the idea and motivation might have been good, things have changed dramatically since then. Unfortunately not everything has changed for the better – poverty and war still rages on – the earth feels and looks very different than the last world congress in New York.

Our planet has become smaller, we are more alike than most of us want to admit or see. Ironically some of the world’s poorest regions have the most to suffer from the pollution created by some of the richest parts. Global climate change has finally made (some of) us understand we are all in the same boat. Regional anesthesia has a big role to play. Green OR, anesthesia gasses, sustainability and life cycles have all been high on our agenda. It’s also maybe a sign that the WCRAPM is taking place in Paris where the first climate accords were signed.

Additionally, we have suffered hugely due to the pandemic too. Some of you might have lost loved ones, family or friends. COVID-19 again showed us there is no planet B. We are all in this together. And as anesthetists we helped a lot during the viral years! Hastily remodelled PACU’s become intensive care wards. We took up different roles. Regional anesthesia became a hype again and a perfect alternative to intubation and viral transmission. The WCRAPM also got postponed a few times. But now as the world has learned to live with SARS-CoV-2 virus, we are turning the page and are finally meeting our friends from all continents again.

Diversity, gender equality and participation has also radically changed our perception since the last world congress. Movements like Black Lives Matter and Me-too, have also opened our eyes to problems we did not see (or want to see). As anesthetists and medical professionals we have taken up this responsibility. Gone are the days of the manels. We now see so many fantastic initiatives like #heforshe #thisGirlBlocks. There is research and articles on gender distribution and equality. We still have a long way to go. But certainly we are on the right track. We as regional specialists are on the forefront of these changes, we should be proud, but not complacent. We need to step up and make sure we stay firm ahead of the rest. This world congress again is the perfect spot for that. The scientific committee with Eleni Moka and Alain Delbos have made sure diversity and equality are as important as quality. They have done a tremendous job as all of you will soon see in Paris !

The war in Ukraine also demonstrated how intertwined our planet is. Shortages in medicine, supplies. Rises in energy prices, inflation. But even worse, due to the difficult COVID years we have lost personnel, nurses, doctors.... This shortage of staff will be a tremendous challenge in the future. We are looking at an ever-increasing workload with a lot less wo(man)power.

With all these difficulties and changes, the organisational committee of WCRAPM has decided to add a new and exciting feature to the world congress. The ambassador function. For every continent a few selected people will report about all the specific problems and interesting talks concerning the different societies. LASRA, AFSRA, AOSRA-PM, ASRA Pain medicine and ESRA. We have tried to be as diverse as possible when selecting these ambassadors. Each of them will try to represent their continent and post on social media leading up to the world congress and during the event.

Today we present three Ambassadors.

Melody Herman for ASRA Pain Medicine , Balavenkat Subramanian for AOSRA-PM and Celeste Quan for AFSRA.



Melody Herman. Twitter: [@anesthesiadocmd](https://twitter.com/anesthesiadocmd)

I am the Director of Regional Anesthesiology at Atrium Health's Carolinas Medical Center in Charlotte, North Carolina – the region's only level 1 trauma hospital. I completed my anesthesiology residency at St. Luke's-Roosevelt Hospital and regional anesthesiology and acute pain fellowship at Massachusetts General Hospital.

The thing I love most about regional anesthesia in the trauma population is the creativity and a myriad of approaches to achieve analgesia. Many of our patients have multiple sites of injury that would benefit from regional anesthesia, complex medical histories, and limited mobility. This requires a solid understanding of anatomy and thinking outside of the box to deliver high quality regional anesthesia to our patients. We've also formed an interdepartmental collaboration with our Emergency Medicine colleagues where they teach us point of care ultrasound and we teach them blocks for hip and rib fractures.

This is my first year contributing as faculty for the European Society of Regional Anaesthesia (ESRA) World Congress and I am delighted for the opportunity. I participate in the American Society of Regional Anesthesia (ASRA), American Society of Anesthesiologists (ASA), and North Carolina Society of Anesthesiologists (NCSA) annual conferences. I am associate faculty for American Society of Regional Anesthesia (ASRA) Pain Medicine, previous newsletter liaison for ASRA Pain Medicine's Private Practice Special Interest Group, Chair-elect for the ASRA Private Practice SIG (2024-2026), a member of the ASRA Pain Medicine Website and Social Media Committee, on the planning committee for the ASRA Pain Medicine 2024 conference and serve as the United States representative for the ESRA International Committee.

When I'm not working, I enjoy creating educational and entertaining short form videos for TikTok and Twitter, camping in the mountains with my children, and axe throwing.



Balavenkata Subramanian. Twitter: [@BalavenkatSubr1](https://twitter.com/BalavenkatSubr1)

I am working in Ganga Hospital, a 650 bedded Private Teaching Hospital specialising in Trauma, Orthopaedics, Spine, Microvascular surgery including replantations. We have 38 Operating rooms and we average around 125 surgeries per day. Anaesthesiologists play the role of perioperative physicians. We are passionate in teaching and sharing concepts about various facets of Regional Anaesthesia through conducting several hands-on workshops across the country.

Hobbies include listening to music and reading books on leadership and administration.

Dr J Balavenkata Subramanian MD Senior Consultant & Academic Director, Department of Anaesthesia & Perioperative Care, Ganga Hospital, Coimbatore, India

Founder President & Current National Chairman, Academy of Regional Anaesthesia of India

Immediate Past President & Current Academic Chairman, Asian Oceanic Society of Regional Anaesthesia & Pain Medicine

Program Head, WFSA- Ganga Hospital, Regional Anaesthesia Fellowship Program since 2014, trains 4 International Fellows every year

Member, Educational Committee of World Federation of Society of Anaesthesiologists 2020-24

Regional Anaesthesia Track Co-chair, World Congress of Anaesthesia 2024, Singapore

Associate Editor, Journal of Regional Anaesthesia and Pain Medicine Course Director

Post Doctoral Fellowship in Nerve Block & Pain Management, Dr MGR Medical University

Program Head, Regional Anaesthesia Fellowship Program at Ganga Hospital

This program trains 68 Indian Anaesthesiologists every year in USGRA

Governing Council Member, Indian Society of Anaesthesiologists from 2019-24



Celeste Barrow. Twitter: [@BarrowCeleste](https://twitter.com/BarrowCeleste)

I am a senior anaesthetic consultant based at Chris Hani Baragwanath Academic Hospital in Soweto, Johannesburg in South Africa and part-time, in private practice. I have an interest in ultrasound guided regional anaesthesia and perioperative ultrasound. I also have a passion for teaching because “to teach is to learn twice.”

My undergraduate and specialist medical training was done in Johannesburg at the University of the Witwatersrand, separated by a stint in the United Kingdom. I completed my Diploma in Regional Anaesthesia from Montpellier University in 2011, whilst living and working in Dubai. I am a past-president and member of SASRA (South African Society of Regional Anaesthesia).

I have been back in South Africa since 2012 and subsequently obtained a Postgraduate Diploma in Health Sciences Education. I have facilitated and organized several regional anaesthesia and ultrasound workshops and have presented at various national meetings. I think I could describe myself as somewhat of a global citizen! I am third generation Chinese of Cantonese origin. I am married to a South African of English and Scottish heritage, and I have an Afrikaans brother-in-law. However, I am, without question, supporting South Africa at the Rugby World Cup!

The WCRAPM with the social events and the possibility of everybody to connect again will be truly unforgettable. I expect everybody remotely interested in regional anaesthesia to uncheck everything in your agenda and be in Paris in September!

The recording mentioned in the beginning of my article couldn't have been more wrong !!!! We are NOT the world... **We HAVE the world.** Let's preserve it and be thankful for the gift. This gift is only a short moment in our hands and we in time will give it to our children, our fellows, our residents. Let's preserve this gift, wrap it up in love and spread the education. Starting in Paris. Next...the world.

ESRA is calling for Abstracts!



Luis VALDES (ESRA General Secretary, Hospital Costa Del Sol, Spain)



«Abstracts may be a way to register new working interests and thus be able to select topics to be discussed at future meetings.»

ULTIMATE DEADLINE: June 04, 2023

Dear friends, our ESRA Annual and World RA & PM congress is getting closer. Abstracts presented at this scientific meeting are of crucial importance for the authors and ESRA. Abstracts are an opportunity for learning and a showcase of knowledge and research about recent scientific production.

Abstracts identify those involved in the edge of such production, particularly new authors giving their first steps in the field and old ones, still active and hungry for discovery and new frontiers.

Abstracts may be a way to register new working interests and thus be able to select topics to be discussed at future meetings. Authors and investigators aim to communicate an innovation they have observed, a new technology they have applied, or the experience they have gathered in a subject.

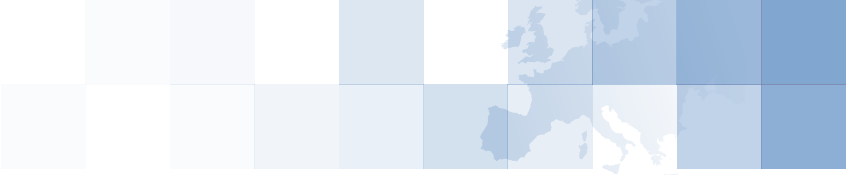
It is our responsibility as the oldest anaesthesiology society in Europe and the world's leading regional anaesthesia & pain therapy society to take exquisite care of these gems: some still raw and others beautifully polished. For this World event we have changed the rules for abstracts submission and evaluation as an attempt to make the evaluation as fair, effective and homogeneous as possible. All the abstract accepted will be published in RAPM Journal.

To submit & review the abstract submission guidelines, please follow the link [here!](#)

You can send your abstract(s) until May 21st, 2023 (included, midnight, CET).

Abstract Submission Notification will be sent during mid-June 2023 and you can do early registration until the 18th June 2023 (included, midnight, CET).





As every year, two categories of awards will be established for the best papers: Regional Anaesthesia (RA) and Pain Medicine (PM). A distinction will be made between best free oral and e-poster presentation in each category.

The rewards for the winners of the best free oral presentation for RA and for PM are:

1. EUR 1,500 for the first place.
2. EUR 1,000 for the second place.
3. EUR 750 for the third place.

The rewards for the winners of the best e-Poster presentation for RA and for PM are:

1. EUR 750 for the first place.
2. EUR 500 for the second place.
3. EUR 250 for the third place.

As the main aim is to promote investigation and research of our young members, the presenting author must be a trainee-resident-fellow no age limit, or an anaesthesiologist aged 35 years or less to be considered for the abstract prizes.

The scientific committee will judge the submitted abstracts and reach the final winner of each category based on the total score obtained after submission and presentation sub-scores. Each abstract submitted to the congress platform will be reviewed by 3 blinded reviewers. The online evaluation will account for the 30% of the total score while the on-site assessment will account for the remaining 70%. **TOTAL score = [(On-line score x 30) + (On-site score x 70)]/100.**

Every abstract will be evaluated considering 5 domains, each of them scored from 0-10:

1. Interest grade: 0-10 points.
2. Adequate methodology (Overall quality): 0-10 points.
3. Quality of Scientific Design. Needed to limit maximum punctuation depending on the type of study (the value of this item shall be worth double).
 - a. Clinical case: 1-3 points.
 - b. Cohort- descriptive case series: 4-6 points.
 - c. Meta-analysis/RCT: 7-10 points.
4. Conclusions: 0-10 points.
5. Utility: 0-10 points

The Best Free oral and Best E-Poster Presenter awardees will be announced during the ESRA Awards Ceremony during the Annual Congress ESRA World 2023, chaired by the Past President. The 1st, 2nd and 3rd place winners will receive their prize after the Congress.

Dear friends, we encourage you all to submit your works and to enjoy the wonderful World Congress jointly developed with the world majors RA & PM Societies (AFSRA, AOSRA, ASRA & LASRA).

ESRA Video competition 2023



Paolo Grossi (Centro Traumatologico Ortopedico Pini-cto, Milano, Italy)



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



«The major objective of this competition is to show your talent as a director, script writer and/or producer of a scientific educational video focused on Regional Anaesthesia or Pain Medicine.»

This will be the 5th year that ESRA sponsors the ESRA Video competition.

The major objective of this competition is to show your talent as a director, script writer and /or producer of a scientific educational video focused on Regional Anaesthesia or Pain Medicine.

We are looking for original, innovative, inspiring, creative videos dedicated to education from the patient to the physician perspective.



Applications are open until 23rd June 2023, for all instructions and more details [click here](#)



Previous winners of this competition were:

Concept of Anesth-Analgesia

Authors: Dr Bloc Sébastien, Dr Garnier Thierry

Institution: Private Hospital Claude Galien – Quincy-sous-Sénart, France

Spinal Ultrasound

Authors: Dr Chris Thompson, Dr Alex Looseley

Institution: Southmead Hospital – Bristol, United Kingdom

STATS Blocks: Selective Tibial Approach To Sciatic

Author: Dr Brandon Winchester

Institution: The Andrews Institute for Ortopedics & Sport Medicine – Gulf Breeze, Florida USA

Preoperative Information

Authors: Dr Bloc Sébastien, Dr Garnier Thierry

Institution: Pitch Sante, France

Modified BRILMA

Authors: María Teresa Fernandez, Christian Bravo, Beatriz Cano

Institution: Hospital Medina del Campo, Spain

Analgesia technique = Supraclavicular nerve and Axillary nerve blocks

Authors: Dr Bloc Sébastien, Dr Garnier Thierry

Institution: Pitch Sante, France

Correlation of sonoanatomy with actual anatomy of the brachial plexus above the clavicle

Author: Archana Areti, Dr. V. Jaya, Dr. T. Sivashanmugam

Institution: Mahatma Gandhi Medical College and Research Institute, India

Ultrasound Assisted Lumbar L5-S1 Transforaminal Block

Authors: Sergi Boada Pie, Patricia Alfaro-De La Torre, Monir Kabiri-Sacramento

Institution: Hospital Joan XXIII, Tarragona, Spain

Peng Block

Authors: Raffaele Russo, Grazia De Angelis

Institution: IRCCS Casa Sollievo della Sofferenza Foggia, Italy

Essentials in Ultrasound Guided Regional Anaesthesia

Authors: Emma Pack, Maria Paz Sebastian

Institution: Royal National Orthopaedic Hospital, Stanmore, United Kingdom

Facet Joint Injection

Authors: Vicente Roqués Escolar, Adrian López Pradere, Ana Isabel Sánchez Amador, Pedro Torres Mosquera

Institution: University Hospital Virgen de la Aarrixaca, Spain

POCUS Gastric Ultrasonography

Authors: Mehmet Guzel, M. Ozlem Dinc, Gokce Alis, Kubra Ozkan, Omer Faruk Kuran, Zeynep Sandikci

Institution: Istanbul University Faculty of Medicine, Turkey

How to make your homemade phantom ultrasound

Authors: Julien Lahaye

Institution: General Clinic Fribourg, Switzerland

If you want to be part of this list, send your video(s) until the 23rd of June 2023 and get the chance to win one of three prizes (1000€, 750€ or 500€) and your video displayed on the ESRA Academy website.

For instructions and more details please follow the link: <https://esra.thevideocontest.org>.

Call for Infographic Competition



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



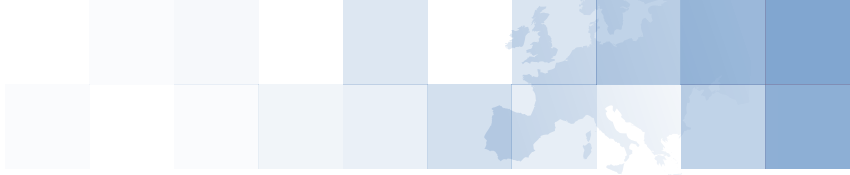
«Infographics are effective tools for simplifying complex information, making them accessible to a wide range of professionals and facilitating the dissemination of knowledge.»

We are thrilled to announce the launch of an engaging Infographic Competition as part of the upcoming ESRA world Regional Anaesthesia and Pain Medicine conference. This competition aims to harness the power of visual communication to promote scientific knowledge and enhance awareness about regional anaesthesia and pain medicine among the medical community.

For the next #ESRAWorld2023, ESRA wishes to bring together clinicians, researchers, educators, and professionals with a shared passion for improving patient care, fostering innovation, and disseminating knowledge in this specialized area of medicine. Infographics are effective tools for simplifying complex information, making them accessible to a wide range of professionals and facilitating the dissemination of knowledge. Send your Infographic to showcase your creativity and expertise by designing visually captivating tool that educate, inform, and inspire the audience about RA & PM. The competition is open to all registered attendees of the #ESRAWorld2023 conference.



Further information and applications, [click here](#)



Theme: The infographics should focus on any aspect of regional anaesthesia, pain medicine, or related topics such as clinical techniques, advancements in the field, patient education, or research breakthroughs.

Design and Content: Participants should create visually compelling infographics that combine concise text, illustrations, charts, and diagrams to effectively convey scientific concepts. The design should be visually appealing and ensure clarity and readability for the target audience.

Submission: Participants are required to submit their infographics in digital format (JPEG or PNG) via this link no later than 9th July.

Evaluation: Infographics will be evaluated based on their scientific accuracy, creativity, visual impact, clarity of information, and overall effectiveness in conveying key messages.

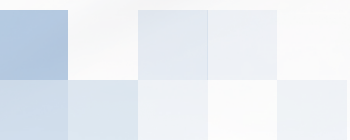
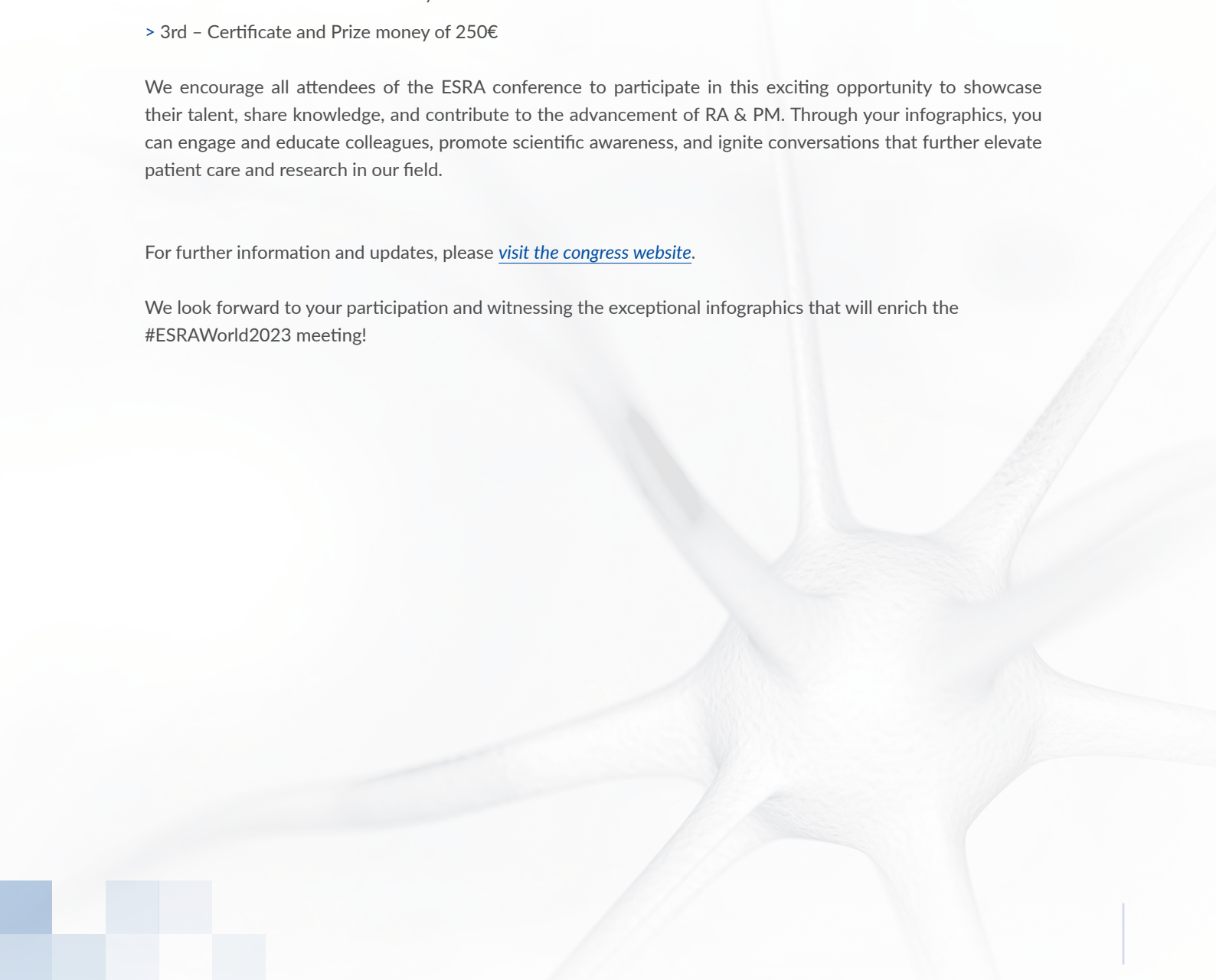
Prizes: The top three infographics will receive recognition during the ESRA conference. Prizes are the following:

- > 1st – Certificate and Prize money of 500€
- > 2nd – Certificate and Prize money of 350€
- > 3rd – Certificate and Prize money of 250€

We encourage all attendees of the ESRA conference to participate in this exciting opportunity to showcase their talent, share knowledge, and contribute to the advancement of RA & PM. Through your infographics, you can engage and educate colleagues, promote scientific awareness, and ignite conversations that further elevate patient care and research in our field.

For further information and updates, please [visit the congress website](#).

We look forward to your participation and witnessing the exceptional infographics that will enrich the #ESRAWorld2023 meeting!



Spoiler Alert! 3 highlights from the World Congress



Jeff Gadsden (Duke University Hospital, Durham, NC, USA) @jeffgadsden



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



Ana Patrícia Pereira (ESRA Residents & Trainees Representative, Vila Real, Portugal) @_anapatriciaper



«In this lecture, I will discuss our experience with awake lumbar spine surgery under spinal anesthesia.»

Awake spine surgery – by Jeff Gadsden

Spinal anesthesia for lumbar spine surgery is a technique that provides excellent operating conditions and patient satisfaction. The ability to avoid a general anesthetic and the requisite management of the airway is attractive to many patients. In contrast to the frequently-challenging period after emergence with spine surgery under general anesthesia, spinal anesthetic provides a “soft landing” in the early postoperative period as the block of the lumbar area recedes slowly. In this lecture, I will discuss our experience with awake lumbar spine surgery under spinal anesthesia and provide perspective on several important considerations including:

- > What does “awake spine surgery” really mean? Are all patients wide awake? Is some sedation ok? What sedative agents/plans are appropriate and safe in this setting?
- > Patient selection: Who CAN get awake spine surgery? Who should NOT be considered for awake spine surgery?
- > Communication with patient and surgeon: How to set expectations ahead of time with the patient, the surgeon, and the perioperative team?
- > Technique: The how, where, when and what of our intraoperative regimen with a recipe for success
- > Pitfalls: What can go wrong in awake spine surgery? How to predict and prepare for these
- > Outcomes: Why do we do this? Are we really making a difference? Here we discuss some of the important data that support the use of awake spine surgery in selected patients.



«Hopefully, by the end of this presentation, you will have a clear understanding of the guidelines for regional anaesthesia and anticoagulation and will be better equipped to manage these patients in your clinical practice.»

Regional Anaesthesia and Anticoagulation – by Clara Lobo

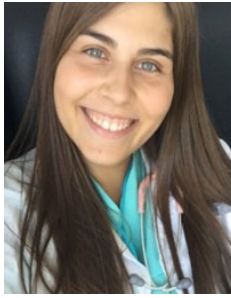
Regional anesthesia benefits are more than recognized by anaesthesiologists, surgeons and patients. However, whenever anticoagulation therapy is involved, there are significant concerns about the risks of bleeding complications associated with regional anaesthesia. Therefore, many international and national societies developed recommendations to help clinicians manage these patients safely.

In this presentation:

- > I will discuss the latest guidelines for the use of regional anaesthesia in patients receiving anticoagulation therapy, including the different types of blocks that may be used and the specific considerations that must be reflected.
- > I will explore the risks and benefits of both neuraxial and peripheral nerve blocks and provide an overview of the different anticoagulant medications that may be used in these patients.
- > Additionally, I will discuss the importance of risk stratification and careful monitoring during the procedure to ensure that bleeding complications are identified and managed appropriately.

Hopefully, by the end of this presentation, you will have a clear understanding of the guidelines for regional anaesthesia and anticoagulation and will be better equipped to manage these patients in your clinical practice.

À bientôt!
See you in Paris!!



«The Trainee Corner fosters the opportunity to learn and connect with your peers and experts in a safe and relaxed space, while celebrating regional anaesthesia and friendship.»

The Trainee Corner – by Ana Patrícia Pereira

The Trainee Corner has been a success since its creation in Bilbao back in 2019, bringing trainees together over coffee and an ultrasound machine.

And now, it's back for the #ESRAWorld2023 with exciting activities, games and surprises!

If you are attending ESRA's annual meeting in Paris, the Trainee Corner is a must-visit networking spot. Either to find a friendly face to guide you on which lectures to attend, share experiences, catch-up with colleagues from around the world and hear about their projects and realities, or simply just to take a break and escape from the crowd and have a nice chat over coffee while chillin' at our sofas.

During the event, you will be able to meet and interact closely with some of the best experts in the field, while they perform live ultrasound sessions at our booth during lunch breaks, practice your scanning and needling skills, learn practical tips and tricks, attend our amazing Quiz and win very cool prizes, and stay up-to-date on the latest research projects.

Also, we hope to be even closer to you through daily pop-up notifications advertising the Corner's activities and/or a WhatsApp group for real-time communication.

The Trainee Corner fosters the opportunity to learn and connect with your peers and experts in a safe and relaxed space, while celebrating regional anaesthesia and friendship. It is definitely a reason why trainees, amongst others, should come to Paris, France in September 2023. Stay tuned for more details!

To learn more and register, please visit esraworld2023.com.

I am attending #ESRAworld2023



Lara Ribeiro (EDRA diplomat, Hospital de Braga, Portugal)



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



«Who doesn't want to learn from the best? All Regional Anesthesia & Pain Medicine societies - ESRA, ASRA, LASRA, AOSRA and AFSRA - are represented!»

Bonjour Paris!

I am going to one of the most beautiful cities in the world – Paris!!!

I'm so excited to attend the next #ESRAWorld2023 and meet key opinion leaders and renowned speakers from all over the world, discussing so diverse and interesting topics.

Who doesn't want to learn from the best?

All Regional Anesthesia & Pain Medicine societies – ESRA, ASRA; LASRA; AOSRA and AFSRA are represented!

There will be 15 parallel rooms in a 4-day meeting, with lots of important and stimulating topics about RA&PM: networking sessions, symposia, refresher courses, Pro Con debates, ask the experts sessions, Tips & Tricks sessions; luncheon sessions, hands on clinical and cadaver workshops, live demonstrations and so on... I will have a hard time selecting what I want to attend!

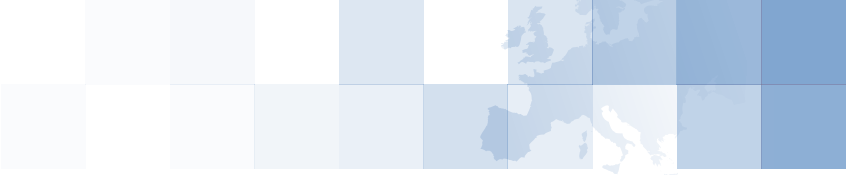
That's why I am already planning my schedule for the upcoming congress days. Based on my profile as anesthesiologist (orthopedics & obstetrics), here are some sessions I don't want to miss:

September 6th

- > Tips & Tricks “Real-time ultrasound spinal anesthesia”
- > PBLD “Managing the falling epidural”, “My elderly hip fracture patient is in pain and cancelled” or “how to decide which blocks are best in my hospital for TKA”
- > Panel Discussion “Optimizing labour analgesia”.

September 7th

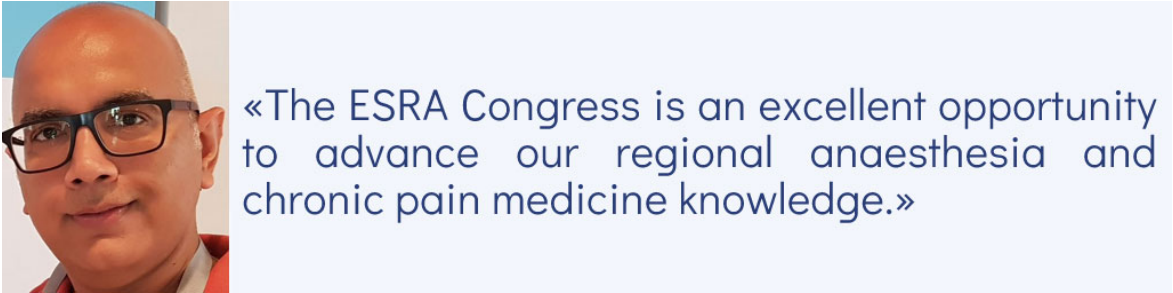
- > Second Opinion Based Discussion “Suprainguinal fascia iliaca block for hip surgery”, and
- > Live Demonstration “Most important fascial plane blocks for a regional anaesthetic”.



September 8th

- > Tips & Tricks ESPB: Indications and Tricks to increase success.
- > Refreshing your knowledge “Perioperative pain management: current controversies and “Recipes in spinal anaesthesia”.
- > After all this scientific activity, there are the not to miss social events like the Fun Run and the annual networking dinner celebration.

Hope to see you all!
À bientôt, Paris!



This will be my second ESRA congress, 2022 in Greece being my first one. Having passed the European Diploma of Pain Medicine (EDPM) I attended the Greece congress for the EDPM convocation.

As an #ESRA2022 delegate, I observed that ESRA congress empowers us with the latest research lectures, offers a range of workshops, seminars, and sessions that focus on developing your professional skills and knowledge, and provides excellent networking opportunities with peers and experts.

Luncheon sessions and Clinical Workshops are my favorite. Along with academic growth, we experience various cultures by interacting with different attendees from almost every part of the world. Attending the ESRA Congress benefits both professionally and personally.

From learning about the latest advancements in the field of regional anesthesia to networking with fellow professionals, the ESRA Congress is an excellent opportunity to advance our regional anaesthesia and chronic pain medicine knowledge.



Apply for ESRA Educational and Research Grants!



Axel Sauter (EDRA Board, Oslo University Hospital, Norway) @ax_sauter



«Emphasis will be placed on applications from anaesthesiologists coming from countries that lack the financial infrastructures needed to achieve the education in regional anaesthesia.»

With the aim of supporting basic scientific and clinical research in the fields of local anaesthetic pharmacology, surgery, obstetrics and pain management, ESRA offers 2 different Grant programmes. ESRA members from all over the world are encouraged to apply.

ESRA Research Grant

The Grant supports scientific projects preferably performed in Europe in order to distinctive goals of ESRA such as

- > to encourage specialisation of anaesthesiologists and other physicians in regional anaesthesia or pain management
- > to promote, sponsor and encourage research in experimental, epidemiological or clinical settings regarding regional anaesthesia or pain management
- > to help anaesthesiologists in under-resourced countries to develop their scientific programmes

The grant should be used for direct costs such as ethics committee approval, patients' insurance, equipment, materials, research nurses or laboratory assistants, travel costs etc. In total, a maximum of 10.000€ will be reimbursed per application pending presentation of real costs.

Applicants should be ESRA members and should be in at least their third year of anaesthesia specialisation or enrolled in a regional anaesthesia PhD programme. Applications can be forwarded any time of the year to the ESRA Office. The next deadline is 31 December 2023. You will find more information on the ESRA website:

<https://esraeurope.org/esra-research-grant/>

ESRA Educational Grant

The European Society of Regional Anaesthesia and Pain Therapy (ESRA) offers the ESRA Educational Grant in order to achieve the distinctive goals of ESRA:

- > to encourage specialisation of anaesthesiologists and other physicians in regional anaesthesia or pain management
- > to promote and sponsor courses and workshops
- > to encourage teaching of regional anaesthesia in anaesthesiology training programmes
- > to help anaesthesiologists in under resourced countries

Fourteen institutions throughout Europe currently have the expertise and facilities to offer extended training (3-6months) in Regional Anaesthesia and/or Pain Medicine (RAPM) (<https://esraeurope.org/esra-approved-training-institutions/>). The total of the grant is maximum 3,000€ + 1,000€ travel expenses whether it is for 3 or 6 months.

ESRA members from all over the world are encouraged to apply. Emphasis will be placed on applications from anaesthesiologists coming from countries that lack the financial infrastructures needed to achieve the education in regional anaesthesia. Residents who are still in training are given some preference over senior doctors. However, applicants should be in at least their third year of medical specialisation.

The next applications deadline – 30 June 2023.

You can find more information on the ESRA website: <https://esraeurope.org/esra-educational-grant/>



Frequently Asked Questions: Workshops accepted for EDRA Part 2 exam



Peter Merjavy (Craigavon Area University Teaching Hospital, Northern Ireland, UK) @PeterMerjavy



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



Oya Yalcin Cok (Baskent University, Faculty of Medicine, Turkey) @oyacok

Registration for both EDRA part 1 and EDRA Part 2 exams, which will take place in Paris on 6th September (Part 1) and 4th-5th September 2023 (Part 2) will open soon. Candidates who successfully passed the EDRA Part 1 exam will need to provide evidence of attending several workshops required for the EDRA Part 2 exam. As the rules for the workshops have changed last year, we would like to bring more light into this potentially confusing topic and answer frequently asked questions from many candidates. This guidance is produced for the candidates from Europe only (including UK). Candidates from outside Europe should seek the separate guidance for their EDRA workshops guidance.

Q: How many workshops do I need to attend for EDRA Part 2 exam?

A: You need a minimum of 3 workshops. One of them must be cadaveric and one of them must be an official ESRA workshop (organised by ESRA).

Q: Can I use my regional anaesthesia workshop, which I attended 10 years ago?

A: No, unfortunately the EDRA Board will only accept workshops (compatible with the EDRA requirements) attended in the period of 5 years PRIOR TO YOUR EXAM DATE.

Q: One of the requirements for EDRA exam is attending at least one ESRA Congress. Is this time limited as well?

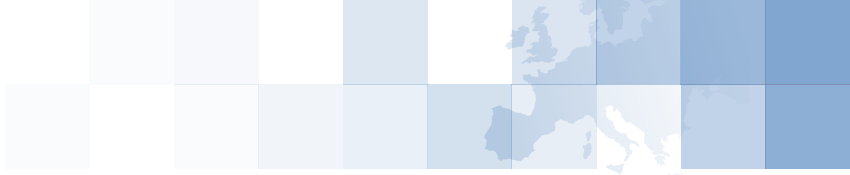
A: Yes, the certificate from ESRA Congress should not be older than 5 years prior to your exam date.

Q: I have successfully submitted all 3 workshops for the EDRA Part 2 exam, but I have failed exam. Do I need to repeat some or all of my workshops for my second (or third) exam attempt?

A: Not necessarily. You need to check if all your workshop will fulfil the criteria of less than 5 years prior to your second (or third) exam attempt for that particular part of the EDRA 2 exam (either 2A or 2B).

Q: What are the new EDRA Approved workshops?

A: You can only use the workshops organised after 1st July 2022 for EDRA Part 2 exam if the workshop has been recognised with the “EDRA Approved” status. No other workshops attended after 1st July 2022 will be accepted.



Q: Do I need to collect the certain amount of EDRA points from the workshops for the EDRA Part 2 exam?

A: Yes, after the transition period ends on 30th June 2027, you need to submit workshops that generate a minimum number of 20 points. A minimum 10 of those 20 points must be Ultrasound Hands-on points. A minimum 6 of those 20 points must be Cadaveric Hands-on points.

Q: Can I submit more than 20 EDRA points from my workshops?

A: Yes, you can always add more workshops but only 20 points are necessary. However you can attend as many workshops as you feel is necessary to become competent and confident in applied anatomy and sono-anatomy for regional anaesthesia.

Q: What workshops will be accepted from 1st January 2023 until the end of transition period (30th June 2027)?

A: A minimum of 3 workshops in total will be required for the transition period. This must include at least one cadaveric workshop and at least one official ESRA workshop as long as they are not older than 5 years before the date of the exam. All workshops organised after the start of transition period (1st July 2022) must have the “EDRA Approved” status.

Q: Do I need to submit at least 20 EDRA points for the EDRA Part 2 exam during the transition period?

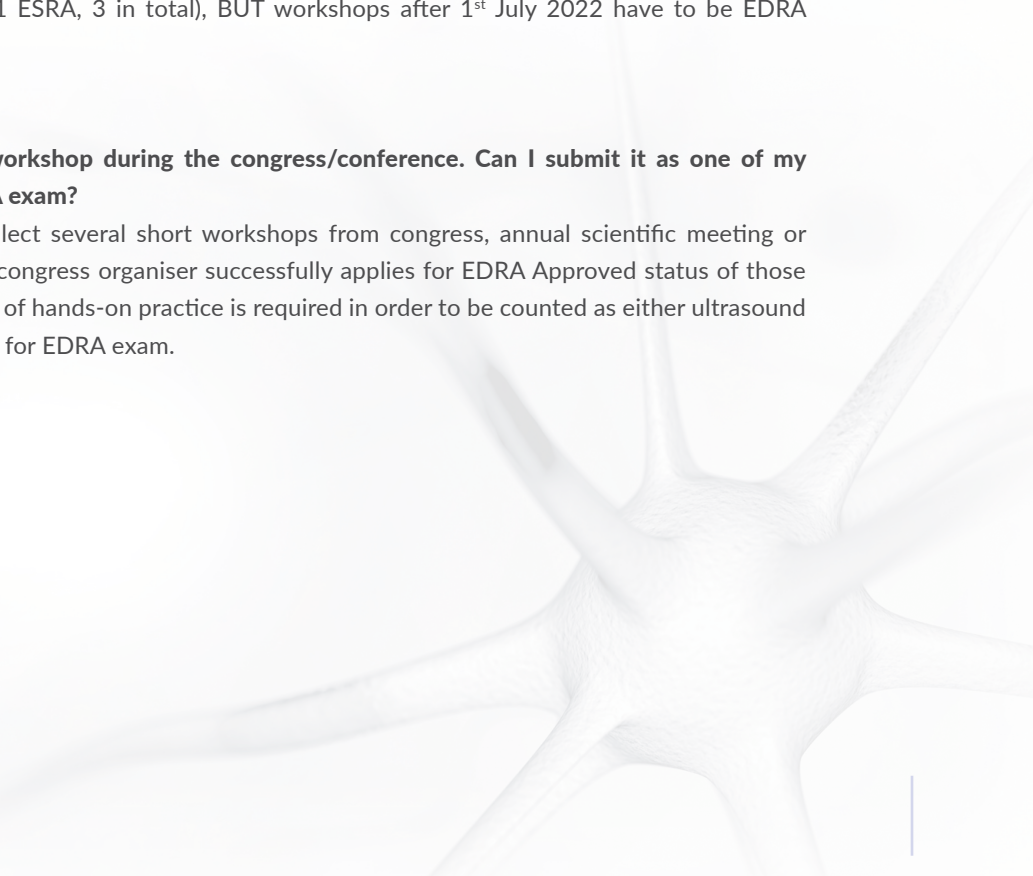
A: No, you do not have to collect the minimum of 20 EDRA points during the transition period.

Those 20 EDRA points will only be mandatory to submit for EDRA Part 2 exams organised after 1st July 2027.

Between 1st January 2023 and 1st July 2027 candidates will be able to submit a mixture of workshops organised before 1st July 2022 and after the 1st July 2022. Up to the point of full transition (1st July 2027) EDRA will accept 3 workshops (1 cadaver, 1 ESRA, 3 in total), BUT workshops after 1st July 2022 have to be EDRA Approved workshops ONLY.

Q: I attended a short (1 hour) workshop during the congress/conference. Can I submit it as one of my workshops required for the EDRA exam?

A: Candidates may choose to collect several short workshops from congress, annual scientific meeting or similar conference as long as the congress organiser successfully applies for EDRA Approved status of those workshops. A minimum of 6 hours of hands-on practice is required in order to be counted as either ultrasound or cadaveric workshop recognised for EDRA exam.



ESRA Journal Club



Edward R. Mariano (Stanford University School of Medicine, Stanford, California, USA) @EMARIANOMD



«One article that changed my practice years ago with regard to the care of knee arthroplasty patients was published by Professor Lavand'homme and colleagues.»

ESRA UPDATES journal club invites leading experts in (regional) anesthesia to select one (or more) article(s) which for him/her were/are important, interesting or changed his/her clinical practice. This choice can be a general big randomized study but can also be very personal. For this edition our choice went to Professor Edward Mariano.

Edward R. Mariano, MD, MAS, FASA, is a graduate of Georgetown University School of Medicine. He completed his anesthesiology residency at Stanford University Medical Center and pediatric anesthesiology fellowship at Stanford's Lucile Packard Children's Hospital with a special interest in regional anesthesiology and acute pain medicine (RAAPM) for children. He is double board-certified by the American Board of Anesthesiology and is a Fellow of the American Society of Anesthesiologists.

One article that changed my practice years ago with regard to the care of knee arthroplasty patients was published by Professor Lavand'homme and colleagues [1]. This observational study showed that over half of knee arthroplasty patients may report persistent pain at 3 months postoperatively, with 11% of patients exhibiting symptoms of neuropathic pain, and even patients who do not develop persistent pain may have moderate pain postoperatively for a week or more [1]. This article really made me think about other published studies, including my own, that had failed to show long-term outcome benefits from regional anaesthesia in this patient population [2,3]. Maybe our interventions for knee arthroplasty patients are too brief and not well matched to the normal pain trajectory. The finding that 11% of patients go on to develop neuropathic pain was also notable in that these patients were characterized by an increase in movement-related pain on postoperative day 5. In the US, patients are typically discharged from the hospital and at home by this time point, and their follow-up appointments with the surgeons are often not scheduled until 2 weeks after surgery. This observation suggests that we need to do a better job with our outpatient surveillance of these patients since these first 2 weeks after surgery may reveal the onset of chronic pain and may require earlier intervention.

References

1. Lavand'homme PM, Grosu I, France MN, Thienpont E. Pain trajectories identify patients at risk of persistent pain after knee arthroplasty: an observational study. *Clin Orthop Relat Res* 2014; 472: 1409-15.
2. Ilfeld BM, Meyer RS, Le LT, et al. Health-related quality of life after tricompartment knee arthroplasty with and without an extended-duration continuous femoral nerve block: a prospective, 1-year follow-up of a randomized, triple-masked, placebo-controlled study. *Anesth Analg* 2009; 108: 1320-5.
3. Sun EC, Bateman BT, Memtsoudis SG, Neuman MD, Mariano ER, Baker LC. Lack of Association Between the Use of Nerve Blockade and the Risk of Postoperative Chronic Opioid Use Among Patients Undergoing Total Knee Arthroplasty: Evidence from the Marketscan Database. *Anesth Analg* 2017.

5th ESRA Trainees Workshop



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



«The ESRA Trainees workshop in Porto was a highly valuable experience for residents seeking to improve their regional anesthesia skills.»

The 5th ESRA Residents Trainees Workshop took place in Porto, providing an exceptional opportunity for residents to enhance their knowledge and skills in regional anesthesia. The attendees, mainly residents, had the chance to experience hands-on training in various aspects of ultrasound-guided regional anesthesia techniques.

The workshop also included exclusive simulation scenarios that allowed attendees to practice dealing with complications that can arise during regional anesthesia procedures, such as nerve injury, local anesthetic systemic toxicity, and pneumothorax. These simulations provided a safe environment for residents to learn from their mistakes and refine their techniques without risking harm to actual patients.

Overall, the ESRA Trainees workshop in Porto was a highly valuable experience for residents seeking to improve their regional anesthesia skills. The hands-on training and exclusive simulation scenarios offered a unique opportunity for attendees to gain practical experience and knowledge in a safe, supportive environment.

Hope to see you next year in Porto!



7th ESRA Monothematic Meeting



Marc Van de Velde (Chair of PROSPECT, UZ Leuven, Belgium) @MarcVandeVelde6



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



«This meeting is renowned as a relaxed, friendly, and engaging educational expertise offering something to everyone regardless of training or experience!»

The hugely popular ESRA Monothematic meeting returns this October, this year with an obstetric theme. A programme has been developed that covers the full range of obstetric anaesthetic practice. There is an outstanding international faculty including Sarah Devroe, John Loughrey, Desire Onwochei, Steffen Rex, Xandra Schyns, Kassiani Theodoraki and Cynthia Wong. The meeting will run for five days 2nd-6th October, starting on Monday evening, the rest of the educational content will be delivered on the mornings of Tuesday to Friday. Each session comprises lectures with plenty of time for lively discussion! The venue is the fabulous Conrad Hotel in Quinta de Lago, Portugal. Lunch for faculty and delegates will be provided in the beautiful gardens of the hotel!

Alongside important updates and in-depth discussion around labour analgesia and caesarean section anaesthesia, the programme includes emerging areas of discussion in our subspecialty, including the environmental impact of obstetric anaesthesia, anaesthesia during pregnancy for non obstetric indications and recognition of the critically ill parturient. This meeting is renowned as a relaxed, friendly, and engaging educational expertise offering something to everyone regardless of training or experience!

Posters have become a recent part of the meeting and poster presentation will be included for those wishing to present their research, quality improvement project or an interesting case report.

The meeting is supported by the wonderful ESRA team who will be available onsite throughout the meeting. The ESRA Monothematic meeting goes from strength to strength, offering innovative and engaging continuing professional development. We are excited about this year's Monothematic meeting and look forward to seeing you in October!

All info & registration: [click here](#)

