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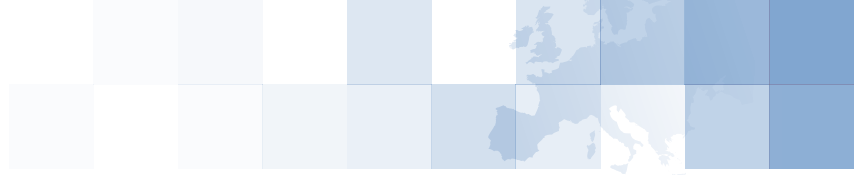
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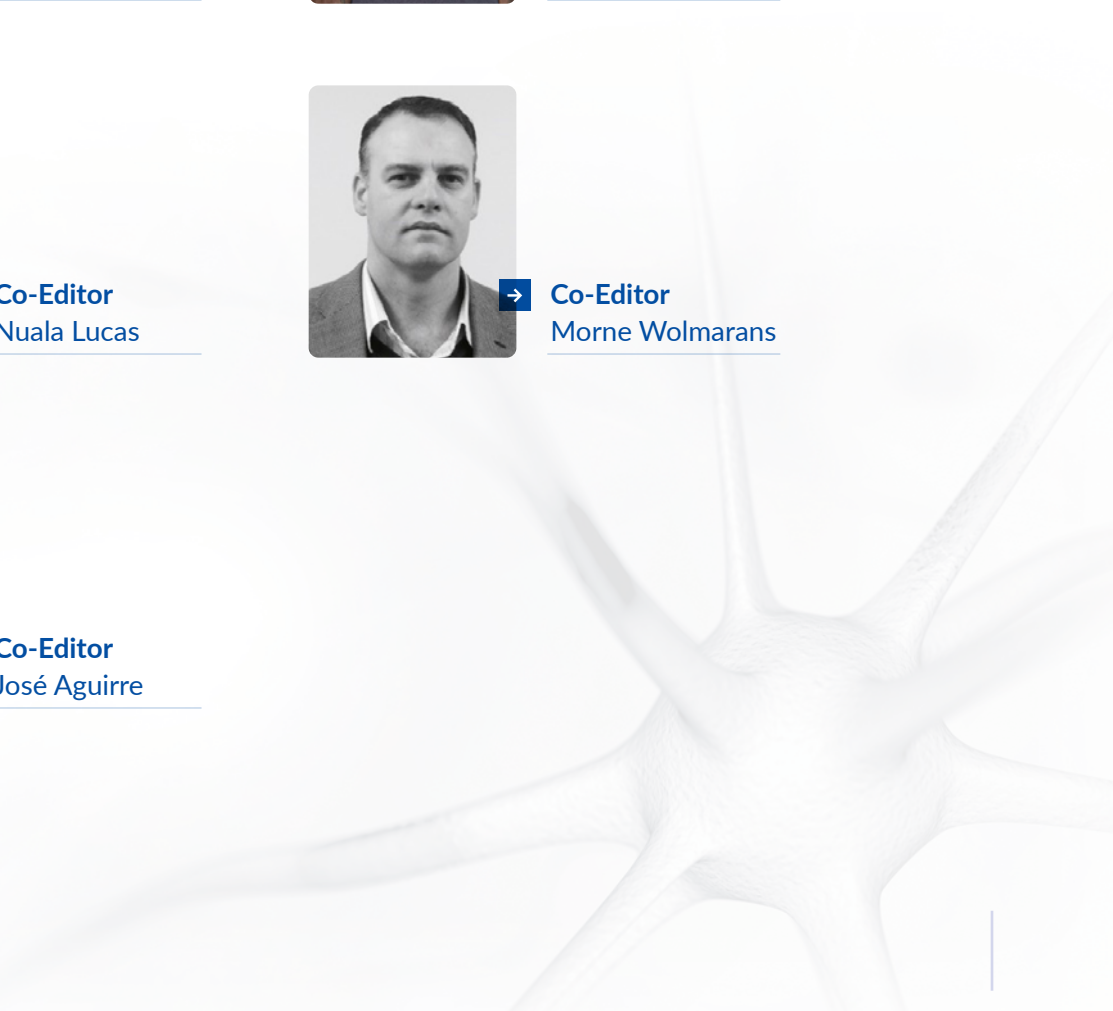
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Editorial



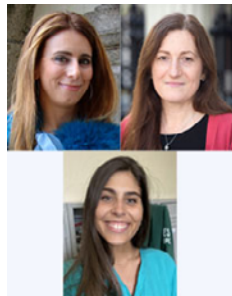
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«The Regional Anaesthesia and Pain Medicine Week in the heart of Paris transcended expectation, offering a transformative experience.»



The Opening Ceremony

In the enchanting heart of Paris, during the inaugural week of September 2023, the city witnessed the grandeur of the “Regional Anaesthesia & Pain Medicine Week”, a haute couture affair hosting both the EDRA & EDPM diploma exams and the illustrious World Congress of Regional Anaesthesia and Pain Medicine (WCRAPM). This extraordinary event unfolded as a breathtaking spectacle, akin to the prestige and allure of the renowned Paris Fashion Week.

Just as the fashion world converges on the City of Light to unveil the latest trends, the regional anaesthesia & pain medicine community members converged at this exceptional congress, alike to a gathering of fashion aficionados eager to witness the unveiling of a coveted cruise collection. The juxtaposition of the EDRA & EDPM

diploma exams with the grandeur of the World Congress boosted the energy of both diploma committees, creating a synergy that was nothing short of magical, parallel to the transformative drive that pervades the Parisian streets during the world-famous fashion festivities.

WCRAPM’s scientific sessions, like carefully crafted couture pieces from a distinguished atelier, were meticulously presented, showcasing the brilliance of the latest advancements in the field. These sessions, much like the catwalk of a prestigious fashion show, unveiled a tapestry of ideas and innovations that set the trend for the future of regional anaesthesia and pain medicine. The intellectual fabric knit through each presentation exuded a sophistication that echoed the craftsmanship of the finest Parisian ateliers, embodying the bespoke quality of tailored medical insights.

In the spirit of a high-profile fashion event, the lineup of speakers paraded their expertise with flair and precision. From seasoned luminaries to emerging talents, each speaker graced the metaphorical runway with a distinct style, contributing to the symphony of knowledge that permeated the congress. The seamless fusion of diverse perspectives and expertise mirrored the harmonious blend of colours and textures in a fashion collection, creating a holistic and enriching experience for attendees.

The organizational finesse demonstrated throughout the week mirrored the meticulous planning synonymous with the grandeur of a Paris Fashion Week showcase. Workshops, Mini Hands on, Simulation and anatomy lab sessions and other special events unfolded with the grace and precision of a carefully choreographed runway show, providing attendees with hands-on experiences similar to the craftsmanship of a diffusion line, adding depth and richness to their professional repertoire.

Beyond the intellectual runway, the social events unfolded as vibrant after-parties, reminiscent of the lively gatherings that follow the premieres of fashion collections. Attendees mingled, exchanged ideas, and celebrated the spirit of companionship, forging connections that promise to shape the landscape of regional anaesthesia and pain medicine in the years to come, much like the camaraderie among fashion enthusiasts after witnessing a trendsetting show.



Flashmob in the exhibit area

The Regional Anaesthesia and Pain Medicine Week in the heart of Paris, featuring the EDRA & EDPM diploma exams and the WCRAPM, transcended expectation, offering a transformative experience. Much like the opulence of Paris Fashion Week, this event, orchestrated under the esteemed auspices of Maison d'ESRA, not only unveiled the latest intellectual trends but also established an unparalleled benchmark for excellence in RA & PM. As the curtains gracefully descended on this intellectual masterpiece, the reverberations of inspiration endured, imprinting a lasting impression on the minds of attendees and faculty, and charting a course for future innovations in the field.

ESRA's World Congress 2023 in Paris also marked a significant milestone in the collaboration between ESRA Updates and ASRA Pain Medicine Newsletter editorial teams. During a fruitful meeting, the teams engaged in an exciting brainstorming session aimed at exploring commonalities and differences, fostering the emergence of collaborative ventures and knowledge-sharing initiatives, and they gathered diverse perspectives within the realm of regional anaesthesia and pain medicine. This collaborative synergy between ESRA and ASRA Pain Medicine is poised to be a powerful catalyst for innovation and excellence in the field. The insights and ideas that emerged during this meeting promise to enhance the experience for readers and members from both societies. Together, we aspire to create a rich tapestry of shared knowledge and expertise, propelling the field forward with renewed vigor and creativity. As we look forward to the unfolding chapters of this collaboration, we invite our readers to explore the ASRA Pain Medicine Newsletter pages, accessible through the provided link: <https://www.asra.com/news-publications/asra-newsletter>

In summation and with immense delight, the ESRA Updates Editorial Team extends an invitation to immerse yourself in the latest edition dedicated exclusively to the ESRA Regional Anaesthesia & Pain Medicine Week. Discover the nuanced insights and breakthroughs that unfolded during this extraordinary event, as we delve into the pages that capture the essence of a week that redefined the boundaries of medical discourse with the finesse of a well-crafted fashion look.

ESRA 1st Infographic competition



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



The three winners of the 1st ESRA Infographic competition
From left to right: Amr Hassan, Ashwani Gupta & Patrick Schuldt

We are thrilled to share the excitement and success of the 1st ESRA Infographic Competition, a remarkable highlight of the recently concluded World Congress of Regional Anaesthesia and Pain Medicine (#ESRAWorld2023) held in the mesmerizing city of Paris from September 6th to 9th, 2023. This competition not only showcased the convergence of art and science but also celebrated the passion and innovation of our community members and attendees from all over the world.

An Infographic Festival

The 1st ESRA Infographic Competition was a platform to present complex topics and research findings in a visually appealing and easily digestible format. Infographics have become a powerful tool in the field of medicine, allowing us to communicate critical information more effectively and with an appealing visual. With entries from around the world, our competition emphasized the importance of simplifying intricate concepts for better understanding.

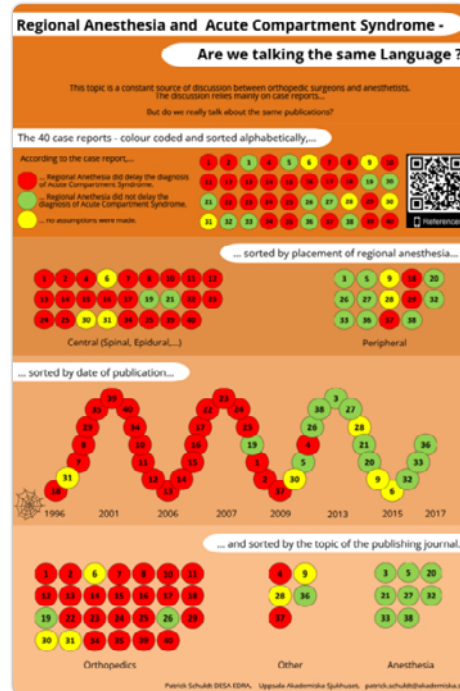
The Jury's Task

The jury was composed of Steve Coppens, Paolo Grossi, Brian Kinirons, Clara Lobo, Ana Patricia Pereira & Julien Raft

The esteemed panel of judges faced a challenging task of selecting the top 10 infographics from a pool of impressive submissions. These infographics covered a wide range of topics, from innovative regional anaesthesia techniques to the latest advances in pain medicine. The competition truly represented the diverse interests and expertise within our community.

Without further ado, we are pleased to announce the top three infographics:

1st Place:
Regional anesthesia and acute compartment syndrome – Are we talking the same language?
 Author(s):
Patrick Schuldt
 Prize:
 Certificate and Prize money of 500€



[click to enlarge](#)

2nd Place:
Don't Always Blame the Block
 Author(s):
Dania Becker (represented by co-author Ashwani Gupta)
 Prize:
 Certificate and Prize money of 350€



[click to enlarge](#)

3rd Place:
Ultrasound Facilitated Neuraxial Anaesthesia
 Author(s):
Amr Hassan
 Prize:
 Certificate and Prize money of 250€

[click to enlarge](#)

These remarkable infographics stood out for their creativity, clarity, and ability to convey complex information. We extend our heartfelt congratulations to the winners.

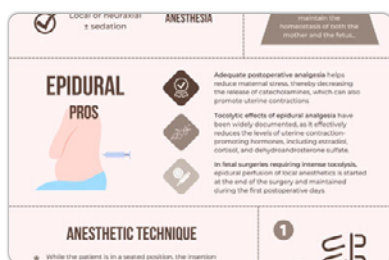
Acknowledging All Participants

ESRA truly acknowledges all the participants, especially the other 7 of 10 selected infographics, for their dedication and contribution to the success of this competition and sharing the light over difficult topics. Your hard work and commitment to advancing our field have not gone unnoticed, and we applaud your efforts in sharing your knowledge through innovative visual storytelling.

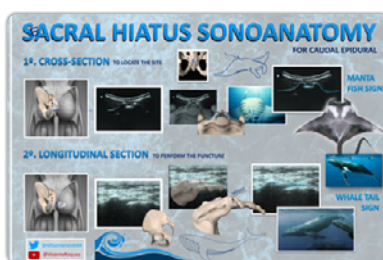
[Can you climb a flight of steps?](#)
by Inês Tellechea

[Peripheral Nerve Blocks and Acute Compartmental Syndrome,](#)
by Sara Amaral

[Analgesia intrathecal and morphine,](#)
by Luisina Calza



[Fetal Surgery and Regional Anesthesia, by Ana Maria Suarez Sanchez](#)



[Sonoanatomy signs to identify the sacral hiatus for caudal epidural, by Salmerón Marcos](#)



[The Technique of the Clavipectoral Fascia Plane Block for Midshaft Clavicular Fractures, by Hipolito Labandeyra](#)

Fostering Innovation and Knowledge Sharing

ESRA's 1st Infographic Competition was not just about winning; it was about fostering a culture of innovation and knowledge sharing. It provided a platform for our members to present their work, exchange ideas, and inspire others in the field of regional anaesthesia and pain medicine. The infographics showcased during this competition will serve as valuable resources for professionals and trainees alike.

A Bright Future Ahead

As we celebrate the success of the 1st Infographic Competition, we also look ahead with enthusiasm. We anticipate that this event will become a cherished tradition at future ESRA congresses, serving as a testament to our commitment to staying at the forefront of medical communication and education.

We extend our gratitude to all those who participated in the competition, the judges who dedicated their time and expertise. Together, we are shaping the future of regional anaesthesia and pain medicine.

Thank you for being a part of this momentous occasion, and we can't wait to see the innovations and insights that our community will bring to the next ESRA Infographic Competition.

See you in Prague!

Building Bridges: ASRA Pain Medicine and ESRA's Path to Collective Success



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



Roberto Dossi (Bellinzona Regional Hospital, Switzerland)



«This collaborative effort will be more regular in both the ASRA Pain Medicine Newsletter and the ESRA Updates, sharing our similarities and embracing our differences in regional anesthesia techniques as well as pain management.»

In 2018, the Board of Directors of ASRA Pain Medicine and ESRA took a decisive step towards deepening their collaboration, aiming to elevate the standard of education and foster synergies in regional anesthesia and pain management. Recognizing that growth transcends individual achievements, the leadership of both societies acknowledged the power of unity. ASRA Pain Medicine and ESRA identified shared visions and missions, recognizing the potential for mutual benefit through the exchange of expertise and experiences. The camaraderie among ASRA Pain Medicine and ESRA members further facilitated this collaborative journey.



David Provenzano, ASRA Pain Medicine President, at the 6th World Congress on Regional Anaesthesia & Pain Medicine (September 2023, Paris)

This strengthened alliance has yielded numerous accomplishments and educational initiatives. Notable among them are the joint development of guidelines, exemplified by the recent publication on the management of postural puncture headache in RAPM (<https://rapm.bmj.com/content/early/2023/08/13/rapm-2023-104817>) and JAMA (<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2808365>). The Regional Anesthesia and Pain Medicine (RAPM) Editorial Board's active involvement and the commitment to hosting RAPM scientific sessions at both societies' meetings showcase the tangible outcomes of this collaboration.



Thomas Volk, ESRA Past President, at the 6th World Congress on Regional Anaesthesia & Pain Medicine (September 2023, Paris)

The World Congress of Regional Anesthesia and Pain Management (WCRAPM) in Paris marked a pivotal moment, where Professor Sam Eldabe shared his insights and aspirations for the journal's growth. Dr. Sam Eldabe's recent appointment as the Associate Editor-in-Chief of RAPM, working in tandem with Editor-in-Chief Dr. Brian Sites, underscores the commitment to excellence.

We express our gratitude to the ASRA Pain Medicine and ESRA newsletter committees and extend our sincere appreciation to the leadership of Drs. Vivian Ip, Anthony Machi, Clara Lobo, Nuala Lucas, Ana Patricia Martins Pereira, Peter Merjavý, Morné Wolmarans, José Aguirre, Steve Coppens, and Kris Vermeulen. Their invaluable contributions have made this collaboration possible by synergistically publishing articles regularly, creating an environment of continuous mutual learning. Going forward, this collaborative effort will be more regular in both the ASRA Pain Medicine Newsletter and the ESRA Updates, sharing our similarities and embracing our differences in regional anesthesia techniques as well as pain management.

Acknowledging the importance of representation, members from both societies are now part of each other's meeting planning programs. Dr. Andrzej Krol represents ESRA at the ASRA Pain Medicine Fall 2023 Pain Meeting in New Orleans, Louisiana, while Dr. Sam Eldabe will take on the role of ESRA program committee representative at the Fall 2024 Pain Meeting in Las Vegas, Nevada.

A high point was the joint meeting of the ASRA Pain Medicine and ESRA Board of Directors at the WCRAPM, where enthusiasm, commitment, and delight were palpable. This enhanced partnership has kindled optimism for the future, with an eagerness to explore new opportunities for mutual growth. The shared passion for an enriched relationship fuels anticipation for the positive impact on pain education and treatment globally. We, Drs. David Provenzano and Thomas Volk, personally share this excitement and are hopeful for the promising works and projects that will unfold in the years ahead. Together, we are confident that our collaborative efforts will significantly elevate pain management on a global scale.

The Power of Practical Teaching: clinical, hands-on and cadaver workshops



José Aguirre (Balgrist University Hospital, Switzerland) @JAG_4773



«ESRA is dedicated to maintaining the highest standards in practice teaching. We actively seek and appreciate feedback from every delegate, valuing their insights and commitment to advancing medical education.»

The WCRAPM in Paris marked a momentous milestone, underscoring our unwavering dedication to delivering enriching experiences for delegates through a meticulously curated selection of workshops. A comprehensive offering of 130 clinical and cadaver hands-on workshops was thoughtfully dispersed throughout the Congress Center and the esteemed Ecole de Chirurgie, drawing the participation of 1791 delegates who attended at least one workshop.



Clinical Hands-On Workshops:

Delegates had the unique opportunity to participate in 40 distinct clinical hands-on workshops. Each workshop, focusing on various sub-topics like shoulder surgery, featured one ultrasound, one instructor, and model for six delegates, with four rotations of 30 minutes each. This format facilitated active engagement in scanning under supervision, exploring critical areas such as diaphragm-sparing nerve blocks. The workshops went beyond regional anesthesia, covering pediatric anesthesia, chronic pain, and POCUS topics.

Mini Workshops:

The program also included 72 mini workshops, accommodating 10 delegates each. Concentrating on specific main topics like regional anesthesia for trauma patients, these workshops encouraged active ultrasound scanning with a detailed focus. Delegates could tailor their learning experience to their professional interests, choosing from topics like ophthalmic anesthesia, chronic pain, and POCUS.

Cadaver Workshops:

For a hands-on cadaveric experience, 9 cadaver workshops were offered, involving one cadaver, one instructor for six delegates, and six rotations of 30 minutes. Fresh frozen cadavers were introduced daily, and participants not only had guided scanning but also the opportunity to perform blocks under supervision, refining their needling skills. The spectrum covered all types of regional anesthesia, ophthalmic anesthesia, chronic pain, and included X-rays for a comprehensive learning experience.



Gratitude:

A remarkable synergy unfolded each day with approximately 24 dedicated models, over 50 instructors, and various types of technology and equipment. We express profound gratitude to the Industry Partners for their generous provision of cutting-edge equipment, playing a pivotal role in the success of our workshops. Additional thanks go to CLARIUS, FUJIFILM/SONOSITE, INTELLIGENT ULTRASOUND, SONOSCANNER, WISONIC, MINDRAY, GE, SIEMENS, PAJUNK for their indispensable support. This collaborative effort between equipment providers and medical technology companies was instrumental in bringing these workshops to fruition.

ESRA is dedicated to maintaining the highest standards in practice teaching. We actively seek and appreciate feedback from every delegate, valuing their insights and commitment to advancing medical education. This feedback is crucial in shaping the future of our educational initiatives. We acknowledge the depth of commitment from all stakeholders, including partners, faculty, delegates, models, etc., significantly contributing to the elevation of standards in medical learning and practice. Thank you for being an essential part of our ongoing journey toward excellence.

#ThisGirlBlocks does Paris!



Becki Marsh (Founder of #ThisGirlBlocks) @beckimarshRA



«Diversity in regional anaesthesia remains challenging and with events such as ‘#ThisGirlBlocks does Paris’, we can create a much needed sense of belonging.»



It started with a WhatsApp group and a bunch of highly motivated women and ended in the first ever women's events to be held at a World Congress.

#ThisGirlBlocks is a community that supports and empowers women in regional anaesthesia. We aim to provide platforms where women can connect, communicate, and unite. When ESRA Society offered a space at the World Congress, it was the most exciting platform to date.

Six weeks of pre congress determination, ideas flowed from all over the globe as we assembled a team to represent the rich diversity of our community. Our epic six hour set up on Tuesday was beautifully documented in time lapse by Claire Braganza – hopefully something we can share with you all soon. We were busy bees!

The energy on our stall was infectious. It was the place to be, with some relentless selfie taking as Kavita Khemlani and Rhasna Bhagwanbali handled our community picture board and message board like pros. Substantial queues formed and while we expected to be busy, I don't think any of us anticipated how busy. My Fitbit tells me I walked 88km in four days and boy, did my feet feel it. The sense of sisterhood we encountered spurred us on. Meeting lady regionalists from around the world was an absolute pleasure and added to the strong sense of belonging amongst us.

Many collected a mug as a little souvenir. It has provided us with much delight to see pictures from all over the world as they find their forever homes, further uniting the ladies of regional anaesthesia internationally.



Thanks to our resident quiz master, Sophie Jackman, a series of games flowed throughout. Congratulations go to Jen Moran who epically named twenty blocks in 15 seconds, making her the victor of our '#TGB does Top Gear' leader board. Isabelle Leblanc guessed closest number of 'pins in the jar' at 205, being only two off! Lastly, Reem Assy scored the final prize by winning our female inspired quiz. Thank you to everyone who took part with gusto throughout the congress in an attempt to win a coveted #ThisGirlBlocks T shirt.

As promised, we attempted the biggest ever female 'RA selfie'. The enthusiasm was captured so beautifully in all of the smiling faces. 😊



I would like to thank ESRA Society for giving us the opportunity to showcase our community in such a special way. Diversity in regional anaesthesia remains challenging and with events such as '#ThisGirlBlocks does Paris', we can create a much needed sense of belonging. Thank you to everyone who came to visit, who wrote on our walls, took a selfie, came for breakfast, had a coffee... we were delighted to meet you all.

I would also like to extend my gratitude to Pajunk UK for their sponsorship and support.



To get involved, you can find us on social media: [Youtube](#), [Twitter](#), [Instagram](#) and [Facebook](#). We are always looking for motivated, talented and dynamic women to join our organisational team as we move forward with future projects. If you think that could be you, get in touch!

5th ESRA Video Competition: A Showcase of Anesthesia Excellence



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



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



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



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



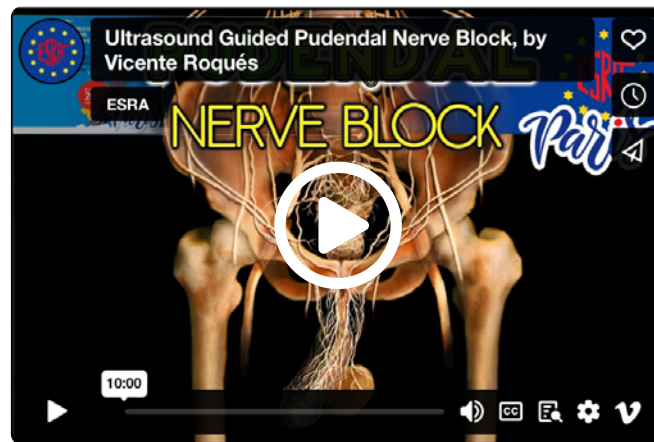
The 5th ESRA Video Competition on 7 September 2023 in Paris during the 6th World Congress on Regional Anaesthesia & Pain Medicine

The ESRA Video Competition, held on Thursday, 7th September, was an echoing success, highlighting the incredible talent and innovation within our community.

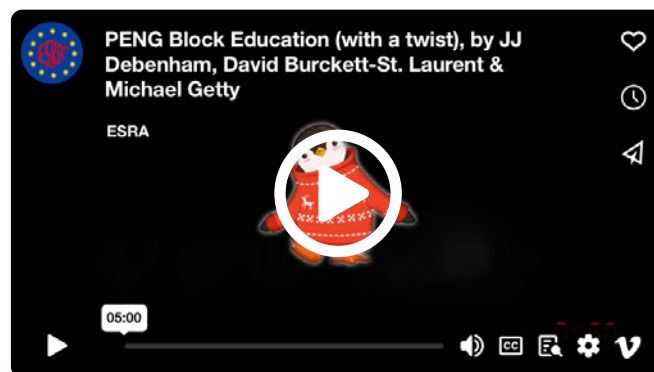
Our esteemed jury had the challenging task of selecting six finalists from a pool of outstanding submissions. These finalists, whose videos covered a range of anesthesia topics, were invited to attend the session and present their work to the audience.

Here is a recap of the outstanding finalists and their videos:

Ultrasound Guided Pudendal Nerve Block, by Vicente Roqués



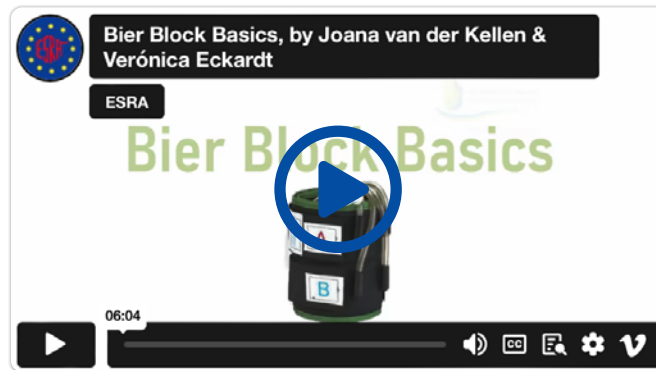
PENG Block Education (with a twist), by JJ Debenham, David Burckett-St. Laurent & Michael Getty



PVI (Periarticular Vasoconstrictor Infiltration) for Knee Surgery, by Vicente Roqués



Bier Block Basics, by Joana van der Kellen & Verónica Eckardt

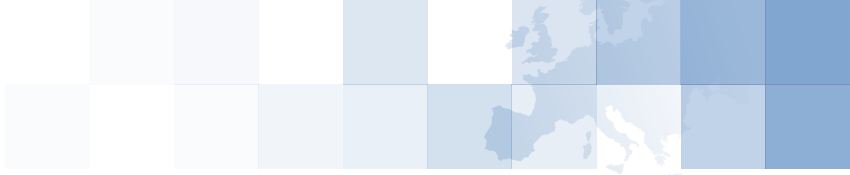


Patient Education Video to Facilitate Informed Consent for Anaesthetics, by Jake Flower



Thoracic Paravertebral Block and Non-Intubated Video-Assisted Thoracic Surgery (NIVATS), by Thierry Garnier





With the stage set and anticipation in the air, attendees gathered to witness the finalists' remarkable work and to vote for their favorites via the conference app.

Each finalist took the stage with enthusiasm, introducing their video and sharing insights into the valuable knowledge and techniques conveyed. After each presentation, the audience was treated to the screening of the respective video, providing a visual and educational experience for all attendees.

Following the presentations and video screenings, the moment of truth arrived: the voting process. All attendees, including our esteemed jury, had the opportunity to cast their votes for their favorite video using the conference app. It was a testament to the quality of the submissions that choosing a winner was no easy task.

Without further ado, we are delighted to announce the well-deserved winners of the ESRA Video Competition:

1st Prize (€1,000): Thoracic Paravertebral Block and Non-Intubated Video-Assisted Thoracic Surgery (NIVATS), by Thierry Garnier

Jury member Paolo Grossi congratulating 1st winner Thierry Garnier



2nd Prize (€750): Bier Block Basics, by Joana van der Kellen & Verónica Eckardt

Jury member Clara Lobo congratulating 2nd winners Joana van der Kellen & Verónica Eckardt



3rd Prize (€500): PENG Block Education (with a twist), by JJ Debenham, David Burckett-St. Laurent & Michael Getty

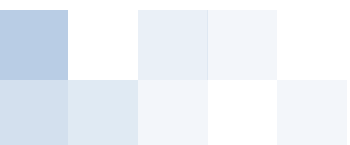
Jury member Ana Patricia Pereira congratulating 3rd winner JJ Debenham



Congratulations to all who participated sending their videos, to the 6 finalists and to our winners! Your dedication to advancing knowledge in the field of anesthesia is truly commendable, and your videos have made a lasting impact on our community.

We would like to extend our gratitude to all participants, finalists, and attendees for making the 5th ESRA Video Competition a memorable event. Your contributions continue to elevate the field of anesthesia, and we look forward to witnessing even more innovation and excellence in the years to come.

Thank you for being a part of the ESRA family, and we hope to see you at future events.



ESRA Trainee Activities at the World Congress 2023



Katharina Politt (Trainee Representative for Germany)



«It was the third time the ESRA trainees had their own Trainee's Corner during the congress, and it can be stated that this was a great success.»

This year, the ESRA trainee representatives were also involved in several activities that took place during the entire duration of the Congress.

It was the third time the ESRA trainees had their own Trainee's Corner during the congress, and it can be stated that this was a great success. Since the program of last year with scanning sessions during the lunch break performed by experts attracted many visitors, we decided to repeat this program with some revision. Also, with help from Valkyrie Simulators, we could provide ultrasound phantoms so that the handling of ultrasound needles could be practiced at all times.

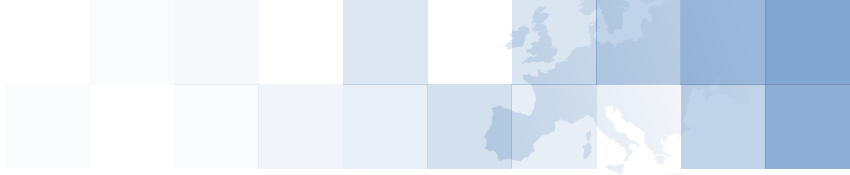


On the first day, we used the coffee break to draw the attention of trainees from all countries to our stand with our coffee offer and to establish new contacts.

During the first lunch break, Dr. Steve Coppens showed us his secrets of abdominal and thoracic wall blocks with great enthusiasm for 45 minutes. Not only trainees but also many consultants gathered around our corner to learn and refresh their knowledge.



The second day we started with a quiz during the coffee break to test our fellow trainee's knowledge about regional anesthesia and many trainees participated. Since many participants were able to answer almost all the questions correctly, the winner had to be determined by the time that was required to answer the questions. The four winners received the ESRA book "Ultrasound-guided interventions in chronic pain management". Later that day, during lunch break, Dr. Alain Delbos presented his secrets of the ankle block with his unique didactic skills. Again, many consultants joined, and our booth was crowded.

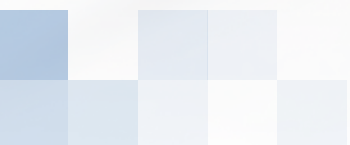
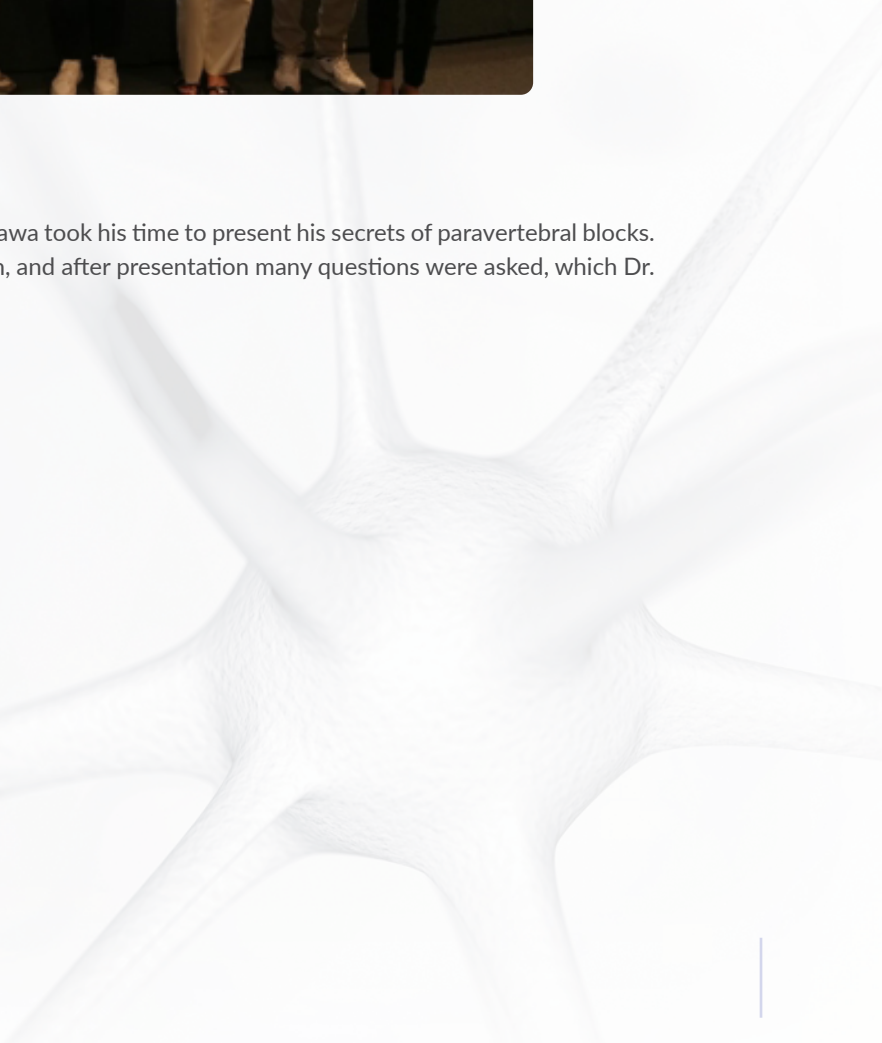


Also, the trainee's reception took place in the evening of the second day. On top of the "Palais de Congres", we enjoyed the reception with great food and drinks and used the time for networking with a beautiful view.

Friday was unfortunately already the last day with our Trainee's Corner, but also very exciting for the trainee representatives, since our own session entitled "The future of RA Education: What can we learn from mistakes – The Role of Trainees" took place in the morning. The session was chaired by our ESRA Trainee representative Ana Patricia Pereira together with Dr. Pia Jæger. After a great introduction by Dr. Benjamin Fox, different case reports were presented by trainees from four different countries and gave great impulses for the following discussion.



During our last lunch break the famous Dr. Amit Pawa took his time to present his secrets of paravertebral blocks. As you can imagine, our booth was crowded again, and after presentation many questions were asked, which Dr. Pawa answered with enthusiasm.



WCRAPM's Sister Societies' Presidential Insights



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



David Provenzano (ASRA Pain Medicine President, USA) @DProvenzanoMD



Ezzat Samy Aziz (AFSRA President, Egypt) @ezzatsamyaziz



J Balavenkatasubramanian (AOSRA-PM President, India)



Juan Carlos de la Cuadra Fontaine (LASRA President, Chile)



*All 5 Presidents of the Continental RA and Pain Medicine Sister Societies gathered in Paris
From left to right: David Provenzano (ASRA Pain Medicine), Ezzat Samy Aziz (AFSRA), Thomas Volk (ESRA), J
Balavenkatasubramanian (AOSRA-PM), Juan Carlos de la Cuadra Fontaine (LASRA)*



On behalf of the African Society of Regional Anaesthesia (AFSRA), I would like to extend my heartfelt congratulations to ESRA for orchestrating an exceptionally successful event.

Over the years, I have had the distinct privilege of attending the past six World Congresses of Regional Anaesthesia. My journey began as a delegate in 2002 in the vibrant city of Barcelona. Subsequently, in 2014, I had the honor of presiding as the President of the Congress, a remarkable year when AFSRA played host. In the remaining congresses, I was fortunate to contribute as a faculty member. It's worth noting that ESRA was the pioneering society that championed the concept of initiating the World Congress of Regional Anaesthesia, and they graciously hosted the inaugural gathering in Barcelona.

In my humble opinion, the recent World Congress held in Paris stands out as the most triumphant in terms of its scientific content, a success clearly reflected in the impressive number of delegates in attendance. ESRA has consistently elevated the standard of these gatherings, continually striving for excellence. We can only hope that future congresses will continue to meet and even surpass this level of success.

As we fondly remember the splendid Parisian event, I would like to conclude by echoing the sentiment: "Vive la ESRA!" Congratulations to the entire ESRA family on this remarkable achievement!

Prof Ezzat Samy Aziz MBBCh FRCA FFARCSI MD MSc DA(UK)
Professor of Anaesthesia Cairo University Egypt
President of the African Society of Regional Anaesthesia (AFSRA)



I want to express my gratitude to ESRA and the planning committee for hosting an amazing World Congress.

It was clear that an extensive amount of work was put into making the event first class. The event was very well organized, highly educational, and enjoyable.

It was very special to share knowledge with the international community on advanced pain treatments.

The hosts could not have been more welcoming.

Furthermore, the interactions with the audience were enjoyable and the questions were very thoughtful.

I also truly enjoyed the networking opportunities, and it was very special to meet with the leadership of the Sister Societies (i.e., ESRA, LASRA, AORSA, AFRSA). The event strengthened the relationship and the resolve of all these societies to work together on advancing regional anesthesia and pain management education.

The ASRA Pain Medicine vision is to relieve the global burden of pain.

This vision will only be met if all the Sister Societies work together. After participating in the World Congress, it is clear this can and will happen.

David Provenzano, MD
President, ASRA Pain Medicine



The 2023 World Congress of Regional Anaesthesia and Pain Medicine in Paris has left an indelible mark on the memories of every delegate fortunate enough to attend. ESRA's commitment to creating a level playing field for participants from around the world was evident in every aspect of the event. WCRAPM truly exemplified inclusivity.

The Simulation Masterclass offered a unique opportunity to learn diverse practices from around the globe for similar regional anaesthesia procedures. The USG Wars session was a groundbreaking display of innovation and left a lasting impression. The mini hands-on workshops proved invaluable, providing delegates with the chance to learn the art of scanning from seasoned experts. The Inaugural Ceremony beautifully celebrated different cultures, creating a rich tapestry of experiences. Social activities fostered meaningful networking, and the session on Sister Societies shed light on critical aspects, including the proposal for a World Federation of Society of Regional Anaesthesia akin to WFSA.

AOSRAPM and AORAININDIA extend their heartfelt thanks to the ESRA leadership team, led by Dr. Alain Delbos (Leader of the Scientific Committee), and ESRA's Major Officers (Prof. Thomas Volk, Dr. Eleni Moka, Dr. Philippe Gautier, and Dr. Luis Valdes) for their visionary leadership, tireless efforts, and significant contributions. This WCRAPM has set an exceptionally high standard, and future meetings will strive to emulate its success.

Personally, I found the experience immensely enjoyable, enlightening, and fulfilling, both as a learner and a faculty member. With profound gratitude, we look forward to the continued growth and collaboration in the field of regional anaesthesia and pain medicine

Dr J Balavenkatasubramanian

Academic Director and Immediate Past President

AOSRAPM

National Chairman, Academy of Regional Anaesthesia of India



The reverberations of the 6th World Congress in Regional Anesthesia and Pain Medicine still resonate two weeks after its conclusion. Paris, the city of light, fashion and love, provided a fitting backdrop for the scientific exchange and networking that unfolded during those remarkable days. The European Society of Regional Anaesthesia and Pain Therapy served as the adept orchestrator, seamlessly blending knowledge and cultural diversity from the global community of Regional Anesthesia and Pain Medicine.

As the President of LASRA, representing Latin American Anesthesiologists, I extend my heartfelt gratitude. Thank you for the invaluable exchange of knowledge that propels us toward better patient care. Thank you for your warm reception, making us feel cherished members of a global family. Thank you to all who contributed as session chairs, expert speakers, and workshop instructors, showcasing the highest standards.

To my fellow Latin-American faculties, I am immensely proud. The statistics may amaze us – the record-breaking attendance, numerous parallel sessions, and a faculty spanning nations. Yet, it's the handshakes, shared coffees, relationships forged, and friendships formed that will endure. These connections will persist until the 7th World Congress in Regional Anesthesia and Pain Medicine, hosted in Latin America. We eagerly anticipate your presence for another unforgettable gathering!

Dr. Juan Carlos de la Cuadra Fontaine

Clinical Associate Professor Pontificia Universidad Católica de Chile

LASRA President

Successful Conclusion of the Paris World Congress on Regional Anaesthesia and Pain Medicine



Katharina Politt (Trainee Representative for Germany)



«The richness of the congress was mirrored in the exceptional abstract submissions. A notable total of 740 abstracts, a 40% increase compared to typical ESRA congresses, were submitted and approved.»

Dear Esteemed Colleagues,

The curtains have fallen on the Paris World Congress of Regional Anaesthesia and Pain Medicine, leaving us with indelible memories of an unparalleled experience. Without a doubt, WCRAPM 2023 stands as the pinnacle among global gatherings, uniting friends from every corner of the world with a shared commitment to advancing the knowledge of Regional Anesthesia and Pain Medicine.

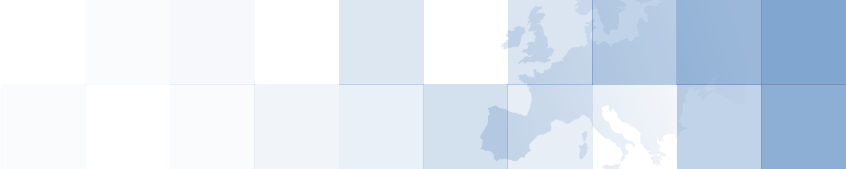
Never before have we witnessed such a remarkable gathering of leading experts from the five major global societies—ESRA, ASRA PM, AFSRA, AOSRA-PM, and LASRA. The congress featured

exceptionally timely topics, drawing a robust attendance and active participation in nearly every session. I want to express my sincere thanks to each of you for your steadfast enthusiasm, as it is the combined dedication of this community that has brought about this significant achievement.

The richness of the congress was mirrored in the exceptional abstract submissions. A notable total of 740 abstracts, a 40% increase compared to typical ESRA congresses, were submitted and approved. The meticulous efforts of our organizers ensured that 317 abstracts—comprising 252 e-posters and 65 free oral presentations—were presented and evaluated in person, constituting 43% of the highest-scoring abstracts from the online evaluation phase.

The diverse array of abstracts delved into cutting-edge topics aligned with contemporary scientific interests. From distal and motor-sparing blocks responding to the evolving ERAS concept to the validation of emerging clinical practices, the breadth of subjects covered was truly impressive. Noteworthy focus was placed on transitional pain, big data, and addressing the challenges of achieving optimal analgesia in major abdominal surgeries without the complications associated with classical techniques.





Last year, we implemented a comprehensive abstracts policy and reviewer's guidelines, outlined in detail here. The rigorous evaluation process, involving three evaluators for each abstract, was designed to ensure transparency and fair assessments. A detailed evaluation guide across five domains was developed to maintain uniformity, with 30% of the total score determined through online assessment and the remaining 70% during face-to-face presentations.

The comprehensive collection of abstracts accepted by the ESRA's abstracts committee for the World Congress on Regional Anesthesia and Pain Medicine (WCRAPM 2023) can be found at https://rapm.bmj.com/content/48/Suppl_1.

We take immense pleasure in congratulating the winners in each category!

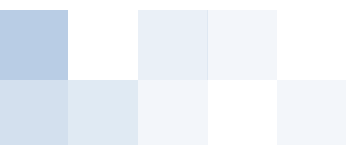
Best Regional Anaesthesia Oral Free Paper

- > **1st place:** *Charlotte De Loecker et al. OP004 High- versus low- dose dexamethasone (dex) for postoperative analgesia after caesarean section (cs): a randomized, double-blind, two-center study.*
- > **2nd place:** *Alexis Bikfalvi et al. OP001 Prospect guideline for haemorrhoid surgery: a systematic review and procedure-specific postoperative pain management recommendations.*
- > **3rd place:** *Nicoletta Filetici et al. OP006 Effect on sacral spread of local anesthetic with 27-g spinal needle dural puncture epidural analgesia compared to epidural analgesia during labor: a randomised, controlled trial.*

Best Chronic Pain Oral Free Paper

- > **1st place:** *Margarita Blajeva et al. OP017 Peri-operative cognitive behavioural therapy compared with pain education and mindfulness for chronic post-surgical pain in breast cancer patients with high pain catastrophising characteristics: a randomised, controlled, double-blind clinical trial.*
- > **2nd place:** *Adlai Pappy II et al. OP014 Prospective Survey of Health Utility State of Chronic Migraine Patients to Assess Quality-Adjusted Life-Years.*
- > **3rd place:** *Poupak Rahim Zadeh et al. OP011 The analgesic efficacy of low power laser in osteoarthritis patients under treatment with periarticular steroid injection.*

Best E-Posters Regional Anesthesia

- > **1st place:** *Jon Bailey et al. #36422 Continuous deep serratus anterior plane block for sternotomy analgesia following cardiac surgery: a randomized, placebo-controlled, double-blinded feasibility study.*
 - > **2nd place:** *Tural Alekberli et al. #35941 Impact of obesity on clinically significant respiratory events following cesarean delivery: is a 24-hour high acuity setting necessary for patients with BMI >50 kg/m².*
 - > **3rd place:** *Anna Seisl et al. #35792 Adding pecs II block to multimodal analgesia halves 24-hour postoperative opioid requirements after minimally invasive cardiac surgery with cardiopulmonary bypass – a triple-blinded, randomized, controlled trial.*
- 

Best e-posters Chronic Pain

- > **1st place:** *Carolina Sousa Dias et al. #36187 Transcranial direct current stimulation for chronic pain management in knee osteoarthritis: a systematic review and meta-analysis of randomized controlled trials.*
- > **2nd place:** *Nishkarsh Gupta et al. #35742 Effect of repetitive transcranial magnetic stimulation on pain and quality of life in post-mastectomy pain syndrome: a prospective RCT.*
- > **3rd place:** *Kim Yujin et al. #35607 Involvement of the spinal γ -aminobutyric acid receptor in the analgesic effects of intrathecally injected hypertonic saline in spinal nerve-ligated rats.*



From left to right: Jon Bailey (1st place Best E-Posters RA), Margarita Blajeva (1st place Best Chronic Pain Oral Free Paper), Adlai Pappy II (2nd place Best Chronic Pain Oral Free Paper), Carolina Sousa Dias (1st place Best e-posters Chronic Pain), Alexis Bikfakvi (2nd place Best RA Oral Free Paper), Nicoletta Filetici (3rd place Best RA Oral Free Paper)

Heartfelt congratulations to all the awardees for their outstanding contributions. May this be the commencement of a splendid and fruitful research journey, paving the way for a promising future.

You are the architects of tomorrow!

EDRA: Evolving Examinations



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



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



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

So many aspects of our social and working lives have been influenced by the consequences of the Covid pandemic, including the EDRA examinations. Each year from 2005, the examination processes and procedures have been improving but Covid enabled us with a fantastic opportunity to implement the required changes faster than anticipated.

EDRA examiners

The number of EDRA examiners has been greatly increased over the last 3 to 5 years. All EDRA diplomats are eligible to apply to become an examiner, when the invitation is sent via email to all EDRA diplomats from the EDRA office. This process involves a competitive application process, but as expected has resulted in a very dynamic and diverse group of excellent and enthusiastic examiners. Not all but many of the European countries are represented by the examiners and everyone brings their own set of educational skills. EDRA examiners are expected to write and review up-to-date examination questions, review viva questions, and update the reading list and curriculum of the examination. Obviously, they are also required to attend and conduct the examinations at the annual congress and be involved at various online examinations.

EDRA Board

The EDRA board members are elected from the pool of examiners and would usually serve a term of 3 years but may stand for re-election for another three-year term. The board consists of a chairperson (Dr Morné Wolmarans), two co-chairs (Dr Oya Yalcin Cok and Dr Peter Merjavy) and 6 elected board members (Dr. Margaretha Breebaart, Prof. Alan Macfarlane, Dr. Alexandros Makris, Dr. Barbara Rupnik, Dr. Emine Aysu Salviz & Dr. Andrea Saporito) and the current ESRA society president (Dr. Eleni Moka). The board reserves the right to co-opt board members to help facilitate specific duties for the examination process and development. Examination is divided into part 1 and part 2.



From left to right: Peter Merjavy (EDRA Vice-Chair Part II), André Van Zundert (EDRA Co-opted Member), Oya Yalcin Cok (EDRA Vice-Chair Part I) & Morné Wolmarans (EDRA Chair)

EDRA Part 1

Under the initial leadership of Prof. Narinder Rawal and now continued by our current co-chair Dr Oya Cok, the part 1 examination has had extensive changes introduced over the last five years. From a paper-based multiple-choice question exam, ESRA has invested thousands of Euros to host the examination on a digital platform. We have moved from a multiple-choice exam to a single best answer examination which provides us with better discriminating questions. The software on the platform also allows us to interrogate the questions and evaluate the performance of a question after an exam. Badly performing questions or ones that do not provide sufficient discrimination can then be re-evaluated. The software also provides us with statistical analysis to calculate the appropriate pass mark for each exam. The extensive online security measures of the exam platform have also given us the opportunity to allow the examination to be taken online from the comfort of your own home on your own computer or device. So, from next year the part 1 examination will be offered on two occasions, an in-person exam at the annual ESRA Scientific Congress in September, which will be in Prague in 2024. Also, an online part 1 examination which will usually be at the end of March or the beginning of April, depending on holiday periods and demand for the exam. The online examination could potentially also be offered in different languages, but the National Society of the interested country need to enquire from the EDRA board at least 6 months before the examination date and be willing and able to pay for translation costs. The exam has already been successfully conducted in Turkish and Spanish. The part 1 section of the exam can be multilingual but Part 2 must currently be undertaken in English.

EDRA Part 2 A & B

Under the leadership of co-chair, Dr Peter Merjavý, the part 2 of the EDRA exam has also extensively evolved. The old examination involved a candidate receiving 4 questions in 40 minutes from 2 examiners but to further increase the objectivity of the examination, we have introduced multiple changes. The part 2 examination has been divided into Part 2A, which is the viva section of the exam, and a part 2B which is the practical or ultrasound demonstration part. The practical aspect is an important part of our examination because the EDRA board strongly feels regional anaesthesia practice is not just a theoretical subject but requires practical and clinical ability. If a candidate has met all the pre-requisites for the examinations, including the number of blocks and workshop requirements, then this part of the examination should be achievable.

The part 2 A & B are now 25 minutes each for 2 questions from 2 examiners and often an observer. So instead of getting the objective score of only 2 examiners, we now have the opinion of 4 to 6 examiners about the performance of a candidate. Part 2A and Part 2B do not have to be taken at the same exam sitting because part 2A can also be offered as a online option depending on demand from potential candidates. Part 2B will be offered at the annual scientific congress each year, but depending on available exam slots part 2A may also be available at the annual congress. Please visit the EDRA website for updates on exam dates and locations.



200 candidates taking the EDRA Part I in Paris, during the 6th World Congress on Regional Anaesthesia & Pain Medicine

Part 2 questions are clinically relevant to experts in regional anaesthesia and the questions are set to meet this standard. The management and knowledge required to deal with the questions and the practical scanning ability needs to be extremely proficient. The questions asked by the examiners are set, reviewed and the expected answer sheet and scoring system is also objectively constructed. This eliminates an individual examiner continually asking only questions about their own individual interests.



EDRA Exam Criteria

The EDRA exam criteria also required extensive changes because there was such a huge variety in the quality of workshops offered to candidates from various hospitals and countries. Unfortunately, this lack of experience often became apparent during the part 2 examination process. For example, some candidates only attended an hour of cadaver anatomy, with 2 half-day ultrasound courses. So, a total of 10 to 12 hours of workshops. In contrast others would attend a two-day cadaver workshop and two full day ultrasound workshops, which would give them a total of more than 30 hours of workshop experience. So, the time and money invested by candidates to achieve the workshop criteria was hugely different and unfair.

To avoid this problem in the future, the EDRA board has introduced **EDRA approved workshops** and an **EDRA points** system.

Workshop and congress organisers or course directors can now get their workshop listed on the official EDRA website, which allows candidates to see which workshop in which country is approved for the EDRA examinations and how many points are allocated to each workshop. There is both cadaver workshop and ultrasound scanning workshop EDRA points required. The workshop needs to comply to certain minimal educational criteria for example the ratio of delegates to faculty or ultrasound machines. Obviously, a course with 50 delegates to one ultrasound machine will have less educational value than 6 delegates for each member of faculty and ultrasound machine. The application process is not difficult and does not have to be repeated annually.

This is not an attempt by EDRA to dictate to other regional anaesthesia workshop leaders or societies on how to manage their workshops or cadaver courses. I know that there are hundreds of excellent workshops around the world of great educational value, but we do want to list in one place (EDRA website) where potential candidates can attend these fantastic workshops and gain experience and knowledge. Therefore, I would ask if you are a workshop organizer, in a European country or abroad, and would like your workshop to be listed on the EDRA website, please follow our easy application process. But more importantly, if you are attending a workshop and you would like the workshop organisers to get the course recognised for EDRA points then please direct the workshop leaders to our website.

I hope that this may become a valuable educational resource for RA enthusiasts wanting to attend regional anaesthesia workshops and allow them easily to easily see exactly which workshops are on offer in which country.

Peter Merjavy and his team has worked tirelessly to make this application process even easier in the future and to help candidates understand exactly which criteria is required before they apply for different parts of the EDRA examinations. Please look at the EDRA website to access the full list of criteria required, the EDRA points system and look at the section of “frequently asked questions” which I think is extremely useful.

One of the criteria for the examination is to attend an **ESRA workshop**. This has caused enormous confusion over the years. ESRA workshops are organised by the ESRA society, for example at the ESRA annual scientific congress, the ESRA Winter week, the ESRA cadaver workshop courses in Innsbruck & Witten, the ESRA Eastern European cadaver workshop etc.

All ESRA workshops are EDRA approved workshops, but EDRA approved workshops are not necessarily ESRA workshops.

Initially the EDRA examination was set up to provide educational RA standards within Europe, but there is an international demand that requires anaesthesiologists to be recognised as regional anaesthesia experts that distinguishes them from their colleagues. Unfortunately, fellowships are not available to all the regional anaesthesia enthusiasts that fall into this category, and this is where the EDRA diploma provides a great and practical solution.

More and more international candidates, from outside European countries, wanted to complete the EDRA examinations. But this required multiple European visits to comply with the examination criteria with enormous logistical and financial stress. The ESRA Board wanted to make it possible for candidates to be able to visit one annual congress and be able to comply with all the examination criteria.

Therefore from 2024 onwards the EDRA examinations will be conducted after the ESRA Annual Scientific Congress, which will allow candidates to attend the required ESRA cadaver workshops or ESRA ultrasound workshops, depending on how many EDRA points they still require. The EDRA board is also working with countries outside of Europe in order to get their courses EDRA approved and allocate points. Hopefully soon there will be many EDRA approved workshops available to attend in India and the Middle East.



From left to right: Christine Gryparis (Administrative Assistant), Oya Yalcin Cok (EDRA Vice-Chair Part I), Sari Casaer (EDRA Examiner), Patrick Schuldt (EDRA Examiner), Roger Karlsson (Orzone)

UEMS- CESMA appraisal

This year, during the 40th ESRA Annual Congress (6th World Congress on Regional Anaesthesia&Pain Medicine), the EDRA Board members and examiners, had the pleasure of hosting Prof. Danny Mathysen and Prof. Gian Battista Parigi for EDRA examination UEMS-CESMA appraisals.

UEMS is the European Union of Medical Specialists and they are responsible for postgraduate medical education, quality assurance of examinations across Europe and to define European medical standards in each medical speciality. CESMA is the Council for European Specialists Medical Assessment which is the advisory body for UEMS and their appraisers conduct the appraisal process of postgraduate medical specialists exams. CESMA can offer advice and provide further recommendations to ensure that examinations are of the highest quality.

Our UEMS-CESMA appraisal application was initially in 2020; however due to COVID-19 pandemic, was postponed. As noted above the examinations had undergone extensive improvements and changes and it was with great pleasure to host our appraisers from UEMS-CESMA. We had our evaluation visit on September 5th (EDRA Part II) and 6th (EDRA Part I) exam dates, 2023, in Paris. We have not yet received the outcome of this appraisal process, but I am extremely confident that it will be a favourable result and to receive recommendations how we can continue to improve our examination process. It is important to evolve and strive for excellence in order to provide our EDRA diplomats with a qualification that is meaningful. The EDRA diploma needs to distinguish you as a clinician that is proficient in the safe practice of regional anaesthesia, therefore it is not an easy exam unless you have apply real enthusiasm (and anatomy) to safely practice the art of regional anaesthesia.