



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



AFRICAN
Society of
Regional
Anaesthesia



Endorsed by



Joining Hands for
a Pain Free Future Worldwide

One day. One programme.
In all continents simultaneously.
In over 150 cities worldwide.

2nd WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

Saturday 25th January 2025



PAJUNK®
Trust Tradition. Experience Innovation.

Your Local Face-to-Face Meeting

There must be one city around you!



WDRAPM
WORLD DAY OF REGIONAL
ANAESTHESIA AND PAIN MEDICINE



Info and Registrations
esraeurope.org

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PRELIMINARY PROGRAMME ONE DAY, ACROSS ALL CONTINENTS

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

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