

20th ESRA

Winter Week Conference

Building Knowledge and
Science in Regional Anaesthesia
and Pain Medicine

18-23 January 2026
Längenfeld, Austria



PROGRAMME

Sunday, 18 January 2026

17:45-19:00 Registration opens

18:30-20:30 Opening Words & Welcome Reception - *Geert-Jan van Geffen & Matthias Desmet*

Monday, 19 January 2026

08:00-10:00 MORNING LECTURES - All Participants to attend

Epidurals: outcomes for mother and baby. - *Sarah Armstrong* 30'

Which imaging modality for which intervention in chronic pain? - *Manfred Greher* 30'

Innervation of the arm. - *Matthias Herteleer* 30'

Preventing neurological injury in PNB. - *Axel Sauter* 30'

17.00-19.30 POST SKI WORKSHOPS & SESSIONS - Every session to be attended

GROUP A

Hands – On Ultrasound Workshops (Rotation every 25 minutes. Group A)

Workshop Station 1: Blocks for hand surgery - *Manfred Greher*

Workshop Station 2: Neuraxial scanning - *Axel Sauter*

Workshop Station 3: PVB & ESP - *Peter Merjavy*

Workshop Station 4: Abdominal wall blocks - *Bram Keunen*

Workshop Station 5: Blocks for knee surgery - *Morné Wolmarans*

GROUP B

Round Table Discussions (Rotation every 25 minutes. Group B)

Tips and tricks for kids - *Annabel Pearson*

Troubleshooting in Obstetrics - *Sarah Armstrong*

Anatomy? Ask me anything - *Matthias Herteleer*

Also, non-anaesthesiologists can provide RA - *Jeroen Hermanides*

Sedation during RA - *Michele Carella*

GROUP C

Lectures (Group C)

What should research in RA be about? - *Charlotte Runge* 45'

How to read an article? - *Eric Albrecht* 60'

Tuesday, 20 January 2026

08:00-10:00 MORNING LECTURES - All Participants to attend

Resistance to local anaesthetics - *Bram Keunen* 30'
Peadiatric blocks for non pediatric anaesthetists - *Annabel Pearson* 30'
New antidiabetic drugs; GLP-1a and SGLT2i, what to do? - *Jeroen Hermanides* 30'
Innervation of the hip and knee - *Matthias Herteleer* 30'

17:00-19:30 POST SKI WORKSHOPS & SESSIONS - Every session to be attended

GROUP C

Hands – On Ultrasound Workshops (Rotation every 25 minutes. Group C)
Workshop Station 1: Blocks for hand surgery - *Manfred Greher*
Workshop Station 2: Neuraxial scanning - *Axel Sauter*
Workshop Station 3: PVB & ESP - *Peter Merjavy*
Workshop Station 4: Abdominal wall blocks - *Bram Keunen*
Workshop Station 5: Blocks for knee surgery - *Morné Wolmarans*

GROUP A

Round Table Discussions (Rotation every 25 minutes. Group A)
Tips and tricks for kids - *Annabel Pearson*
Troubleshooting in obstetrics - *Sarah Armstrong*
Anatomy? Ask me anything - *Matthias Herteleer*
Also non-anaesthesiologists can provide RA - *Jeroen Hermanides*
Sedation during RA - *Michele Carella*

GROUP B

Lectures (Group B)
What should research in RA be about? - *Charlotte Runge* 45'
How to read an article? - *Eric Albrecht* 60'

Wednesday, 21 January 2026

08:00-10:00 MORNING LECTURES - All Participants to attend

Progress for pessimists - *Jeroen Hermanides* 30'
Rebound pain, is it real? - *Michele Carella* 30'
RF and Cryo, what we need to know? - *Manfred Greher* 30'
Management of complications of intrapartum RA - *Sarah Armstrong* 30'

17:00-19:30 POST SKI WORKSHOPS & SESSIONS - Every session to be attended

GROUP B

Hands – On Ultrasound Workshops (Rotation every 25 minutes. Group B)
Workshop Station 1: Blocks for hand surgery - *Manfred Greher*
Workshop Station 2: Neuraxial scanning - *Axel Sauter*
Workshop Station 3: PVB & ESP - *Peter Merjavy*
Workshop Station 4: Abdominal wall blocks - *Bram Keunen*
Workshop Station 5: Blocks for knee surgery - *Morné Wolmarans*

GROUP C

Round Table Discussions (Rotation every 25 minutes. Group A)

Tips and tricks for kids - *Annabel Pearson*

Troubleshooting in obstetrics - *Sarah Armstrong*

Anatomy? Ask me anything - *Matthias Herteleer*

Also non-anaesthesiologists can provide RA - *Jeroen Hermanides*

Sedation during RA - *Michele Carella*

GROUP A

Lectures (Group B)

What should research in RA be about? - *Charlotte Runge 45'*

How to read an article? - *Eric Albrecht 60'*



Thursday, 22 January 2026

08:00-10:00 MORNING LECTURES - All Participants to attend

Blocks for knee surgery, what's the evidence? - *Charlotte Runge 30'*

US for caudal blocks - *Annabel Pearson 30'*

Blocks for hip surgery, What's the evidence - *Michele Carella 30'*

Drugs in acute pain management - *Axel Sauter 30'*

17:00-19:00 POST SKI WORKSHOPS & SESSIONS - Every session to be attended

How to perform best at night? - *Yara Wingelaar-Jagt 90'*



Friday, 23 January 2026

08:00-10:00 MORNING LECTURES - All Participants to attend

Blocks for foot surgery, what's the evidence? - *Peter Merjavy 30'*

Predicting chronic pain after surgery - *Charlotte Runge 30'*

Virtual hypnosis for sedation - *Michele Carella 30'*

AI in Anaesthesia - *Bram Keunen 30'*



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