

# 20<sup>th</sup> ESRA Winter Week Conference

18-23 January 2026  
Längenfeld, Austria

Building Knowledge and  
Science in Regional Anaesthesia  
and Pain Medicine



## 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'

Pediatric 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

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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)

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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*

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

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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