



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



AFRICAN
Society of
Regional
Anaesthesia



Joining Hands for
a Pain Free Future Worldwide

One day. One programme.
In all Continents
Simultaneously.

2nd WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

Saturday 25th January 2025



WORLD DAY



Your Local Face-to-Face Meeting



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Info and Registrations
esraeurope.org

2nd WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE



Saturday, 25th January 2025

Opening Session:

- 08.30 am Launch Webinar
- 08.45 am National Welcome
- 08.50 am European welcome

Obstetrics Club :

- 09.00 am Neuraxial US in Obstetrics
- 09.15 am Managing the failing epidural
- 09.30 am LSCS Blocks
- 09.45 am Panel discussion

Joint Club: Everything to know about foot and ankle procedures:

- 10.00 am Ankle and Foot Anatomy
- 10.15am Evidence-Based RA in Ankle & Foot Surgery
- 10.30 am Pros and Cons of different methods: How do I do it?
- 10.45 am Panel Discussion

Break: 11.00 am - 11.15am

Green Club:

- 11.15am The Environmental Impact of RA
- 11.30am Strategies for sustainability: How can we do more?

Ultrasound Club:

- 12.00 pm How to teach US-guided PNB
- 12.15 pm POCUS journal club
- 12.30 pm POCUS Gastric US
- 12.45pm Panel Discussion

Lunch: 1.00 pm - 1.30pm

Chronic Pain Club:

- 1.30 pm Risk-factors for Chronic Pain
- 1.45 pm Personalised Program for Chronic Pain Management
- 2.00 pm Journal Club
- 2.15pm Panel Discussion

Paediatric Club:

- 2.30 pm Plan A Blocks in Paediatrics
- 2.45 pm Practical advice for RA in Paediatrics
- 3.00 pm How I like to block: Advanced RA
- 3.15pm Panel Discussion

Close

- 3.30 pm Closing Remarks

Your Local Face-to-Face Meeting
There must be one city around you!