

## SEXTA-FEIRA 24 DE JANEIRO DE 2025

9:00h - 12:00h – WORKSHOP ANESTESIA REGIONAL PROSPECT

WORKSHOP POCUS – cardíaco, pulmonar e gástrico.

14:00h Abertura Do Congresso

14:00h – 15:00h – Dor Aguda

**Moderador: Carmen Pereira**

- Anestesia (Regional) Fora do Bloco Operatório | **Joana Magalhães**
- Dor sob controlo: adjuvantes vs cateter perineural na prova de resistência. Pro / Con | **Miguel Sá e Raquel Fernandes**

15:00h – 15:30h – Obstetrícia

**Moderador: Catarina Sampaio**

- Recomendações baseadas na evidência para cefaleias pós punção da dura | **Cláudia Antunes**

15:30h - 16:00h – Dor Crónica

**Moderador: Edgar Semedo**

- Desnervação de grandes articulações – como e quando? | **Humberto Rebelo**
- Dor axial lombar | **Mariano Veiga**

16:00h - 16:30h – Coffee Break

16:30h – 17:00h – Apresentação do projeto “Fragility Fracture Network” Portugal

**Palestrantes: Ana Bernardino e Bruno Carvalho**

17:00h – 17:30h – Comunicações orais

- Seleção dos 3 melhores trabalhos

**17:30h – 18:30h – “HOT, HOTTER, HOTTEST” Case Reports**

**Palestrantes: Hélder Pereira e João Diogo Maia**

18:30h – 19:00h – Assembleia Geral



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



## SABÁDO 25 DE JANEIRO DE 2025

### 2nd World Day of Regional Anesthesia & Pain Medicine

**9:00h Presentation**

**9:15h We Have Read the Literature for You: Sister Societies Journal Club**

**Moderador: Miguel Sá**

- Regional Anaesthesia | **João Rego**
- Perioperative Care | **Carolina Gonçalves**
- POCUS | **António Pedro Ferreira**
- Chronic Pain | **João Miguel Cardoso**

**Q&A – Discussion**

**10:30h The «Joint» Club: Everything You Need to Know for Foot and Ankle Procedures**

**Moderador: Joana Magalhães**

- Evidence Based Practice: RA Application in Foot and Ankle Surgery | **Carolina Ribeiro**
- How I do it: Pro and Con of different practices | **João Castro**

**Q&A – Discussion**

**11:30h -12:00h Coffee Break**

## 12:00h - The "Ultrasound" Club: Tips and tricks for mastering

**Moderador: Lara Ribeiro**

- How to teach ultrasound-guided peripheral nerve blocks | **Catarina Campos Costa e Diana Gomes**
- All about neuraxial ultrasound | **Duarte Machado**

**Q&A – Discussion**



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## 12:45h - The "AI" Club: What the future holds

**Moderador: João Rego**

- Advances and Utility of Artificial Intelligence in Regional Anaesthesia and in Pain Medicine |  
**Gustavo Montanha**

**Q&A – Discussion**

## 13:15h - 14:15h - Almoço

## 14:15h - The "Green" Club : Everything You need to Know about Environmental Sustainability

**Moderador: Marta Pereira**

- Environmental benefits of RA: what do we know? | **Lara Ribeiro**
- Strategies for Environmental Sustainability : How can we start and/or do more? | **Carmen Oliveira**

**Q&A – Discussion**

## 15:15h - The "Acute & Chronic Pain Medicine" Club: Everything you need to know to avoid pain

**Moderador: Humberto Rebelo**

- Risk factors for chronic postsurgical pain | **João Borges**
- Personalized programme for postsurgical pain: Ready for it? | **Sara Fonseca**

- The benefits of integrative medicine for chronic pain? **A Thothungal**

**Q&A – Discussion**

**16:30h – 17:00h Coffee Break**

**17:00h - The “mother & child” Club: Everything you need to know about obstetrics and paediatrics**

**Moderador: Margarida Gil**

-Managing the failing epidural | **Ana Milheiro**

- POCUS in obstetric anaesthesia | **Elena Segura**

**Q&A – Discussion**