



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



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



Anaesthesia & Intensive Care SimLab, 2nd & 3rd Floor,
Professor Cristian Dragomir Simulation Center,
Grigore T. Popa University of Medicine and Pharmacy
Iasi, ROMANIA

Under the Auspices of:

- Grigore T. Popa University of Medicine and Pharmacy, Iași, Romania
- Regional Institute of Oncology, Iași, Romania

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

Joining Hands for a Pain Free Future Worldwide

2nd WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

Saturday, 25 January 2025

ORGANIZING & SCIENTIFIC COMMITTEE

ESRA

Chair

Sebastien Bloc (France)

Members

- Barbara Breebaart (Belgium)
- Dan Dirzu (Romania)
- Nuala Lucas (UK)
- Alan MacFarlane (UK)
- Peter Merjavy (UK)
- Axel Sauter (Norway)
- Kassiani Theodoraki (Greece)

Trainees Representative

- Fay Alevrogianni (Greece)



WDRAPM
WORLD DAY OF REGIONAL
ANAESTHESIA AND PAIN MEDICINE



WWRAPM
WORLD WEEK OF REGIONAL
ANAESTHESIA AND PAIN MEDICINE

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Sister Societies & Continents Leaders – Representatives

ASRA Pain Medicine: USA

Stuart Grant (North Carolina, Chapel Hill, NC)
Edward R. Mariano (Palo Alto, California, CA)

CAS RA SIG: Canada

Vivian Ip (Calgary, Alberta)
Vishal Uppal (Halifax, Nova Scotia)

LASRA: Latin America

Ana Eugenia Herrera (Costa Rica)
Ana Schwartzman (Uruguay)
Sidonia Suazo (Honduras)

AFSRA: Africa

Ezzat Samy Aziz (Egypt)
Mohamad Mostafa Mohamad (Egypt)

AOSRA Pain Medicine

• Asia

Justin Sangwook Ko (Republic of Korea)
Besthadi Suknomo (Indonesia)
Suwimon Tangwiwat (Thailand)

• Oceania (Australia & New Zealand)

Alwin Chuan (Sydney, Australia)
Katrina Webster (Hobart, Australia)

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AFRICAN
Society of
Regional
Anaesthesia



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2nd WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

Saturday, 25 January 2025

WELCOME MESSAGE

Dear Colleagues, Dear Friends,

It is with immense pride and enthusiasm that we welcome you to the **2nd World Week and 2nd World Day of Regional Anaesthesia (RA) & Pain Medicine (PM)**, an initiative of ESRA, in close collaboration with our Sister Societies—AFSRA, ASRA Pain Medicine, AOSRA Pain Medicine, and LASRA, as well as National Societies of RA and PM across all continents. From Saturday, 18th January to Saturday, 25th January 2025, the global anaesthesia and pain physicians community will once again unite to shine a spotlight on the transformative fields of RA and PM under the theme that continues to inspire us all:

"Joining Hands for a Pain Free Future Worldwide"

Next January, building on the incredible success of the inaugural event in 2024—which brought together more than 14,000 participants across 140 cities from 60 countries worldwide—we are excited to expand this initiative even further. The **2nd World Day and 2nd World Week of Regional Anaesthesia and Pain Medicine** will involve more cities across all continents, more participants, and even greater collaboration, reinforcing our shared mission to improve the quality of life for our patients worldwide. Together, we will convene for local, in-person meetings, online virtual activities, interactive sessions, hands-on workshops, and invaluable exchanges between trainees and experts, creating opportunities for learning, reflection, and progress.

Pain knows no boundaries—neither age nor gender—and its impact on quality of life is profound. As specialists in RA and Pain Medicine, we have the tools and knowledge to transform lives, providing relief, comfort, and hope to those who need it most. This initiative exemplifies our commitment to advancing access to care of high quality, reducing suffering, and promoting humanity in medical practice.

The **2nd World Week and 2nd World Day of Regional Anaesthesia and Pain Medicine** are more than just events—they are **A Global Call to Action and A Celebration of the Power of Partnerships**. By joining forces, we continue to advance research, share best practices, and inspire meaningful change in healthcare. Together, we are building a future where effective pain management is not just an aspiration but a universal reality.

As we embark on this journey, let us also take a moment to reflect on the progress we have made and the challenges that remain. With dedication, expertise, and collaboration, there is no limit to what we can achieve. Together, we are not just shaping the future of Regional Anaesthesia and Pain Medicine—we are shaping a world where unnecessary pain is a thing of the past.

On behalf of ESRA and the organizing committee of the 2nd World Day and 2nd Week of Regional Anaesthesia and Pain Medicine, we extend our heartfelt thanks to all of you for your enthusiasm, your dedication, and your belief in this global movement. Let us once again join hands, share knowledge, and work together towards a pain-free future for everyone, everywhere.

Thank you for your spirit of enthusiasm, for contributing to our mission fulfillment, and for being a part of this global movement.

Happy 2nd World Week and 2nd World Day of Regional Anaesthesia and Pain Medicine!

With Cordial Greetings

Eleni Moka (Greece)
ESRA President

Sebastien Bloc (France)
Chair of the Event
Organizing & Scientific Committee

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

Joining Hands for a Pain Free Future Worldwide

2nd WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

WORLD DAY

Saturday, 25 January 2025

COMMON SCIENTIFIC PROGRAMME ONE DAY, ACROSS ALL CONTINENTS!!!

Suggested Topics – Morning Sessions ...

«Sister Societies» Journal Club

We Have Read the Literature for You

- Regional Anaesthesia
- Perioperative Care
- POCUS
- Chronic Pain
- Q&A – Discussion

The «Joint» Club

Everything You Need to Know for Foot & Ankle Procedures

- Back to Basics: Ankle and Foot Anatomy
- Evidence Based Practice: RA Application in Foot and Ankle Surgery
- How I Do it: PROs & CONS of Different Practices
- Q&A – Discussion

The «Ultrasound» Club

Tips & Tricks for Mastering USGRA

- 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 (AI) in Regional Anaesthesia
- Advances and Utility of Artificial Intelligence (AI) in Pain Medicine
- Q&A – Discussion

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Suggested Topics – Afternoon Sessions ...

«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 Program 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 Obstetric & Paediatric RA

- Managing the Failing Epidural
- POCUS in Obstetric Anaesthesia
- Paediatric RA Plan A Blocks
- Q&A – Discussion

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Suggested Topics – Afternoon & Evening Sessions ...

- LIVE Demonstrations
- Hands – On Clinical Workshops
- Open Round Table Discussion: Subject Left to Participants Choice

Video Podcasts ...

- **Rosie Hogg (UK)**
The most important articles I've read for POCUS in the last 12 months
- **Kariem El-Boghdadly (UK)**
Perioperative Pain Management in Adults
- **Steve Coppens (Belgium)**
Enhanced Recovery RA Programs
- **Vicente Roques (Spain)**
How to take advantage of AI in your presentations
- **Vivian Ip (Canada)**
Green Regional Anaesthesia
- **Patricia Lavand'homme (Belgium)**
Chronic Post Surgical Pain & Transitional Pain Services – the European Perspective
- **Edward Mariano (USA)**
Chronic Post Surgical Pain & Transitional Pain Services – the North America Perspective
- **Nuala Lucas (UK)**
Obstetric RA – New Perspectives
- **PROSPECT Working Group (ESRA WG)**
Focus on Procedure Specific Postoperative Pain Management

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Plus, A Lot More...

- **Country–Wide Webinars**
- **Live Streaming & YouTube Channel Connections**
- **Dedicated App Available**
 - ✓ Live Chats in Between Cities
 - ✓ Surveys Across Cities / Countries / Continents
- **Fun Session – «Escape» Game [Awards & Competitions]**



Your Local Face-to-Face Meeting
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- EUROPE ...
- AFRICA ...
- ASIA ...
- MIDDLE EAST – GULF ...
- NORTH AMERICA – USA & CANADA ...
- LATIN AMERICA ...
- OCEANIA – AUSTRALIA & NEW ZEALAND ...

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AFRICAN
Society of
Regional
Anaesthesia



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PARTICIPATING COUNTRIES & CITIES

EUROPE

AUSTRIA

Steyr

BALTIC STATES

Kaunas (Lithuania)

BELGIUM

Leuven–Brussels

FRANCE

Paris, La Reunion

GERMANY

Marburg, Schwäbisch Hall

GREECE

Athens, Thessaloniki, Larissa
Ioannina, Rethymnon–Crete

IRELAND

Dublin, Galway, Letterkenny
& an Ireland–Wide Webinar

ITALY

Castellanza, Rome, San Giovanni Rotondo

NETHERLANDS

Eindhoven / Veldhoven

POLAND

Katowice, Poznan, Szczecin, Warsaw

PORTUGAL

Funchal, Ponta Delgada, Porto

ROMANIA

Bucharest, Cluj–Napoca, Craiova, Iasi Targu–
Mures, Timisoara

SCANDINAVIA – NORDIC COUNTRIES

for a Nordic Countries–Wide Webinar

Denmark, Finland, Iceland, Norway, Sweden

SLOVAKIA

Banska Bystrica

SLOVENIA

Ljubljana

SPAIN

Alicante, Barcelona, La Coruna, Madrid, Marbella
San Sebastian, Sevilla, Valladolid

SWITZERLAND

Bern

TURKEY

Ankara, Istanbul, Manisa

UNITED KINGDOM

England: Canterbury, Frimley, Hull, Newcastle
Upon Tyne, Nottingham

Wales: Bangor

UKRAINE

Ivano–Frankivsk, Kiev, Rivne, Vinnitsa

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AFRICA

ALGERIA

Algiers

ANGOLA

Luanda

BURKINA FASO

Bobo Dioulasso
Ouagadougou

CAMEROON

Garoua, Yaounde

DEMOCRATIC REPUBLIC OF CONGO (DRC)

Kinshasa

EGYPT

Benha, Cairo

GHANA

Cape Coast

IVORY COAST

Abidjan

KENYA

Nairobi

LIBERIA

Monrovia

LIBYA

Tripoli

MALI

Bamako

MOROCCO

Casablanca

MOZAMBIQUE

Maputo

NAMIBIA

Windhoek

RWANDA

Kigali

SENEGAL

Dakar

SOMALIA

Mogadishu

SOMALILAND

Hargeisa

SOUTH AFRICA

Cape Town
George
Johannesburg
Mthatha

UGANDA

Kabale

ZAMBIA

Lusaca

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PARTICIPATING COUNTRIES & CITIES

ASIA & MIDDLE EAST–GULF

BANGLADESH

Bangabandhu Sheikh Mujib (BSM)
Chattogram
Dhaka North
Dhaka South
Rajshahi

CHINA

Beijing
Chengdu
Hang Zhou
Hong Kong

FIJI

Labasa
Lautoka
Suva

INDIA

Bangalore
Bhuvaneshwar
Coimbatore
Delhi
Gorakhpur
Jaipur
Kochi
Mumbai
Nagpur
Pondicherry
Rajkot

IRAN

Tehran

INDONESIA

Banda Aceh
Bandar Lampung
Bandung
Denpasar
Jakarta
Makassar
Malang
Manado
Medan
Padang
Palembang
Pekanbaru
Purwokerto
Semarang
Surabaya
Surakarta
Yogyakarta

JAPAN

Izumo
Nagasaki
Nagoya
Osaka
Yokohama

KINGDOM OF SAUDI ARABIA

Riyadh

MALAYSIA

Iskandar Puteri (Former Nusajaya)
Johor

MAURITIUS

TBA

MONGOLIA

TBA

NEPAL

TBA

OMAN

Muscat

PHILIPPINES

Clark–Pampanga
Davao City (Mindanao)
Manila

REPUBLIC OF KOREA

Seoul

SINGAPORE

Singapore

SRI LANKA

Colombo, Paradeniya (Kandy)

THAILAND

Bangkok, Chiang Mai,
Khon Kaen, Songkhla

UNITED ARAB EMIRATES (UAE)

Abu Dhabi

VIETNAM

Hanoi, Thai Nguyen

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PARTICIPATING COUNTRIES & CITIES

NORTH AMERICA

UNITED STATES OF AMERICA (USA)

Chapel Hill, North Carolina, NC
Charlottesville, Virginia, VA
Cleveland, Ohio, OH
Jacksonville, Florida, FL
Madison, Wisconsin, WI
Nashville, Tennessee, TN
New York City, New York, NY
Palo Alto, California, CA
Rochester, Minnesota, MN
San Antonio, Texas, TX

and ... US-Wide Webinars!!!

CANADA

For a Canada-Wide Webinar!!!

With Participating Experts from 5 cities:

Calgary, Halifax, Ottawa, Toronto, Vancouver

Across 4 provinces:

Alberta, British Columbia, Nova Scotia, and Ontario

For the In-Person Workshop

Banff, Alberta

LATIN AMERICA

BOLIVIA

La Paz

COLOMBIA

Bogota

COSTA RICA

San Jose

HONDURAS

Lima

MEXICO

Mexico city

PANAMA

Panama City

URUGUAY

Montevideo

OCEANIA

AUSTRALIA

Adelaide

Brisbane

Hobart

Melbourne

Perth

Sydney

NEW ZEALAND

Auckland

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COUNTRIES & CITIES LEADERS – REPRESENTATIVES

EUROPE

Leader: Sebastien Bloc (France)

AUSTRIA: Marcus Neumüller

- Steyr: Marcus Neumüller

BALTIC STATES: Arunas Gelmanas

- Kaunas (Lithuania): Arunas Gelmanas, Aiste Urbonaite

BELGIUM: Steve Coppens

- Brussels - Leuven: Steve Coppens

FRANCE: Sebastien Bloc

- Paris: Sebastien Bloc, Julien Raft
- La Reunion: Alexis Carpentier

GERMANY: Thomas Wiesmann

- Marburg: Benjamin Vojnar
- Schwäbisch Hall: Thomas Wiesmann

GREECE: Evmorfia Stavropoulou

- Athens: Kassiani Theodoraki
- Larissa: Elena Arnaoutoglou, Metaxia Bareka
- Ioannina: Georgia Micha, Petros Tzimas
- Rethymno: John Chronakis, Alexandros Makris
- Thessaloniki: Eleni Argyriadou, Eleni Koraki

POLAND: Andrzej Daszkiewicz, Wojciech Gola

- Katowice: Szymon Bialka
- Poznan: Tomasz Reysner, Małgorzata Reysner
- Szczecin: Agata Andrzejewska
- Warsaw: Marek Janiak

IRELAND: Conor Skerritt

- Dublin: David Moore
- Galway: Brian Kinirons, John MacDonnell
- Letterkenny: Jakub Hlasny, Louise Moran

ITALY: Romualdo Del Buono

- Castellanza: Romualdo Del Buono
- Rome: Antonio Clemente
- San Giovanni Rotondo: Raffaele Russo

NETHERLANDS: Kavita Houthoff Khemlani

- Eindhoven/ Veldhoven: Kavita Houthoff Khemlani

PORTUGAL: Lara Gonçalves Ribeiro

- Funchal: Mauro Mendonça & Filipa Rodrigues
- Ponta Delgada: João Borges
- Porto: Lara Gonçalves Ribeiro

ROMANIA: Dan Sebastian Dirzu

- Bucharest: Liliana Mirea
- Cluj – Napoca: Dan Sebastian Dirzu
- Craiova: Marius Novac
- Iasi: Irina Ristescu
- Targu – Mures: Janos Szederjesi
- Timisoara: Marius Papurica

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COUNTRIES & CITIES LEADERS – REPRESENTATIVES

EUROPE

Leader: Sebastien Bloc (France)

SCANDINAVIA - NORDIC COUNTRIES : Axel Sauter

- Denmark: Jens Børglum, Mathias Maargaard
- Finland: TBA
- Iceland: TBA
- Norway: Axel Sauter
- Sweden: Christian Bergek

SLOVAKIA: Michal Venglarcik

- Banska Bystrica: Peter Kenderessy

SLOVENIA: Ivan Kostadinov

- Ljubljana: Ivan Kostadinov

SPAIN: Vicente Roques

- Alicante: Jorge Hernando
- Barcelona: Carlos Morros
- La Coruna: Pablo Casas
- Madrid: Alejandro Ortega
- Marbella: Luis Valdes
- San Sebastian: Carlos Yarnoz
- Sevilla: Jose Manuel Lopez – Millan
- Valladolid: Maite Fernandez

SWITZERLAND: Andrea Saporito, Friedrich Lersch

- Bern: Friedrich Lersch

TURKEY: Ismet Topcu

- Ankara: Derya Ozkan
- Istanbul: Can Aksu
- Manisa: Ismet Topcu

UNITED KINGDOM: Nat Haslam

- England, Canterbury: Athmaja Thottungal
- England, Frimley: Madan Narayanan
- England, Hull: Balaji Packianathaswamy
- England, Newcastle Upon Tyne: Nat Haslam, Kiran Koneti
- England, Nottingham: Amr Hassan
- Wales, Bangor: Becki Marsh

UKRAINE: Dmytro Dmytriiev

- Ivano – Frankivsk: Yaroslav Semkovich
- Kiev: Kateryna Belka, Lurii Kuchyn
- Rivne: Maskym Barsa
- Vinnitsa: Dmytro Dmytriiev

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COUNTRIES & CITIES LEADERS – REPRESENTATIVES

AFRICA

Leaders: Ezzat Samy Aziz (Egypt), Mohamed Mostafa Mohamed (Egypt)

ALGERIA: Bouarroudj Norredine

- **Algiers:** Bouarroudj Norredine

ANGOLA: Silvina Pereira

- **Luanda:** Silvina Pereira

BURKINA FASO: Aida Zongo

- **Bobo Dioulasso:** David Saouadogo
- **Ouagadougou:** Aida Zongo

CAMEROON: Lionelle Tchokam

- **Garoua:** tbc
- **Yaounde:** Lionelle Tchokam

DEMOCRATIC REPUBLIC OF CONGO (DRC):

William Baracka

- **Kinshasa:** William Baracka

EGYPT: Ezzat Samy Aziz, Mohamed Mostafa

Mohamed, Amany Ayad

- **Benha:** Ziad Mohsen
- **Cairo:** Amany Ayad

GHANA: Ekor Oluwayemisi

- **Cape Coast:** Ekor Oluwayemisi

IVORY COAST: Kone Kadidja

- **Abidjan:** Kone Kadidja

KENYA: Sonia Lalla

- **Nairobi:** Sonia Lalla

LIBERIA: Suleiman Musa

- **Monrovia:** Suleiman Musa

LIBYA: Mohamed Tantoush

- **Tripoli:** Mohamed Tantoush

MALI: TBA

- **Bamako:** TBA

MOROCCO: Afak Nsiri

- **Casablanca:** Afak Nsiri

MOZAMBIQUE: Hamilton Arnaldo

- **Maputo:** Hamilton Arnaldo

NAMIBIA: Bronwyn Roopnarain,
Nondwe Mgoqo

- **Windhoek:** Kavezembua Kavari

RWANDA: Nyandwi Damascene

- **Kigali:** Nyandwi Damascene

SENEGAL: Mour Mammdou Traore

- **Dakar:** Mour Mammdou Traore

SOMALIA: Abdullahi Said Hashi

- **Mogadishu:** Abdullahi Said Hashi

SOMALILAND: Mubarak Mohamed Jama

- **Hargeisa:** Mubarak Mohamed Jama

SOUTH AFRICA: Francois Retief, Bronwyn
Roopnarain, Nondwe Mgoqo

- **Cape Town:** Kamini Singh
- **George:** Andre Theron
- **Johannesburg:** Maria Fourtounas
- **Mthatha:** Freddy Kabambi

UGANDA: Isabella Epiu

- **Kabale:** Isabella Epiu

ZAMBIA: Arthur Polela

- **Lusaca:** Arthur Polela

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ASIA & MIDDLE EAST-GULF

Leaders: Besthadi Suknomo (Indonesia), Suwimon Tangwiwat (Thailand)
& Justin Sangwook Ko (Republic of Korea)

BANGLADESH: Lutful Aziz

- **Chattogram:** Sanjida Hasan
- **Dhaka North:** Lutful Aziz
- **Dhaka South:** AKM Akhtaruzzaman
- **Rajshahi:** Jamil Raihan

CHINA: Manoj Karmakar

- **Beijing:** Yun Wang
- **Chengdu:** West China Hospital
- **Hang Zhou:** New Youth Anesthesia Forum
- **Hong Kong:** Manoj Karmakar

FIJI: Kartik Mudliar

- **Labasa:** Eunice Efesaitu
- **Lautoka:** Kartik Mudliar
- **Suva:** Yogen Deo Yogendeo,
Emily Fuakilau Eurvaru

INDIA: Vrushali Ponde

- **Bangalore:** S.K. Manjula
- **Bhuvaneshwar:** Ritesh Roy
- **Coimbatore:** Vipin Kumar Goel
- **Delhi:** Sandeep Diwan, Anju Gupta
- **Gorakhpur:** Santosh Kumar Sharma
- **Hyderabad:** Sunil Pandya
- **Jaipur:** Vandana Mangal
- **Kochi:** Sachin George
- **Mumbai:** Vrushali Ponde
- **Nagpur:** Bhuvaneshwari Balasubramanian
- **Pondicherry:** T. Sivashanmugam
- **Pune:** Sandeep Diwan, Anju Gupta
- **Rajkot:** Hetal Kumar Vadera

INDONESIA: Besthadi Suknomo

- **Banda Aceh:** Hum S. Rahmi
- **Bandar Lampung:** Hario Tri Handoko
- **Bandung:** Andy Prihartono
- **Denpasar:** Gusti Ngurah Mahaalit Aribawa
- **Jakarta:** Anggara Gilang Dwiputra
- **Makassar:** Nur Surya Wirawan
- **Malang:** Ristiawan Muji Laksono
- **Manado:** Barry Immanuel Kambey
- **Medan:** Tasrif Hamdi
- **Padang:** Rinal Effendi
- **Palembang:** Aidyl Fitriyah
- **Pekanbaru:** Tengku Arfi Sulaiman
- **Purwokerto:** Aunun Rofiq
- **Semarang:** Mochamat Mochamat
- **Surabaya:** Dedi Susila
- **Surakarta:** Bara Adhitya
- **Yogyakarta:** Farhan Ali Rahman

IRAN: Poupak Rahimzadeh

- **Tehran:** Poupak Rahimzadeh

JAPAN: Shinichi Sakura

- **Izumo:** Yuki Aoyama
- **Nagasaki:** Hiroaki Murata
- **Nagoya:** Yasuyuki Shibata
- **Osaka:** Kentaro Kida
- **Yokohama:** Itaru Watanabe

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& Justin Sangwook Ko (Republic of Korea)

KINGDOM OF SAUDI ARABIA: Ayman Mustafa

- **Riyadh:** Ayman Mustafa

MALAYSIA: Iskandar Bhalid

- **Iskandar Puteri, Johor:** Shahridan Mohd Fathil

MAURITIUS: Veekash Gobind

- **TBA:** Veekash Gobind

MONGOLIA: Enkhtuvshin Shagdar

- **TBA:** Enkhtuvshin Shagdar

NEPAL: Navindra Bista

- **TBA:** Navindra Bista

OMAN: Jyoti Burad

- **Muscat:** Jyoti Burad

PHILIPPINES: Dahlia Salanio-Arancel

- **Clark, Pampanga:** Lily Roxas-Jingco
- **Davao:** Dahlia Salanio-Arancel
- **Manila:** Penafancia Catangui Cano

REPUBLIC OF KOREA: Kim Hyungtae

- **Seoul:** Won Uk Koh

SINGAPORE: Ashokka Balakrishnan

- **Singapore:** Ashokka Balakrishnan

SRI LANKA: Vasanthi Pinto

- **Colombo:** Vasanthi Pinto
- **Paradeniya (Kandy):** TBA

THAILAND: Suwimon Tangwiwat

- **Bangkok:** Suwimon Tangwiwat
- **Chiang Mai:** Prangmalee Leurcharusmee
- **Khon Kaen:** Aumjit Wittayapairoj
- **Songkhla :** Jatuporn Pakpirom

UNITED ARAB EMIRATES (UAE):

Clara Lobo, Amara Salti

- **Abu Dhabi:** Clara Lobo, Amara Salti, Reda Tolba

VIETNAM: Cong Quyet Thang

- **Hanoi:** Vu Xuan Quang
- **Thai Nguyen:** Dang Quang Dung

Your Local Face-to-Face Meeting

There must be one city around you!

Joining Hands for a Pain Free Future Worldwide

2nd WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

WORLD DAY

Saturday, 25 January 2025

COUNTRIES & CITIES LEADERS – REPRESENTATIVES

NORTH AMERICA

Leaders: Stuart Grant (USA) & Vivian Ip (Canada)

UNITED STATES OF AMERICA (USA): Stuart Grant & Edward Mariano

- Chapel Hill, North Carolina: Stuart Grant
- Charlottesville, Virginia: Nabil Elkassabany, Iyabo Muse
- Cleveland, Ohio: Hesham Elsharkawy
- Jacksonville, Florida: Hari Kalagara
- Madison, Wisconsin: Kristopher Schroeder
- Nashville, Tennessee: Rajnish Gupta
- New York City, New York: Stephen Haskins
- Palo Alto, California: Edward Mariano
- Rochester, Minnesota: Adam Amundson, Beth Vander Wielen
- San Antonio, Texas: Maxim Eckmann

CANADA:

Vivian Ip & Vishal Uppal

- Calgary, Alberta: Vivian Ip
- Halifax, Nova Scotia: Vishal Uppal

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Saturday, 25 January 2025

COUNTRIES & CITIES LEADERS – REPRESENTATIVES

LATIN AMERICA

Leaders: Ana Eugenia Herrera (Costa Rica), Sidonia Suazo (Honduras) & Ana Schwartzman (Uruguay)

BOLIVIA: Julio Ramos

- La Paz: Julio Ramos

COLOMBIA: Viviana Mojica

- Bogota: Viviana Mojica

COSTA RICA: Oscar Ledezma

- San Jose: Oscar Ledezma

HONDURAS: Sidonia Suazo

- Tegucigalpa: Sidonia Suazo

MEXICO: Victor Blanco

- Mexico City: Victor Blanco

PANAMA: Stanley Wu Tai

- Panama city: Stanley Wu Tai

URUGUAY: Ignacio Cuevas

- Montevideo: Ignacio Cuevas

OCEANIA

Leader: Alwin Chuan (Sydney, Australia) & Katrina Webster (Hobart, Australia)

AUSTRALIA: Alwin Chuan

- Adelaide: Brigid Brown
- Brisbane: Andre Van Zundert, Fraser Morton, Megan Grigg, Leigh White
- Melbourne: Hosim Prasai Thapa, Michelle Chong
- Perth: TBA
- Sydney: Alwin Chuan

NEW ZEALAND: Alwin Chuan

- Auckland: Lora Pencheva, Alwin Chuan

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Joining Hands for a Pain Free Future Worldwide

2nd WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

WORLD DAY

Saturday, 25 January 2025

PARTICIPATING NATIONAL SOCIETIES OF REGIONAL ANAESTHESIA AND PAIN MEDICINE



ESRA FRANCE

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



UKGM
UNIVERSITÄTSKLINIKUM
GIESSEN UND MARBURG



Sociedad Europea de Anestesia
Regional y Tratamiento del Dolor
ESRA España



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WORLD DAY

Saturday, 25 January 2025

PARTICIPATING NATIONAL SOCIETIES OF REGIONAL ANAESTHESIA AND PAIN MEDICINE



CANADIAN ANESTHESIOLOGISTS' SOCIETY
Société canadienne des anesthésiologistes



ASN
ANESTHESIOLOGISTS SOCIETY OF NAMIBIA

Anesthésie CLUB



대한부위마취학회
Korean Society of Regional Anesthesia



maria
Manila Academy
of Regional Anesthesia



CU Medicine
The Chinese University of Hong Kong



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



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



AFRICAN
Society of
Regional
Anesthesia



Info and Registrations
esraeurope.org

SCIENTIFIC PROGRAMME (1)

08:00 – 08:30	VENUE: ARRIVALS – REGISTRATIONS
08:30 – 08:45	WELCOME MESSAGES & ADDRESSINGS
	Irina Ristescu : Opening of the Event
	Ioana Grigoras: Welcome Message
	Eleni Moka: Welcome Message – ESRA President
	Sister Societies Presidents: Welcome Messages
	Daniela Filippescu: Welcome Message from WFSA President
08:45 – 09:25	SESSION 1 – EXPERTS PANEL, PODCASTS & INTERACTIVE DISCUSSION
	«Sister Societies» Journal Club – We Have Read the Literature for You
	Chairperson(s): Irina Ristescu
	Video Podcast – Focus on Procedure Specific Postoperative Pain Management - PROSPECT Working Group
	Perioperative Pain Management: Irina Ristescu
	Video Podcast – Enhanced RA and Pain Medicine: Steven Coppens (Belgium)
	Chronic Pain: Mihaela Blaj
	Video Podcast – The most important articles I've read for POCUS in the last 12 months: Rosie Hogg (UK)
	Q&A – Discussion
09.25 - 09.45	SESSION 2 – EXPERTS PANEL, PODCAST & INTERACTIVE DISCUSSION
	«The Green» Club: Everything You need to Know about Environmental Sustainability
	Chairperson(s): Ioana Grigoras
	Environmental Sustainability in RA - Ioana Grigoras
	Video Podcast – Green Regional Anaesthesia: Vivian Ip (Canada)
	Q&A – Discussion
09.45 - 10.10	SESSION 3 – EXPERTS PANEL, LIVE DEMO & INTERACTIVE DISCUSSION
	The «Ultrasound» Club: Tips & Tricks for Mastering USGRA
	Chairpersons: Adi Ciumanghel
	How to Teach Ultrasound – Guided Peripheral Nerve Blocks - Adi Ciumanghel
	Practical Aspects of Ultrasound Imaging for Regional Anesthesia - Ianis Siriopol
	Q&A – Discussion
10.10 - 10.30	COFFEE BREAK
10.30 - 11.10	SESSION 4 – EXPERTS PANEL & INTERACTIVE DISCUSSION
	The «Joint» Club: Everything You Need to Know for RA procedures
	Chairperson(s): Mihaela Blaj, Adi Ciumanghel
	Evidence Based Practice – RA Application in Hip and Knee Surgery: Ana Liventa/Razvan Igna
	Evidence Based Practice – RA Application in Shoulder and Upper Limb Surgery – Olivia Strugaru/George Tudose
	Erector Spinae Block– Ianis Siriopol
11.10 – 13.30	Live demonstrations on human models and needle trainer
	Upper limb - Olivia Strugaru/ George Tudose
	Lower limb - Ana Liventa/Razvan Igna
	Erector Spinae Block – Ianis Siriopol/Edi Dumitras
13.30 – 14.15	LUNCH BREAK

SCIENTIFIC PROGRAMME (2)

13.30 – 14.15	LUNCH BREAK
14.15 - 14.40	SESSION 5 – EXPERTS PANEL, PODCAST & INTERACTIVE DISCUSSION
	The «AI» Club: What the Future Holds
	Chairperson(s): Prof Ioana Grigoras
	Advances and Utility of Artificial Intelligence (AI) in Regional Anaesthesia - Adi Ciumanghel
	Advances and Utility of Artificial Intelligence (AI) in Pain Medicine - Emilia Patrascanu
	Q&A – Discussion
14.40 -15.20	SESSION 6 – EXPERTS PANEL, PODCASTS & INTERACTIVE DISCUSSION
	The «Acute & Chronic Pain Medicine» Club: Everything You Need to Know to Avoid Pain
	Chairperson(s): Irina Ristescu
	Risk Factors for Chronic Postsurgical Pain – Madalin Manole
	Video Podcast – Perioperative Pain Management in Adults: Kariem El – Boghdadly (UK)
	Personalized Program for Postsurgical Pain: Ready for it? - Irina Ristescu
	Video Podcast – CPSP & TPS – the European Perspective: Patricia Lavand’homme (Belgium)
	Q&A – Discussion
15.20-15.50	SESSION 7 – EXPERTS PANEL, PODCAST, LIVE DEMO & INTERACTIVE
	The «Mother & Child» Club: Everything you need to know about Obstetric & Paediatric RA
	Chairperson(s): Costin Condac, Monica Enache
	Video Podcast – Obstetric RA & New Perspectives: Nuala Lucas (UK)
	Managing the Failing Epidural – Costin Condac
	POCUS in Obstetric Anaesthesia – Eduard Dumitras
	Q&A – Discussion
15.50-16.10	COFFEE BREAK
16.10-18.20	Live demonstrations on human models and part task trainer
	Epidural, Combined Spinal Epidural – Liliana Nastase, Olivia Strugaru
	Neuraxial Ultrasound – Eduard Dumitras, Irina Ristescu
	TAP Block – Ianis Siriopol, Costin Condac
18.20-18.30	END OF 2nd WORLD DAY: QUESTIONS – COMMENTS – DISCUSSION

