



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



European Society of Regional Anaesthesia  
**HELLAS**

# 2<sup>nd</sup> WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

Under the Auspices of

- Hellenic society of Anaesthesiology
- Faculty of Medicine, School of Health Sciences, University of Thessaly
- Anaesthesiology Clinic, Faculty of Medicine, School of Health Sciences, University of Thessaly
- MSc “Algology and Palliative Care”

Saturday, 25 January 2025

“Hippokrates” Auditorium – Lectures Hall, Faculty of Medicine,  
University of Thessaly, Viopolis Building  
Larissa, GREECE

# WORLD DAY

- *Free registration for ESRA Europe – ESRA Hellas Members*
- *8 CME Credits*

Endorsed by



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



**WDRAPM**  
WORLD DAY OF REGIONAL  
ANAESTHESIA AND PAIN MEDICINE

Registrations & Info  
[www.esrahellas.gr](http://www.esrahellas.gr)  
[info@esrahellas.gr](mailto:info@esrahellas.gr)



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Society of  
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Anaesthesia



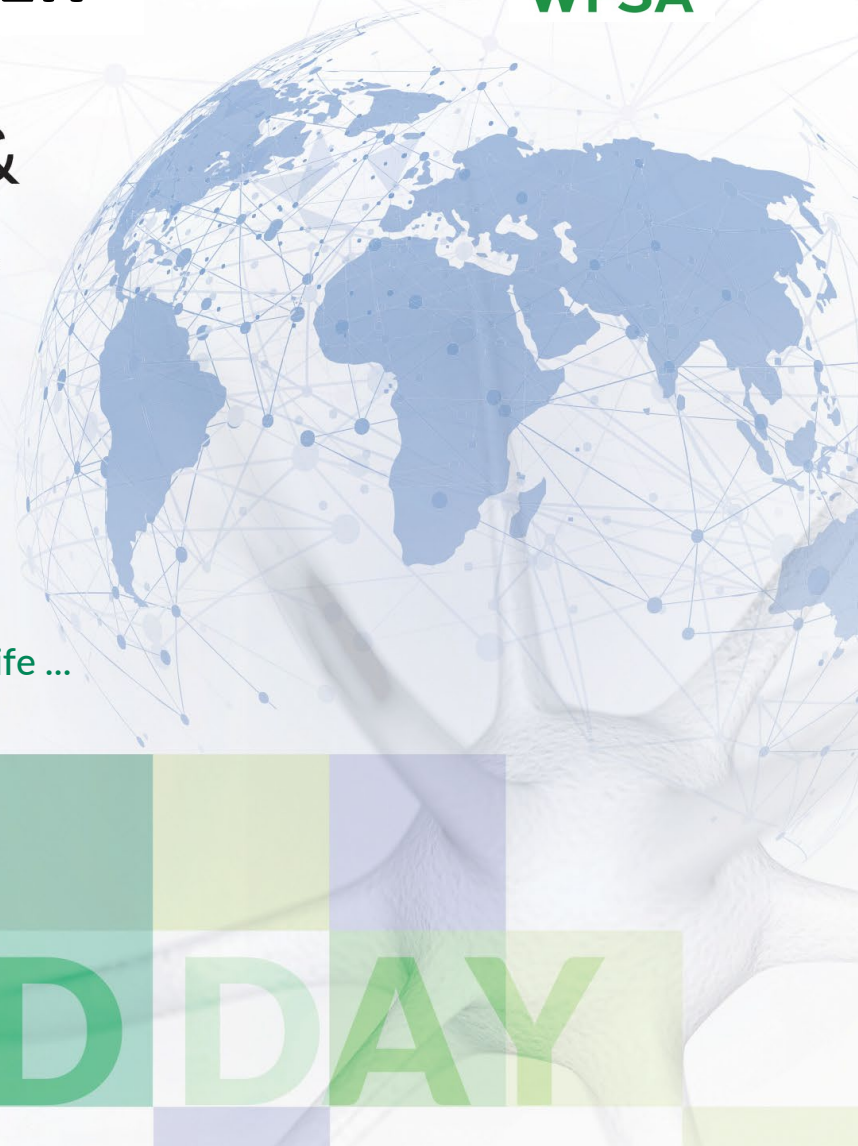
Joining Hands for  
a Pain Free Future Worldwide

# 2<sup>nd</sup> WORLD WEEK OF REGIONAL ANAESTHESIA & PAIN MEDICINE

18 to 25 January 2025

- Connecting Together ...
- Sharing Best Practices ...
- Advancing Research ...
- Relieving Pain ...
- Improving Patients' Quality of Life ...

Endorsed by



# WORLD DAY

Info  
[esraeurope.org](http://esraeurope.org)

A GLOBAL CALL TO ACTION  
Together We Can Make The Difference !!!



**WWRAPM**  
WORLD WEEK OF REGIONAL  
ANAESTHESIA AND PAIN MEDICINE



ESRA Office: Rue de Chantepoulet 10, 1201 Geneva, Switzerland  
Email: [office@esraeurope.org](mailto:office@esraeurope.org)





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Joining Hands for  
a Pain Free Future Worldwide

# 2<sup>nd</sup> WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

Saturday, 25 January 2025

- One Day, One Week ...
- One Common Scientific Program ...
- Simultaneously ...
- More than +70 Participating Countries ...
- In over +150 Cities across all Continents ...

Endorsed by



# WORLD DAY

Info  
[esraeurope.org](http://esraeurope.org)

Your Local Face-to-Face Meeting  
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WORLD DAY OF REGIONAL  
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Joining Hands for a Pain Free Future Worldwide

**2<sup>nd</sup> 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**

- Fani Alevrogianni (Greece)



**Endorsed by**



## **Sister Societies & Continents Leaders – Representatives**

### **ASRA Pain Medicine: USA**

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

### **CAS RA Section: Canada**

Vivian Ip (Calgary, Alberta, Canada)  
Vishal Uppal (Halifax, Canada)

### **LASRA: Latin America**

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

### **AFSRA: Africa**

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

### **AOSRA Pain Medicine: Asia**

Besthadi Suknomo (Indonesia)  
Suwimon Tangwiwat (Thailand)

### **AOSRA Pain Medicine: Oceania**

(Australia & New Zealand)  
Alwin Chuan (Sydney)

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Joining Hands for a Pain Free Future Worldwide

2<sup>nd</sup> WORLD DAY

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& PAIN MEDICINE

WORLD DAY

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 & Pain Medicine**, an initiative of ESRA, in close collaboration with our Sister Societies—AFSRA, ASRA Pain Medicine, AOSRA Pain Medicine, and LASRA. From Saturday, 18th January to Saturday, 25th January 2025, the global medical community will once again unite to shine a spotlight on the transformative fields of Regional Anaesthesia (RA) and Pain Medicine 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 **World Week and 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 Week of Regional Anaesthesia and Pain Medicine, I extend my 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 toward 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

## 2<sup>nd</sup> WORLD DAY

OF REGIONAL ANAESTHESIA  
& PAIN MEDICINE

# WORLD DAY

Saturday, 25 January 2025

## ESRA Hellas Directory Board



European Society of Regional Anaesthesia  
**HELLAS**

### President

Evmorfia Stavropoulou (Athens, Greece)

### Vice President

Eleni Moka (Heraklion – Crete, Greece)

### General Secretary

Kassiani Theodoraki (Athens, Greece)

### Specific Issues Secretary

Krystallia Vitoula (Athens, Greece)

### Treasurer

Alexandros Makris (Athens, Greece)

### Members

- Metaxia Bareka (Larissa, Greece)
- Emmanouil Gkliatis (Athens, Greece)

### Trainees Representative

- Fani Alevrogianni (Athens, Greece)

## 2<sup>nd</sup> World Week & 2nd World Day Committee / Greece

### National Coordinator

Evmorfia Stavropoulou, Athens, Greece

### Cities Representatives

#### Athens

Kassiani Theodoraki  
Krystallia Vitoula

#### Thessaloniki

Elena Argyriadou  
Eleni Koraki

#### Larissa

Eleni Arnaoutoglou  
Metaxia Bareka

#### Ioannina

Petros Tzimas  
Georgia Micha

#### Rethymnon – Crete

Ioannis Chronakis  
Alexandros Makris

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Info and Registrations  
[esraeurope.org](http://esraeurope.org)

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**& PAIN MEDICINE**



European Society of Regional Anaesthesia  
**HELLAS**

**Saturday, 25 January 2025**

## **WELCOME MESSAGE**

*Dear Colleagues, Dear Friends*

It is with great pleasure and honor that we welcome you to the **2nd World Day of Regional Anaesthesia and Pain Therapy**, which will take place on **Saturday, January 25, 2025**, under the auspices of the European Society of Regional Anaesthesia & Pain Therapy (ESRA), in collaboration with National Societies of Regional Anaesthesia.

This year, this initiative expands even further, encompassing participation from **more than 150 cities across 5 continents!** We are proud and delighted that the Greece-Cyprus Zone will participate with **five cities: Athens, Thessaloniki, Larissa, Ioannina, and Rethymnon.**

This day represents a unique opportunity for interactive exchange of ideas, training, and engagement among experienced and trainee anesthesiologists from around the globe. Our goal is to promote innovation and connect theory with clinical practice in the field of Regional Anaesthesia and Pain Therapy.

Through this scientific “celebration,” we continue to promote excellence, continuous education, and specialization, enhancing the quality of care we provide to our patients. Your participation is crucial for the success of this initiative and for the ongoing development of our field.

Registration is offered free of charge by the **ESRA Hellas Board** to Greek and Cypriot anesthesiologists, with the sole requirement being the renewal or activation of your membership in ESRA (ESRA Europe – ESRA Hellas Joint Membership) for the year 2025.

We warmly invite you to actively participate and contribute to this international effort with a spirit of collaboration and innovation.

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

*With Cordial Greetings*

**Evmorfia Stavropoulou (Athens, Greece)**

ESRA Hellas President  
Greece National Coordinator



**Your Local Face-to-Face Meeting**

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# 2<sup>nd</sup> WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

Saturday, 25 January 2025

DETAILED SCIENTIFIC PROGRAM  
Larissa, Greece

WORLD DAY

Info  
[esraeurope.org](http://esraeurope.org)

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**WDRAPM**  
WORLD DAY OF REGIONAL  
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& PAIN MEDICINE**

WORLD DAY

**Saturday, 25 January 2025**



**2<sup>nd</sup> World Week & 2nd World Day  
Local Committee  
Larissa, Greece**

**Co-ordinators**

Elena Arnaoutoglou

Metaxia Bareka

**Members**

Maria Ntalouka

Aikaterini Bouzia

Maria Mermiri

Anastasia Kourti

Athanasios Chatzis

Ioanna Vatsiou

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& PAIN MEDICINE**

WORLD DAY

**Saturday, 25 January 2025**

**08:00 – 08:30**

**ARRIVAL – REGISTRATIONS**

**08:30 – 09:00**

**WELCOME MESSAGES & ADDRESSINGS**

**Eleni Arnaoutoglou:** Professor of Anesthesiology, Director of MSc “Algology and Palliative Care”  
**Evmorfia Stavropoulou:** Welcome Message (via live streaming)  
**Sebastien Bloc:** Welcome Message – Chair of Event (via live streaming)  
**Eleni Moka:** Welcome Message – ESRA President (via live streaming)  
**Sister Societies Presidents:** Welcome Messages  
**Daniela Filippescu:** Welcome Message from WFSA President  
**Theophilos Karachalios:** President of the Faculty of Medicine, School of Health Sciences, University of Thessaly

**09:00 – 10:00**

**SESSION 1 – EXPERTS PANEL, PODCASTS & INTERACTIVE DISCUSSION**

**«Sister Societies» Journal Club – We Have Read the Literature for You**

**Chairperson(s):** Metaxia Bareka, Athanasia Vaitisi

09:00 – 09:10

**Regional Anaesthesia:** Maria Mermiri

09:10 – 09:15

**Video Podcast – Perioperative Pain Management in Adults:** Kariem El – Boghdadly (UK)

09:15 – 09:25

**Chronic Pain:** Alexandra Charalampidou

09:25 – 09:30

**Video Podcast – Regional Anesthesia and ERAS** Steven Coppens (Belgium)

09:30 – 09:40

**Basics of POCUS for Anaesthesiologists:** Vasiliki Tsolaki

09:40 – 09:45

**Video Podcast – The most important articles I've read for POCUS in the last 12 months:** Rosie Hogg (UK)

09:45 – 10:00

**Q&A – Interactive Discussion**

**10:00 – 10:45**

**SESSION 2 – EXPERTS PANEL & INTERACTIVE DISCUSSION**

**The «Joint» Club: Everything You Need to Know for Foot & Ankle Procedures**

**Chairperson(s):** Theophilos Karachalios, Eleni Arnaoutoglou

10:00 – 10:10

**Back to Basics: Ankle and Foot Anatomy:** Christina Arnaoutoglou

10:10 – 10:20

**Regional Anaesthesia Applications in Foot and Ankle Surgery:** Aikaterini Kalampokini

10:20 – 10:30

**How I Do it – PROs & CONs of Different Practices:** Metaxia Bareka

10:30 – 10:45

**Q&A – Interactive Discussion**

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|                      |   |
|----------------------|---|
| <b>10:45 – 11:15</b> | <b>COFFEE BREAK</b>   |
| <b>11:15 – 11:50</b> | <b>SESSION 3 – EXPERTS PANEL, LIVE DEMO &amp; INTERACTIVE DISCUSSION</b><br><br>The «Ultrasound» Club: Tips & Tricks for Mastering USGRA<br>Chairperson(s): Metaxia Bareka  |
| 11:15 – 11:25        | Video Podcast - How to Teach Ultrasound – Guided Peripheral Nerve Blocks: Eleni Koraki (video)  |
| 11:25 – 11:35        | Video Podcast – Everything You Need to Know About Neuraxial Anaesthesia: Evmorfia Stavropoulou (video)  |
| 11:35 – 11:50        | Q&A – Interactive Discussion  |
| <b>11:50 – 12:25</b> | <b>SESSION 4 – EXPERTS PANEL, PODCAST &amp; INTERACTIVE DISCUSSION</b><br><br>The «AI» Club: What the Future Holds<br>Chairperson(s): Ioannis Tsoungkos, Konstantinos Stamoulis                                       |
| 11:50 – 12:00        | Advances and Utility of Artificial Intelligence (AI) in Regional Anaesthesia: Maria P Ntalouka  |
| 12:00 – 12:10        | Advances and Utility of Artificial Intelligence (AI) in Pain Medicine: Maria P Ntalouka   |
| 12:10 – 12:25        | Q&A – Interactive Discussion  |
| <b>12:25 – 12:55</b> | <b>SESSION 5 – FUNNY SESSION / «ESCAPE» GAME IN REGIONAL ANAESTHESIA</b>  |
| <b>12:55 – 13:45</b> | <b>LUNCH BREAK</b>  |
| <b>13:45 – 14:15</b> | <b>SESSION 5 – EXPERTS PANEL, PODCAST &amp; INTERACTIVE DISCUSSION</b><br><br>«The Green» Club: Everything You need to Know about Environmental Sustainability<br>Chairperson(s): Efi Karagiorgou, Alexandros Korakis |
| 13:45 – 13:50        | Video Podcast – Green Regional Anaesthesia: Vivian Ip (Canada)  |
| 13:50 – 14:00        | Environmental Benefits of RA – What Do We Know: Ioanna Vatsiou  |
| 14:00 – 14:15        | Q&A – Interactive Discussion  |

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## 2<sup>nd</sup> WORLD DAY

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# WORLD DAY

**Saturday, 25 January 2025**

|                      |  |
|----------------------|--|
| <b>14:15 – 15:10</b> | <b>SESSION 6 – EXPERTS PANEL, PODCASTS &amp; INTERACTIVE DISCUSSION</b>  |
|                      | <b>The «Acute &amp; Chronic Pain Medicine» Club: Everything You Need to Know to Avoid Pain</b><br>Chairperson(s): Alexandra Charalampidou, Elena Logotheti |
| 14:15 – 14:25        | <b>Risk Factors for Chronic Postsurgical Pain:</b> Anastasia Kourti  |
| 14:25 – 14:35        | <b>Biomarkers for Chronic Pain – Current Evidence:</b> Aikaterini Mpouzia  |
| 14:35 – 14:45        | <b>Personalized Program for Postsurgical Pain: Are we ready for it?</b> Georgios Stefanakis  |
| 14:45 – 14:50        | <b>Video Podcast – CPSP &amp; TPS – the European Perspective:</b> Patricia Lavand’homme (Belgium)  |
| 14:50 – 15:10        | <b>Q&amp;A – Discussion</b>  |
| <b>15:10 – 15:35</b> | <b>SESSION 7 – EXPERTS PANEL, LIVE DEMO &amp; INTERACTIVE DISCUSSION</b>   |
|                      | <b>The «Mother &amp; Child» Club: Everything you need to know about Obstetric &amp; Paediatric RA</b><br>Chairperson(s): Alexandros Daponte, Ioanna Grivea |
| 15:10 – 15:15        | <b>Video Podcast – Obstetric RA &amp; New Perspectives:</b> Nuala Lucas (UK)   |
| 15:15 – 15:25        | <b>Managing the Failing Epidural:</b> Elena Logotheti  |
| 15:25 – 15:35        | <b>LIVE DEMO – Basic Pediatric Blocks:</b> Metaxia Bareka  |
| 15:35 – 16:00        | <b>Q&amp;A – Discussion</b>  |
| <b>16:00 – 16:30</b> | <b>SESSION 8 – ON LINE QUIZZ</b>   |
|                      | <b>Chairperson(s):</b> Metaxia Bareka  |
| 16:00 – 16:15        | <b>Green RA – Environmental Sustainability</b><br>Quiz to be completed by participants   |
| 16:15 – 16:30        | <b>Q&amp;A – Discussion</b>  |
| <b>16:30 – 16:45</b> | <b>COFFEE BREAK</b>  |

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## 2<sup>nd</sup> WORLD DAY

### OF REGIONAL ANAESTHESIA & PAIN MEDICINE

# WORLD DAY

Saturday, 25 January 2025

16:45 – 18:25

#### SESSION 9 – HANDS ON CLINICAL WORKSHOPS

**Workshop Leader:** Metaxia Bareka

| Motor Sparing Blocks for Knee Surgery<br>Aikaterini Kalampokini<br>Ioanna Vatsiou | Phrenic Sparing Blocks for Shoulder Surgery<br>Aikaterini Tsiaka<br>Aikaterini Bouzia | Abdominal Wall Blocks<br>Maria P Ntalouka<br>Anastasia Kourti | Thoracic Wall Blocks<br>Metaxia Bareka<br>Maria Mermiri |
|---|---|---|---|
|---|---|---|---|

16:45 – 17:10

Group A

Group B

Group C

Group D

17:10 – 17:35

Group B

Group C

Group D

Group A

17:35 – 18:00

Group C

Group D

Group A

Group B

18:00 – 18:25

Group D

Group A

Group B

Group C

4 Workstations, 4 Groups, 25 min per Workstation

18:25 – 18:45

#### END OF 2<sup>nd</sup> WORLD DAY: QUESTIONS – COMMENTS – DISCUSSION

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**Saturday, 25 January 2025**

## **FACULTY – LARISSA**

**Arnautoglou Eleni**

Professor of Anaesthesiology, Chair, Department of Anaesthesiology, Faculty of Medicine, School of Health Sciences, University of Thessaly, Larissa University Hospital Director of MSc “Algology and Palliative Care”

**Arnautoglou Christina**

Senior Consultant Orthopaedic Surgeon, Orthopaedic Clinic, University Hospital of Larissa

**Bareka Metaxia**

Assistant Professor of Anaesthesiology, Faculty of Medicine, School of Health Sciences, University of Thessaly

**Bloc Sébastien**

Anaesthesiologist, Clinique Drouot Sport, Paris

**Bouzia Aikaterini**

Consultant Anaesthesiologist, Larissa University Hospital

**Coppens Steven**

Anesthesiologist, Department of Anesthesiology, Universitair Ziekenhuis Leuven, UZ Leuven, Belgium

**Daponte Alexandros**

Professor of Obstetrics and Gynecology, Faculty of Medicine, School of Health Sciences, University of Thessaly

**El Bogdadhly Kariem**

Anaesthesiologist, Department of Anaesthesia and Perioperative Medicine, Guy's and Saint Thomas' NHS Foundation Trust, London

**Grivea Ioanna**

Professor of Paediatrics, Faculty of Medicine, School of Health Sciences, University of Thessaly

**Hogg Rosie**

Anesthesiologist, Department of Anaesthesia, Belfast Health and Social Care Trust, Belfast, UK.

**Ip Vivian**

Anesthesiologist, Department of Anesthesiology, Perioperative and Pain Medicine, Cumming School of Medicine, University of Calgary, Calgary, AB, Canada

**Kalampokini Aikaterini**

Consultant Anaesthesiologist, General Hospital of Trikala

**Karagiorgou Efi**

Anesthesiologist, Director of Anesthesiology Department, General Hospital of Karditsa

**Karachalios Theophilos**

Professor of Orthopaedics, Faculty of Medicine, School of Health Sciences, University of Thessaly, President of Faculty of Medicine, School of Health Sciences, University of Thessaly

**Korakis Alexandros**

Consultant Anaesthesiologist, General Hospital of Trikala

**Kourti Anastasia**

Resident in Anesthesiology, Larissa University Hospital

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## **FACULTY – LARISSA**

**Lavand'homme Patricia**

Anaesthesiologist, Institute of Neuroscience (IoNS), UCLouvain, Brussels, Belgium.

**Logotheti Elena**

Anesthesiologist, Director of Anesthesiology Department, General Hospital of Volos "Achillopouleio"

**Lucas Nuala**

Senior Consultant Anaesthesiologist, Northwick Park Hospital, Harrow UK, President Elect of OAA (Obstetrics Anaesthesia Association), Chair of OAA Education SC, Member of OAA Research & Grants SC, Member of OAA Guidelines SC, IJOA representative

**Mermiri Maria**

Resident in Anesthesiology, Larissa University Hospital

**Moka Eleni**

Anesthesiologist, President of ESRA, EDRA Examiner, Vice President ESRA Hellas, Director, Anesthesiology Department, Private Clinic Creta InterClinic, Heraklion, Crete

**Ntalouka Maria**

Consultant Anesthesiologist, Larissa University Hospital

**Stamoulis Konstantinos**

Senior Consultant Anesthesiologist, Larissa University Hospital

**Stefanakis George**

Assistant Professor of Anaesthesiology, Faculty of Medicine, School of Health Sciences, University of Thessaly

**Tsiaka Aikaterini**

Anesthesiologist, IASO general Clinic

**Tsolaki Vasiliki**

Consultant Pneumonologist – Intensivist, Intensive Care Medicine Clinic, Larissa University Hospital

**Tsougos Ioannis**

Professor of Medical Physics, Faculty of Medicine, School of Health Sciences, University of Thessaly

**Vaitsi Athanasia**

Anesthesiologist, Director of Anesthesiology Department, General Hospital of Larissa "Kotlimpaneio – Triantafilleio"

**Vatsiou Ioanna**

Resident in Anesthesiology, Larissa University Hospital

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## PARTICIPATING COUNTRIES & CITIES

### EUROPE

#### AUSTRIA

Steyr

#### BALTIC STATE

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

#### THE 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, Iceland, Finland  
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

Frimley, Hull, Kent, Newcastle Upon Tyne  
Nottingham, Wales

#### UKRAINE

Ivano–Frankivsk, Kiev, Rivne, Vinnitsa

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

Joining Hands for a Pain Free Future Worldwide

## 2<sup>nd</sup> WORLD DAY

OF REGIONAL ANAESTHESIA  
& PAIN MEDICINE

WORLD DAY

Saturday, 25 January 2025

### PARTICIPATING COUNTRIES & CITIES

## AFRICA

### ALGERIA

Algiers

### ANGOLA

Luanda

### BURKINA FASO

Bobo Dioulasso  
Ouagadougou

### CAMEROON

Yaounde

### DEMOCRATIC REPUBLIC OF CONGO (DRC)

Kinshasa

### EGYPT

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

Bloemfontein, Cape Town  
George, Johannesburg  
Mthatha, Nelspruit  
Potchefstroom  
Somerset West

### UGANDA

Kabale

### ZAMBIA

Lusaca

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## ASIA – MIDDLE EAST

### BANGLADESH

Dhaka North  
Dhaka South

### CHINA

Chengdu, Hong Kong

### INDIA

Bangalore, Bhuvanewar  
Chandigarh, Cochin  
Coimbatore, Faridabad  
Indore, Jaipur, Kolkata  
Ludhiana, Mumbai  
Odissa, Patna, Pune, Varanasi

### INDONESIA

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

### IRAN

Tehran

### JAPAN

Izumo, Nagasaki, Nagoya  
Sendai

### KINGDOM OF SAUDI ARABIA

Riyadh

### MALAYSIA

Iskandar Puteri  
(former Nusajaya), Johor

### NEPAL

TBA

### OMAN

Muscat

### PHILIPPINES

Clark – Pampanga  
Davao City (Mindanao)  
Manila

### SINGAPORE

Singapore

### SOUTH KOREA

Seoul

### SRI LANKA

Paradeniya (Kandy)

### THAILAND

Bangkok, Chiang Mai  
Khon Kaen, Songkhla

### UNITED ARAB EMIRATES (UAE)

Abu Dhabi

### VIETNAM

DaNang City, HaNoi  
ThaiNguyen

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## NORTH AMERICA

### UNITED STATES OF AMERICA (USA)

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

and ... US-Wide Webinars !!!

### CANADA

for a Canada - Wide Webinar !!!  
with participating experts from Alberta,  
Calgary, Halifax, London Ontario, Ottawa,  
Toronto, Vancouver ...

Plus, in person US Guided RA Workshop !!!  
Banff, Alberta

## LATIN AMERICA

### BOLIVIA

La Paz

### COLOMBIA

Bogota

### COSTA RICA

San Jose

### HONDURAS

Tegucigalpa

### MEXICO

Mexico City

### PANAMA

Panama City

### URUGUAY

Montevideo

## OCEANIA

### AUSTRALIA

Adelaide, Brisbane, Hobart, Melbourne  
Perth, Sydney

### NEW ZEALAND

Auckland, Christchurch

Australian & New Zealand - Wide Webinars

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a Pain Free Future Worldwide

# 2<sup>nd</sup> WORLD WEEK & 2<sup>nd</sup> WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE



# WORLD DAY

Endorsed by



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Your Local Face-to-Face Meeting  
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