



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



AFRICAN  
Society of  
Regional  
Anesthesia



SASRA  
SOUTH AFRICAN SOCIETY OF REGIONAL ANAESTHESIA



**NATIONAL ORGANISERS: South Africa:**

Joining Hands for  
a Pain Free Future Worldwide

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One day. One programme.  
In all Continents  
Simultaneously.

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

Saturday 25<sup>th</sup> January 2025

**SAVE THE DATE!**

**LOCAL ORGANISERS:**

Cape Town:

- **Dr Kamini Singh**  
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George:

- **Dr Andre Theron**  
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- **Dr Maria Fourtounas**  
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- **Dr Freddy Kabambi**  
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Namibia:

- **Dr Kavezembua Kavari**  
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*contact someone in a city close to you to  
secure your registration!*

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



ESRA Office: Rue de Charlepouët 10, 1201 Geneva, Switzerland  
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Info and Registrations  
[esraeurope.org](http://esraeurope.org)



Joining Hands for a Pain Free Future Worldwide

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

Saturday, 25th January 2025

07:30 - 08:00	REGISTRATION	
08:00 - 08:30	<b>Welcome messages</b>	
	City rep	Opening of event
08:30 - 09:00	<b>Session 1</b>	<b>Podcasts &amp; interactive discussion</b>
		Videos from ESRA
09:00 - 09:45	<b>Session 2</b>	<b>We have read the literature for you: Sister Societies Journal Club</b>
	09:00 - 09:15	Regional anaesthesia for chronic pain
	09:15 - 09:30	POCUS
	09:30 - 09:45	Q&A and discussion for Session 1 - 2
09:45 - 10:30	<b>Session 3</b>	<b>The "Joint Club": Everything you need to know for foot &amp; ankle procedures</b>
	09:45 - 10:00	Evidence based practice: RA application in foot & ankle surgery
	10:00 - 10:15	How I do it: Pro & Con of different practices
	10:15 - 10:30	Q & A and discussion for Session 3
10:30 - 11:15	<b>Session 4</b>	<b>The "Ultrasound Club": Tips &amp; tricks for mastering</b>
	10:30 - 10:45	POCUS in obstetric anaesthesia
	10:45 - 11:00	All about neuraxial ultrasound
	11:00 - 11:15	Q&A and discussion for Session 4
11:15 - 11:45	COFFEE BREAK	
11:45 - 12:30	<b>Session 5</b>	<b>The "Green Club": Everything you need to know about Environmental Sustainability</b>
	11:45 - 12:00	Strategies for Environmental Sustainability: How can we start & or do more? + Environmental benefits of RA
12:00 - 12:15	<b>Session 6</b>	<b>The "Acute &amp; Chronic Pain Medicine Club": Everything you need to know to avoid pain</b>
	12:00 - 12:15	Risk Factors for chronic post-surgical pain + Personalised programme for post-surgical pain: ready for it?
	12:15 - 12:30	Q&A discussion for Session 5 & 6
12:30 - 13:30	LUNCH BREAK	
13:30 - 17:00	Hands on clinical WORKSHOPS	

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