



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

ASRA
PAIN MEDICINE



AFRICAN
Society of
Regional
Anaesthesia



Joining Hands for
a Pain Free Future Worldwide

WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE 3rd Edition

Equity, Access, Relief

Saturday, 31 January 2026

The Spitfire Ground Kent Cricket Club

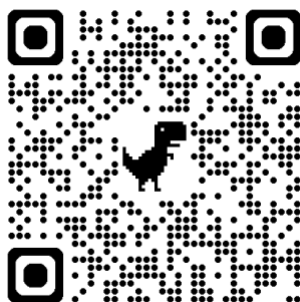
<https://bookcpd.com/course/3rd-world-day-rapm-canterbury>



NHS

East Kent
Hospitals University
NHS Foundation Trust

Canterbury
Forum



Residents £50*
ESRA/RAUK members £50
Standard £75

CPD points applied for

**Registered residents are eligible for 50% off ESRA 2026 membership fee*



WDRAPM
WORLD DAY OF REGIONAL
ANAESTHESIA AND PAIN MEDICINE

RAUK

Local organisers

Dr Athmaja Thottungal

Dr Dragan Nenadic

rapmcourse.eastkent@gmail.com

08:15 – 08:45	Registration
08:45 – 08:50	Welcome and Introduction
08:50 – 09:00	Message from the ESRA Office

Morning Sessions 09:00 – 13:00

09:00 – 10:00	Session 1 Equity Club – RA in Perioperative Care	
09:00 – 09:15	WHO ladder and beyond	Dr. Velliyottilom Parameswaran
09:15 – 09:30	Role of block room – the future for sustainability	Dr. Dragan Nenadic
09:30 – 09:45	POPOS – the missing puzzle piece of perioperative care	Dr. Athmaja Thottungal
09:45 – 10:00	Q&A	
10:00 – 10:50	Session 2 Innovation Club – Personalised Pain Management	
10:00 – 10:15	GIRFT – Role of RA and chronic pain management	TBA
10:15 – 10:30	RA beyond ERAS – Role of RA in perioperative care	Dr. Bruce Young
10:30 – 10:45	Men are from Mars; Women are from Venus – sex and gender difference in Pain	Dr. Athmaja Thottungal
10:45 – 10:50	Q&A	
10:50 – 11:15	Coffee Break ☕	
11:15 – 12:00	Session 3 Rescue Club – Beyond Local Anaesthetic	
11:15 – 11:30	How to prolong RA blocks – RA tips and tricks	Dr. Shyam Laxman
11:30 – 11:45	Neuromodulatory techniques from chronic pain world	Dr. Jyothi Shinde
11:45 – 11:55	Human factors and team building for the success of RA programmes and ESRA lectures	TBA
11:55 – 12:00	Q&A	
12:00 – 12:30	Session 4 Relief club – RA Beyond Operating theatres	
12:00 – 12:15	Best RA blocks for emergency department physicians	Dr. Syed Gilani
12:15 – 12:30	Role of RA blocks in intensive care	Dr. Ritoo Kapoor
12:30 – 13:00	Session 5 Live demonstrations – Beyond Plan A Blocks	
12:30 – 13:00	Transitional pain blocks – personalised and integrated blocks for post-surgical pain: Are you ready for it? Live demo of transitional pain blocks	All faculty
13:00 – 13:45	Lunch	

Afternoon Workshops 13:45 – 17:00

Delegates have the option to rotate through *Core Workshops* (predominantly Plan A) or *Advanced Workshops* (Plan B, C, D etc) depending on experience

13:45 – 14:30	<i>Upper Limb</i> Core: Interscalene, Axillary etc Advanced: Superior trunk, Infraclavicular, DSN, Stellate ganglion etc.
14:30 – 15:15	<i>Thorax</i> Core: ESP, IPPB, SAPB etc. Advanced: PVB, Suprascapular (posterior), Intercostal etc.
15:15 – 15:30	Movement Break 🚶
15:30 – 16:15	<i>Abdomen</i> Core: Rectus sheath, TAP etc. Advanced: IIN, IHN, Genitofemoral, QLB etc.
16:15 – 17:00	<i>Lower Limb</i> Core: Femoral, adductor canal, popliteal etc. Advanced: SIFIB, PENG, Genicular, Obturator etc.
17:00 – 17:30	Any block you want – Common demonstration, Q&A + Farewell