

**World Day of Regional Anesthesia and Pain Medicine – 3<sup>rd</sup> Edition 10am ET 31<sup>st</sup> January, 2026.**

**Theme: Equity, Access and Relief**

**Local Sub-theme: Get the best out of Regional Anesthesia**

10.00am-10.05am – Introduction of session	Vivian Ip & Ahtsham Niazi
10.05am-10.10am – Introduction of speakers	Peter Rose
10.10am-10.27am – Opioid reduction in the perioperative period	Ahtsham Niazi
10.28am-10.45am – How can Regional Anesthesia be environmentally Sustainable?	Joanna Fifen & Vivian Ip
10.45am-11.02am – Is the use of local anesthetic and mixing adjuvants in Regional Anesthesia the best?	Tim Jen
11.02am-11.30am – Q+A	Peter Rose