



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



Regional Anaesthesia for Equity,
Access, and Relief of Pain for Enhanced
Perioperative Care and Beyond

Saturday, 31 January 2026
The Spitfire Ground Kent Cricket Club

NHS
East Kent
Hospitals University
NHS Foundation Trust

Canterbury
Forum

WORLD DAY

Your Local Face-to-Face Meeting

<https://bookcpd.com/node/930>



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

6 CPD points

**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

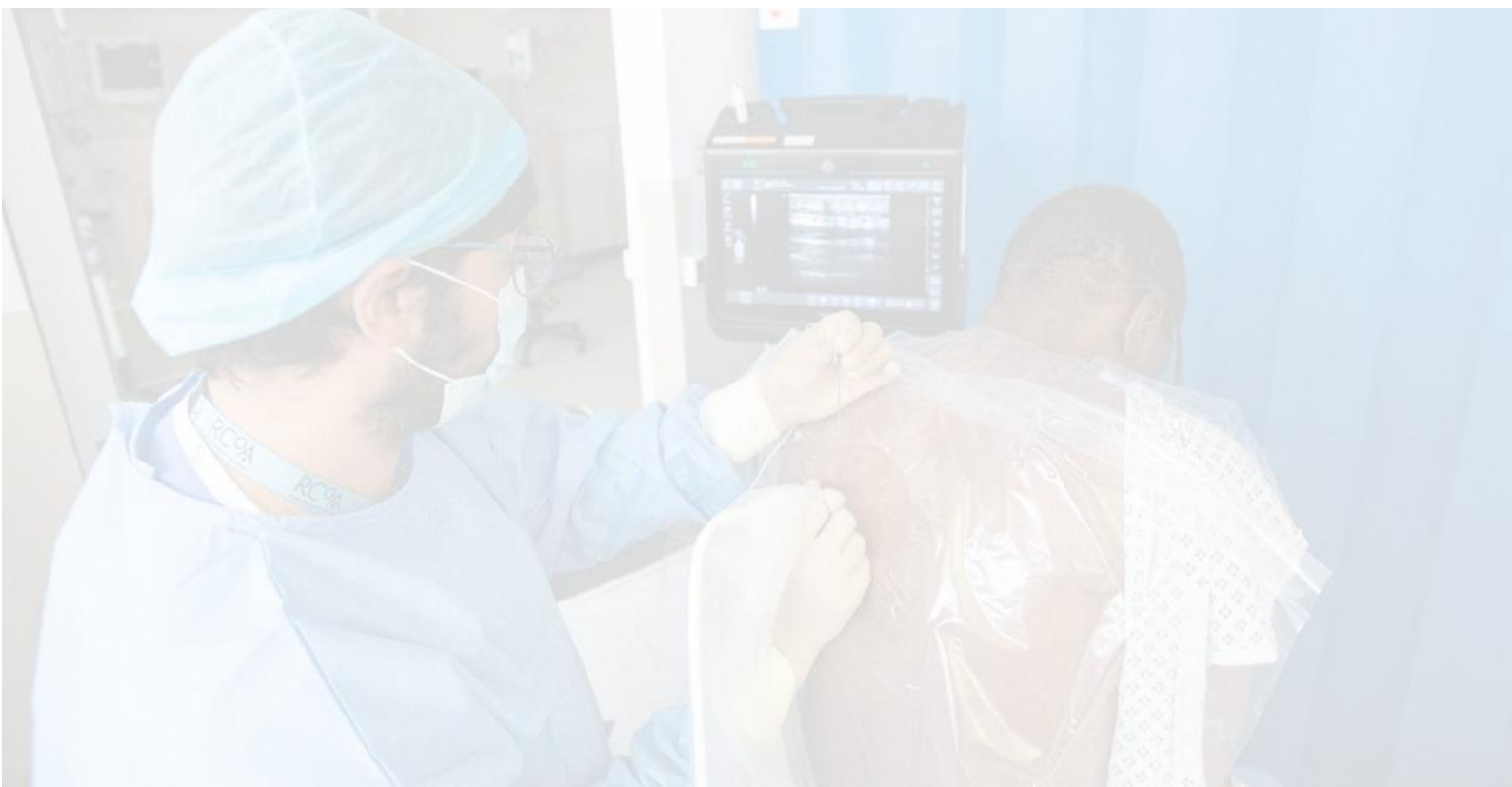
Morning Sessions 09:00 – 13:00

09:00 – 10:00	Session 1 Equity Club – RA in Perioperative Care		
09:00 – 09:15	WHO ladder and beyond <i>Dr. Velliyottilom Parameswaran</i>	  	
09:15 – 09:30	Role of block room – the future for sustainability <i>Dr. Dragan Nenadic</i>		
09:30 – 09:45	POPOS – the missing puzzle piece of perioperative care <i>Dr. Athmaja Thottungal</i>		
09.45 – 10:00	Q&A		
10:00 – 10:50	Session 2 Innovation Club – Personalised Pain Management		
10:00 – 10:15	The power of words in RA and pain management <i>Dr. Vidhi Patle</i>	  	
10:15 – 10:30	RA beyond ERAS – Role of RA in perioperative care <i>Dr. Bruce Young</i>		
10:30 – 10:45	Men are from Mars; women are from Venus – sex and gender difference in pain <i>Dr. Athmaja Thottungal</i>		
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 <i>Dr. Geena Mathew</i>	  	
11:30 – 11:45	Neuromodulatory techniques from chronic pain world <i>Dr. Jyothi Shinde</i>		
11:45 – 11:55	Human factors and team building for the success of RA programmes and ESRA lectures <i>Mr. Ali Mehdi</i>		
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 <i>Dr. Syed Gilani</i>	 	
12:15 – 12:30	Role of RA blocks in intensive care <i>Dr. Ritoo Kapoor</i>		
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	Upper Limb Core: Interscalene, Axillary etc Advanced: Superior trunk, Infraclavicular, DSN, Stellate ganglion etc.
14:30 – 15:15	Thorax Core: ESP, IPPB, SAPB etc. Advanced: PVB, Suprascapular (posterior), Intercostal etc.
15:15 – 15:30	Movement Break 
15:30 – 16:15	Abdomen Core: Rectus sheath, TAP etc. Advanced: IIN, IHN, Genitofemoral, QLB etc.
16:15 – 17:00	Lower Limb 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



Thank you to our sponsors

Pajunk, Viatris, Sonosite, GE, and Mediplus

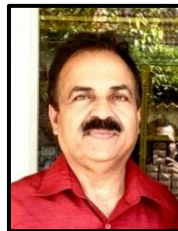
Faculty



Dr Athmaja
Thottungal



Dr Dragan Nenadic



Dr Velliyottillom
Parameswaren



Dr Geena Mathew



Dr Bruce Young



Dr Vidhi Patle



Dr Muhammad
Zubair



Dr Kudakwashe
Mawondo



Dr Jyothi Shinde



Dr Syed Gilani



Dr Pooja Shah



Dr Ahmad Kalaji



Dr Ritoo Kapoor



Dr Ali Mehdi

Associate faculty



Dr Dijana Milanovic



Dr Eranga Abewardana

Supporting faculty



Dr Ahmed Hassan



Dr Samuel Hutchison



Dr Nandhini Joseph



Ms Elizabet Nunes



Dr Edward Parkinson

And a huge thank you to all the workshop models

David Bennett, Alexander Jasper, Vicky Lockwood, Joshua Pryce, Dennis Pressnell,
Heather Robinson, and Hector Earnshaw

Please fill out the feedback on BookCPD to obtain your CPD certificate

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