

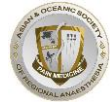


The European Society of  
Regional Anaesthesia & Pain Therapy  
Crossing Boundaries, Transforming Care

**ASRA**  
PAIN MEDICINE



AFRICAN  
Society of  
Regional  
Anaesthesia



Joining Hands for  
a Pain Free Future Worldwide

# WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3<sup>rd</sup> Edition

Equity, Access, Relief

Saturday, 31 January 2026

**NHS**

Hull University  
Teaching Hospitals  
NHS Trust

Register here:

<https://events.teams.microsoft.com/event/49333f30-75b0-41dd-8857-19009474238b@37c354b2-85b0-47f5-b222-07b48d774ee3>



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

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

Local Organisers:

Dr. Jakub Kazda

Dr. Balaji Packianathaswamy

|               |                                                                                                                                                    |                                                                                                                              |  |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--|
| 09:00-09:30   |                                                                                                                                                    | WELCOME MESSAGES & ADDRESSINGS                                                                                               |  |
|               | Jakub Kazda & Balaji Packianathaswamy – Local Chairs<br>Nuala Lucas – Chair of Event<br>Eleni Moka – ESRA President<br>Sister Societies Presidents |                                                                                                                              |  |
| 09:30 - 11:00 |                                                                                                                                                    | SESSION 1 – THE EVIDENCE CLUB                                                                                                |  |
| 09:30 – 10:00 | Top papers in RA from 2024–25                                                                                                                      | Dr. Harry Murgatroyd<br>York and Scarborough Teaching Hospitals NHS Foundation Trust                                         |  |
| 10:00 – 10:30 | Top papers in Pain Medicine from 2024–25                                                                                                           | Dr. Nirmala Soundararajan<br>Dr. Dinesh Soundararajan<br>Dr. Tanumoy Maulick<br>Hull University Teaching Hospitals NHS Trust |  |
| 10:30 – 11:00 | Q&A – Discussion                                                                                                                                   |                                                                                                                              |  |
| 11:00 – 11:30 |                                                                                                                                                    | COFFEE BREAK                                                                                                                 |  |
| 11:30 – 13:00 |                                                                                                                                                    | SESSION 2 – THE POWER OF THREE: INNOVATION - EQUITY - RESCUE                                                                 |  |
| 11:30 – 11:50 | The Innovation Club:<br>What's new in drug delivery, catheters, pumps, adjuvants, AI decision support                                              | Dr. Alan Race<br>Hull University Teaching Hospitals NHS Trust                                                                |  |
| 11:50 – 12:10 | The Relief Club:<br>Regional anaesthesia for conservative management of thoracic trauma: training, implementation and experience from HUTH         | Dr. Dinesh Tumu<br>Clare Eastwood<br>Hull University Teaching Hospitals NHS Trust                                            |  |
| 12:10 – 12:30 | The Rescue Club:<br>When RA fails: troubleshooting blocks, managing LAST, escalation to systemic analgesia/opioids                                 | Dr. Veena Daga<br>Leeds Teaching Hospitals NHS Trust                                                                         |  |
| 12:30 – 13:00 | Q&A – Discussion                                                                                                                                   |                                                                                                                              |  |
| 13:00 – 13:45 |                                                                                                                                                    | LUNCH BREAK                                                                                                                  |  |
| 13:45 – 16:00 |                                                                                                                                                    | SESSION 3 – BEYOND THE BLOCK: REGIONAL ANAESTHESIA ACROSS THE PATIENT JOURNEY                                                |  |
| 13:45 – 14:05 | Beyond the OR:<br>RA in Chronic Limb-Threatening Ischaemia                                                                                         | Dr. Jakub Kazda<br>Ms. Annabel Howitt<br>Hull University Teaching Hospitals NHS Trust                                        |  |
| 14:05 – 14:25 | Transitional pain services:<br>Preventing chronic post-surgical pain                                                                               | Dr. Vinod Sanem<br>Hull University Teaching Hospitals NHS Trust                                                              |  |
| 14:25 – 15:00 | What's new in obstetrics?                                                                                                                          | Dr. Balaji Packianathaswamy<br>Hull University Teaching Hospitals NHS Trust                                                  |  |
| 15:00 – 15:25 | Keeping Kids Comfortable:<br>RA in Paediatrics                                                                                                     | Dr. Babette Clinck<br>University Hospital Antwerp, Netherlands                                                               |  |
| 15:25 – 16:00 | Q&A – Discussion                                                                                                                                   |                                                                                                                              |  |
| 16:00 – 16:30 |                                                                                                                                                    | COFFEE BREAK                                                                                                                 |  |
| 16:30 – 16:45 |                                                                                                                                                    | SESSION 4 – QUIZ & COMPETITION                                                                                               |  |
|               | Will be Disseminated Via SLIDO<br>BEST 3 will win a free registration to LISBON 2026 Congress                                                      |                                                                                                                              |  |
| 16:45 – 17:00 |                                                                                                                                                    | END OF E-DAY: QUESTIONS – COMMENTS – DISCUSSION                                                                              |  |