



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



ASRA
PAIN MEDICINE



Simultaneous events across all continents!

More than 200 Cities in 80 Countries
are Joining Hands for a Pain Free
Future Worldwide!

WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3rd
edition

Equity, Access, Relief

Saturday, 31 January 2026

Your Local Face-to-Face Meeting

There must be one city around you!



WFSA
WORLD FEDERATION OF SOCIETIES OF
ANAESTHESIOLOGISTS



Obstetric
Anaesthetists'
Association



■ Larissa

"Hippokrataes" Auditorium, Lectures Hall,
Faculty of Medicine, University of Thessaly,
Viopolis Building

- *FREE registration for ESRA Europe –
ESRA Hellas Members*
- *ECMECs credits by the EACCME*

Under the Auspices of

- Hellenic society of Anaesthesiology
- Faculty of Medicine, School of Health Sciences, University of Thessaly
- Anaesthesiology Clinic, Faculty of Medicine, School of Health Sciences, University of Thessaly
- MSc "Algology and Palliative Care"

B | BRAUN
SHARING EXPERTISE

PAJUNK
Real People. Real Care.



GE HealthCare



WDRAPM
WORLD DAY OF REGIONAL
ANAESTHESIA AND PAIN MEDICINE



WWRAPM
WORLD WEEK OF REGIONAL
ANAESTHESIA AND PAIN MEDICINE

Information – Registration
info@esrahellas.gr

WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3rd Edition

Equity, Access, Relief

WORLD DAY

Saturday, 31 January 2026

WELCOME MESSAGE

Dear Colleagues, Dear Friends

Welcome to the World Day of Regional Anaesthesia and Pain Medicine – 3rd Edition.

Our 2026 theme is practical and straightforward: Equity, Access, Relief - through Regional Anaesthesia.

Regional anaesthesia and Pain Medicine represent a global community. Clinicians from every continent have adopted these practices to enhance surgical safety, promote faster recovery, and ensure genuine patient comfort. In recent years, we have witnessed significant growth in this field, including the establishment of more training hubs, increased availability of ultrasound technology, improved safety protocols, and the development of clear pathways that make nerve blocks a routine part of patient care rather than an exception. Now is the time to capitalize on this momentum and secure these advancements for the future.

This year, our emphasis is on delivering neuraxial and peripheral techniques safely and reliably wherever care is given - from theatres and day-surgery centres to emergency departments, trauma services, maternity units and rural clinics.

Our 2026 priorities

- Equity: the benefits of Regional anaesthesia and Pain Medicine should not depend on geography, language, or resources.
- Access: practical training, supervision and essential kit—from ultrasound to robust landmark techniques—available in every setting.
- Relief: timely, procedure-specific blocks that restore comfort, dignity and function.
- Together with AFSRA, ASRA Pain Medicine, AOSRA Pain Medicine, LASRA, and national societies worldwide, we will focus on action:
- Share and scale what works: open, multilingual teaching resources; simple, safe block pathways; checklists that travel.
- Build capacity: mentorship, twinning and hands-on workshops that create local trainers and sustainable services.
- Measure what matters: consistent data on access and outcomes so we can learn, improve and advocate effectively.
- Support low-resource contexts: adaptable toolkits, essential medicines advocacy, and context-appropriate solutions—not one-size-fits-all.
- Strengthen teams: interprofessional training and human factors that make Regional anaesthesia and Pain Medicine reliable in the busy clinical environment, not just in demonstrations.
- Think long term: embed Regional anaesthesia and Pain Medicine within perioperative pathways, quality improvement, and environmentally responsible care.

How you can help

Host a hub. Teach a block. Translate a resource. Mentor a team. Share the learning.

Let this third World Day be remembered for its reach and readiness: more first-time sites delivering blocks; more clinicians confident with core techniques; more patients receiving the right block, at the right time, every time.

Thank you for your energy, generosity and commitment.

Equity. Access. Relief. With Regional Anaesthesia and Pain Medicine at the heart.

On behalf of ESRA, our Sister Societies and organising partners

Eleni Moka (Greece)
ESRA President

Nuala Lucas (UK)
Chair of the Event
Organizing & Scientific Committee



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



Info and Registrations
esraeurope.org

Joining Hands for a Pain Free Future Worldwide

WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3rd Edition

Equity, Access, Relief

WORLD DAY

Saturday, 31 January 2026

ORGANIZING & SCIENTIFIC COMMITTEE

ESRA

Chair

- Nuala Lucas (UK)

Members

- Denisa Anastase (Romania)
- Eleni Koraki (Greece)
- Aleksejs Mišcuks (Latvia)
- Raffaele Russo (Italy)
- Athmaja Thottungal (UK)

Trainees Representative

- Fay Alevrogianni (Greece)



WDRAPM

WORLD DAY OF REGIONAL ANAESTHESIA AND PAIN MEDICINE



WWRAPM

WORLD WEEK OF REGIONAL ANAESTHESIA AND PAIN MEDICINE

Sister Societies & Continents Leaders – Representatives

ASRA Pain Medicine: USA

Raj Gupta (Nashville, Tennessee, TN)
Rakesh Sondekoppam
(Palo Alto, California, CA)

CAS RA SIG: Canada

Ahtsham Niazi (Toronto, Ontario)
Vivian Ip (Calgary, Alberta)

LASRA: Latin America

Ana Eugenia Herrera (Costa Rica)
Sidonia Suazo (Honduras)

AFSRA: Africa

Lionelle Tchokam (Cameroon)
Noreddine Bouarroudj (Algeria)

AOSRA Pain Medicine

• Asia

Justin Sangwook Ko (Republic of Korea)
Besthadi Suknomo (Indonesia)
Suwimon Tangiwat (Thailand)

• Oceania (Australia & New Zealand)

Alwin Chuan (Sydney, Australia)



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



Info and Registrations
esraeurope.org

Joining Hands for a Pain Free Future Worldwide

WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3rd Edition

Equity, Access, Relief

Saturday, 31 January 2026



ENDORISING SOCIETIES



INDUSTRY PARTNERS



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



Info and Registrations
esraeurope.org



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



European Society of Regional Anaesthesia
HELLAS

Saturday, 31 January, 2026

ESRA Hellas Directory Board

Evmorfia Stavropoulou (President)
Eleni Moka (Vice President)
Krystallia Vitoula (Treasurer)
Kassiani Theodoraki (General Secretary)
Metaxia Bareka (Specific Issues Secretary)
Martina Rekatsina (Member)
Eleni Koraki (Member)
Fani Alevrogianni (Trainees Representative)

3rd World Day Committee/ Greece

National Coordinator
Evmorfia Stavropoulou

Representatives of Athens

Kassiani Theodoraki
Krystallia Vitoula

Representatives of Thessaloniki

Eleni Argyriadou
Eleni Koraki

Representatives of Larissa

Eleni Arnaoutoglou
Metaxia Bareka

Members

Maria Ntalouka
Aikaterini Bouzia
Polyxeni Zografidou
Maria Mermiri
Christophoros Rarras
Konstantinos Grigoriou





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



European Society of Regional Anaesthesia
HELLAS

Saturday, 31 January, 2026

WELCOME MESSAGE

Dear Colleagues, Dear Friends,

It is with great pleasure and honor that we welcome you to the **3rd World Day of Regional Anaesthesia and Pain Therapy**, which will take place on **Saturday, January 31, 2026**, under the auspices of the **European Society of Regional Anaesthesia & Pain Therapy (ESRA)**, in collaboration with the National Societies of Regional Anaesthesia around the world.

This year's event continues to strengthen its international presence, with the participation of centers from all continents. For the **Greece–Cyprus Zone**, it is a particular honor to have the participation of three cities: **Athens, Thessaloniki, and Larissa**, highlighting our region's continued commitment to the advancement of Regional Anaesthesia and Pain Therapy.

This day offers an excellent opportunity for interactive education, fruitful exchange of ideas, and reinforcement of international collaboration among specialist and trainee anaesthesiologists. Our goal is to showcase modern scientific practices, integrate innovations, and bridge theoretical knowledge with clinical application.

Within the framework of this international scientific "celebration," we remain dedicated to promoting excellence, continuous education, and specialization, ultimately aiming to enhance the quality of care we provide to our patients. Your presence and active participation are key pillars for the success of this event and for the continued development of our specialty.

Importantly, **registration is offered free of charge by the ESRA Hellas Board** to Greek and Cypriot anaesthesiologists, with the sole requirement of registering or renewing your ESRA membership (**ESRA Europe – ESRA Hellas Joint Membership**) for the year **2026**. This provides even more colleagues the opportunity to benefit from the activities and scientific offerings of the day.

We invite you to participate actively, contribute with a spirit of collaboration and scientific progress, and support our shared effort to further improve anaesthetic practice.

With Cordial Greetings

Evmorfia Stavropoulou

**ESRA Hellas President
Greece National Coordinator**



WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3rd Edition

Equity, Access, Relief

WORLD DAY

Saturday, 31 January 2026

Pre-Recorded Welcome Addresses

- Eleni Moka, ESRA President
- Ezzat Aziz, AFSRA President
- Suwimon Tangwiwat, AOSRA President
- Steven Cohen, ASRA President
- Ana Schwartzmann, LASRA President
- Nuala Lucas, Chair of the Activity

Pre-Recorded Supportive Statements

- **Dr Andre Ilbawi**
*Technical Officer / Lead for Cancer Control (and palliative care),
Department of Universal Health Coverage, World Health
Organization (WHO) Headquarters, Geneva*
- **Dr Gerry Eijkemans**
*Director, Department of Social and Environmental Determinants for
Health Equity, WHO Americas Region*
- **Dr Asmus Hammerich**
*Director Non Communicable Diseases, WHO Eastern
Mediterranean Office*

Joining Hands for a Pain Free Future Worldwide

WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3rd Edition

Equity, Access, Relief

WORLD DAY

Saturday, 31 January 2026

Pre-Recorded Lectures

- **My Top Regional Anaesthesia Papers of 2024-2025**
Speaker: **Steve Coppens**
Duration: 8 min
- **POCUS Papers you may have missed in 2025**
Speaker: **Rosie Hogg**
Duration: 15 min
- **Needles in a Haystack: Recent Papers Shaping our Understanding of Phantom Limb Pain**
Speaker: **Pablo Rojas Zamora**
Duration: 13 min
- **Gastric POCUS**
Speaker: **Peter Van De Putte**
Duration: 7 min
- **Keeping Kids Comfortable – RA in Paediatrics**
Speakers: **Fatma Saricaoglu, Can Aksu**
Duration: 13 min
- **Updates in Obstetrics Anaesthesia**
Speaker: **Nuala Lucas**
Duration: 8 min (short version) – 20min (long version)
- **Sex and Gender differences in Pain and Pain Management**
Speaker: **Athmaja Thottungal**
Duration: 7 min (short version) – 25min (long version)
- **When RA fails: Rescue Blocks and Strategies for failed Regional Techniques**
Speaker: **Romualdo Del Buono**
Duration: 10 min



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



AFRICAN
Society of
Regional
Anaesthesia



Info and Registrations
esraeurope.org

Joining Hands for a Pain Free Future Worldwide

WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3rd Edition

Equity, Access, Relief

WORLD DAY

Saturday, 31 January 2026

Pre-Recorded Podcasts

- **Spinal Cord Stimulation: Myths, Evidence, and Uncomfortable Truths**
Speaker: Reda Tolba
Host: Clara Lobo
Duration: 16 min
- **The Use of AI in Regional Anesthesia: Exposure, Experience, Pros & Pons, Different Systems available**
Speakers: Amit Pawa, Jeff Gadsden
Duration: 20 min
- **Anesthesia and Sleep Apnea dogmas: What we “believe” vs what we know (*Society of Anesthesia and Sleep Medicine*)**
Speakers: Philip A. Kurien, Kara L. Dupuy-McCauley, Mandeep Singh
Host: Clara Lobo
Duration: 20 min

Special entry...

Pain as a Global Public Health Challenge

Speaker: Prof. Agis Tsouros

Former Director of Policy and Governance for Health and Wellbeing at WHO Europe, International Adviser Health Policy, Equity and Diplomacy

Host: Eleni Moka

Duration: 20 min



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



AFRICAN
Society of
Regional
Anaesthesia



Info and Registrations
esraeurope.org

Joining Hands for a Pain Free Future Worldwide

WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3rd Edition

Equity, Access, Relief

WORLD DAY

Saturday, 31 January 2026

COMMON SCIENTIFIC PROGRAMME ACROSS ALL CONTINENTS!!!

Plus, A Lot More...

- **Country-Wide Webinars**
- **Live Streaming & YouTube Channel Connections**
- **Dedicated App Available**
 - ✓ Live Chats in Between Cities
 - ✓ Surveys Across Cities / Countries / Continents
- **World Games – Global Quiz Challenge For Trainees**
[Awards & Competitions]



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



AFRICAN
Society of
Regional
Anaesthesia



Info and Registrations
esraeurope.org

13:00 to 17:00 UTC

13:00 to 17:00 UTC

Joining Hands for a Pain Free Future Worldwide

WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3rd Edition

Equity, Access, Relief

WORLD DAY

Saturday, 31 January 2026

World Games – Global Quiz Challenge

... an activity for trainees

Sharp minds across the world, this one is for you!

Join us for a **LIVE global quiz** bringing together trainees from **all continents** in a fast-paced battle of knowledge and skill.

📅 Saturday | Live Quiz

OPEN

14:00 to 18:00 (CET) | 13:00 to 17:00 (UTC)

🧠 **25 questions total:**

- 20 questions on **Basic Sciences, Regional Anaesthesia, POCUS & Pain Medicine**
- 🔥 **+ 5 surprise questions** to test your agility and clinical intuition!

Think fast, answer smart, and watch yourself **climb the leaderboard** as the competition unfolds in real time.

🌟 **Do you have what it takes to win?**

The **Top 3 winners** will receive **free registration** for the **ESRA Lisbon Congress!**

Scan the QR to participate!



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



Info and Registrations
esraeurope.org



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



European Society of Regional Anaesthesia
HELLAS

Saturday, 31 January, 2026

DETAILED SCIENTIFIC PROGRAMME

Larissa, 2026





Saturday, 31 January, 2026

08:30 – 09:00

VENUE: ARRIVALS - REGISTRATIONS

09.00 – 09.30

WELCOME MESSAGES - ADDRESSINGS

Arnaoutoglou Eleni: Welcome
Bareka Metaxia: City Representative
Zibis Aristeidis: Dean of the Faculty of Medicine, School of Health Sciences, University of Thessaly
Amaniti Aikaterini: EAEIBE President
Nuala Lucas: Chair of Event (via live streaming / recording stand by)
Eleni Moka: ESRA Europe President (via live streaming/ recording stand by)
Sister Societies Presidents (either recordings or via live streaming)

09.30 – 11.00

SESSION 1

THE EVIDENCE CLUB

Chairperson: Bareka M. – Neou E.

09.30 – 10.00

Top papers in RA from 2024-2025: Mermiri M.

10.00 – 10.30

Top papers in Pain Medicine from 2024-2025: Rarras C.

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

Προεδρείο: Arnaoutoglou E. – Logotheti E.

11.30 – 11.50

The Innovation Club:

What's new in drug delivery, catheters, pumps, adjuvants, AI decision support: Ntalouka M.

11.50 – 12.10

The Equity Club:

Access to RA & analgesia in LMICs, WHO essential medicines, and strategies for training without ultrasound (Podcast)

12.10 – 12.30

The rescue Club:

When RA fails: troubleshooting blocks, managing LAST, escalation to systemic analgesia/ opioids: Bouzia A.

12.30 – 13.00

Q&A – Discussion

13.00 – 13.45

LUNCH BREAK





Saturday, 31 January, 2026

13.45 – 16.00	SESSION 3			
	BEYOND THE BLOCK: REGIONAL ANAESTHESIA ACROSS THE PATIENT JOURNEY Chairperson: Tepetes K. – Daponte A. - Kepertis C.			
13.45 – 14.05	Beyond the OR: RA in trauma, emergency, humanitarian settings: Zografidou P.			
14.05 – 14.25	Transitional pain services: Preventing chronic post-surgical pain: Stefanakis G.			
14.25 – 15.00	What's new in obstetrics (Podcast)			
15.00 – 15.25	Keeping Kids Comfortable – RA in Paediatrics: Bareka M.			
15.25 – 16.00	Q&A – Discussion			
16.00 – 16.30	COFFEE BREAK			
16.30 – 16.45	QUIZ & COMPETITION			
	Will be Disseminated via SLIDO. Best 3 will win a free registration to ESRA LISBON CONGRESS 2026. Bareka M.			
16.45 – 18.45	HANDS ON – CLINICAL WORKSHOPS			
	STATION 1 ERAS in Obstetrics Chairperson: Vatsiou I. – Bouzia A.	STATION 2 ERAS in Cardiac Surgery Chairperson: Bareka M. – Mermiri M.	STATION 3 ERAS in Orthopedic Surgery Chairperson: Tsiaka A. – Kalampokini A.	STATION 4 ERAS in General Surgery Chairperson: Ntalouka M. – Zografidou P.
16.45 – 17.15	GROUP A	GROUP B	GROUP C	GROUP D
17.15 – 17.45	GROUP B	GROUP C	GROUP D	GROUP A
17.45 – 18.15	GROUP C	GROUP D	GROUP A	GROUP B
18.15 – 18.45	GROUP D	GROUP A	GROUP B	GROUP C
18.45 – 19.00	END OF E-DAY: QUESTIONS – COMMENTS - DISCUSSION			





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



European Society of Regional Anaesthesia
HELLAS

FACULTY – THESSALONIKI

Amaoutoglou Eleni

Professor of Anaesthesiology, Chair, Department of Anaesthesiology, Faculty of Medicine, University of Thessaly, Larissa University Hospital
Director of MSc “Algology and Palliative Care”

Bareka Metaxia

Assistant Professor of Anaesthesiology, Faculty of Medicine, University of Thessaly

Bouzia Aikaterini

Consultant Anaesthesiologist, Larissa University Hospital

Daponte Alexandros

Professor of Obstetrics and Gynecology, Faculty of Medicine, University of Thessaly

Kalampokini Aikaterini

Consultant Anaesthesiologist, General Hospital of Trikala

Kepertis Chysostomos

Assistant Professor of Paediatric Surgery, Faculty of Medicine, University of Thessaly

Logotheti Elena

Anaesthesiologist, Director of Anesthesiology Department, General Hospital of Volos “Achillopouleio”

Mermiri Maria

Resident in Anaesthesiology, Larissa University Hospital

Moka Eleni

Anaesthesiologist, ESRA president, ESRA-DRA Examiner, ESRA Hellas Vice president, Assistant Professor of Anesthesiology, Aristotle University of Thessaloniki (AUTH)

Neou Eyaggelia

Anaesthesiologist, IASO General Clinic

Ntalouka Maria

Consultant Anaesthesiologist, Larissa University Hospital

Rarras Christoforos

Resident in Anaesthesiology, Larissa University Hospital

Stavropoulou Evmorphia MD, PhD

ESRA Hellas President, Anaesthesiologist, Head of Anaesthesiology Department & Pain Clinic, “KAT” General Hospital of Athens

Stefanakis George

Assistant Professor of Anaesthesiology, Faculty of Medicine, University of Thessaly

Tepetes Konstantinos

Professor of Surgery, Department of Medicine, School of Health Sciences, University of Thessaly

Tsiaka Aikaterini

Anaesthesiologist, IASO General Clinic

Vatsiou Ioanna

Resident in Anaesthesiology, Larissa University Hospital

Zimpis Aristeidis

Professor of Anatomy, Faculty of Medicine, University of Thessaly
President of Faculty of Medicine, University of Thessaly

Zografidou Polixeni

Consultant Anaesthesiologist, Larissa University Hospital

