



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!



WFSA  
WORLD FEDERATION OF SOCIETIES OF  
ANAESTHESIOLOGISTS



Obstetric  
Anaesthetists'  
Association



# WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE



Equity, Access, Relief

Saturday, 31 January 2026



■ **Thessaloniki**  
Auditorium of G.N. Papageorgiou

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

# WORLD DAY

Your Local Face-to-Face Meeting  
There must be one city around you!

**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](mailto:info@esrahellas.gr)



# WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3<sup>rd</sup> 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 – 3<sup>rd</sup> 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



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Info and Registrations  
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## 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)



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ENDORISING SOCIETIES



INDUSTRY PARTNERS



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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)

### **3<sup>rd</sup> 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







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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**



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## 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*

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## 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



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AFRICAN  
Society of  
Regional  
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## 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



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## 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]



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13:00 to 17:00 UTC

13:00 to 17:00 UTC

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# WORLD DAY

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## 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!**



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**HELLAS**

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# DETAILED SCIENTIFIC PROGRAMME

## Thessaloniki, 2026







Saturday, 31 January, 2026

08:30 – 09:00

VENUE: ARRIVALS - REGISTRATIONS

09.00 – 09.30

WELCOME MESSAGES - ADDRESSINGS

**Karaviotis Michalis:** Welcome

**Argyriadou Eleni – Koraki Eleni:** City Representative / City Liaison Person (in person) for opening the event

**Stavropoulou Evmorfia:** Representative of Greece (either in person or via zoom)

**Amaniti Aikaterini:** EAEIBE President

**Nuala Lucas:** Chair of Event (recording stand by)

**Eleni Moka:** ESRA Europe President (recording stand by)

**Sister Societies Presidents** (recording stand by)

09.30 – 11.00

SESSION 1

**THE EVIDENCE CLUB**

**Chairperson:** Argyriadou E. - Chloropoulou P. - Anisoglou S.

09.30 - 10.00

**Top papers in RA from 2024-2025:** Papagiannopoulou P.

10.00 - 10.30

**Top papers in Pain Medicine from 2024-2025:** Papageorgiou E.

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:** Ketikidou E. - Antonopoulou E. - Kiamiloglou B.

11.30 - 11.50

**The Innovation Club:**

**What's new in drug delivery, catheters, pumps, adjuvants, AI decision support:** Giouliava A.

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:** Varveri M.

12.30 - 13.00

**Q&A – Discussion**

13.00 – 13.45

LUNCH BREAK





## Saturday, 31 January, 2026

13.45 – 16.00	SESSION 3			
	<b>BEYOND THE BLOCK: REGIONAL ANAESTHESIA ACROSS THE PATIENT JOURNEY</b> <b>Chairperson:</b> Iordanidou D. - Tsirogianni A. - Ntonas G.			
13.45 - 14.05	<b>Beyond the OR:</b> <b>RA in trauma, emergency, humanitarian settings:</b> Mitos G.			
14.05 - 14.25	<b>Transitional pain services:</b> <b>Preventing chronic post-surgical pain:</b> Sarridou D.			
14.25 - 15.00	<b>What's new in obstetrics:</b> Sifaki F.			
15.00 - 15.25	<b>Keeping Kids Comfortabel – RA in Paediatrics:</b> Tsapara V. - Arvanitaki Z.			
15.25 - 16.00	<b>Q&amp;A – Discussion</b>			
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. Coordinator: Sarridou D. - Sifaki F.			
16.45 – 18.45	HANDS ON – CLINICAL WORKSHOPS			
	<b>STATION 1</b> <b>ERAS in Obstetrics</b> <b>Chairperson:</b> Doubaratzi M. - Tsevrecki E.	<b>STATION 2</b> <b>ERAS in Cardiac</b> <b>Surgery</b> <b>Chairperson:</b> Kiriakidis V. - Sarri P.	<b>STATION 3</b> <b>ERAS in Orthopedic</b> <b>Surgery</b> <b>Chairperson:</b> Vanakas T. - Tsapara V.	<b>STATION 4</b> <b>ERAS in General</b> <b>Surgery</b> <b>Chairperson:</b> Stergiouda Z. - Giouliava A.
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			







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European Society of Regional Anaesthesia  
**HELLAS**

## FACULTY – THESSALONIKI

### **Amaniti Aikaterini**

Professor of Anaesthesiology & Pain Clinic, Department of Anaesthesiology & Intensive Care, “AHEPA” University Hospital of Thessaloniki, Aristotle University of Thessaloniki, Greece

### **Anisoglou Souzana**

Consultant Anaesthesiologist, Head of ICU & Pain Clinic, “Theagenio” Hospital of Thessaloniki, Greece

### **Antonopoulou Elpida**

Consultant Anaesthesiologist, Anaesthesiology Department, General Hospital of Xanthi, Greece

### **Argiriadou Eleni**

Professor of Anaesthesiology, Department of Anaesthesiology & Intensive Care, “AHEPA” University Hospital of Thessaloniki, Aristotle University of Thessaloniki, Greece

### **Arvanitaki Zoi**

Consultant Anaesthesiologist, Anaesthesiology Department, “Papageorgiou” General Hospital of Thessaloniki, Greece

### **Chloropoulou Pelagia**

Associate Professor of Anaesthesiology, Department of Anaesthesiology, University Hospital of Alexandroupolis, Democritus University of Thrace, Greece

### **Doumparatzi Maria**

Consultant Anaesthesiologist, Anaesthesiology Department, “Papageorgiou” General Hospital of Thessaloniki, Greece

### **Giouliava Anna**

Assistant Professor of Anaesthesiology, Department of Anaesthesiology & Intensive Care, “AHEPA” University Hospital of Thessaloniki, Aristotle University of Thessaloniki, Greece

### **Iordanidou Despoina**

Consultant Anaesthesiologist, Head of Anaesthesiology Department, “Ippokrateion” General Hospital of Thessaloniki, Greece

### **Ketikidou Eugenia**

Consultant Anaesthesiologist, Scientific Supervisor of the Anaesthesiology Department & Pain Clinic, General Hospital of Kavala, Greece

### **Kiamiloglou Bouled**

Consultant Anaesthesiologist, Scientific Supervisor, Anaesthesiology Department, General Hospital of Komotini, Greece

### **Koraki Eleni**

Consultant Anaesthesiologist, Head of Anaesthesiology Department, “Papageorgiou” General Hospital of Thessaloniki, Greece

### **Kyriakidis Vasileios**

Consultant Anaesthesiologist, Anaesthesiology Department, “Papageorgiou” General Hospital of Thessaloniki, Greece





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## FACULTY – THESSALONIKI

### **Mitos Giakoumis**

Consultant Anaesthesiologist, Anaesthesiology Department, “AHEPA” University Hospital of Thessaloniki, Greece

### **Moka Eleni**

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

### **Ntonas Georgios**

Consultant Anaesthesiologist, Head of Anaesthesiology Department, “Papanikolaou” General Hospital of Thessaloniki, Greece

### **Papageorgiou Eirini**

Consultant Anaesthesiologist, ICU of “Theagenio” Hospital of Thessaloniki, Greece

### **Papagiannopoulou Pinelopi**

Consultant Anaesthesiologist, Anaesthesiology Department, “Theagenio” Hospital of Thessaloniki, Greece

### **Sarri Pinelopi**

Consultant Anaesthesiologist, Anaesthesiology Department, “Papageorgiou” General Hospital of Thessaloniki, Greece

### **Sarridou Despoina**, MD, MSc, PhD, ESAIC, AFICM, AFRCA, PGD

Anaesthesiologist - Intensivist, Assistant Professor of Anaesthesiology, Department of Anaesthesiology & Intensive Care, “AHEPA” University Hospital of Thessaloniki, Aristotle University of Thessaloniki, Greece

### **Sifaki Freideriki**

Consultant Anaesthesiologist, Anaesthesiology Department, “Papageorgiou” General Hospital of Thessaloniki, Greece

### **Stavropoulou Eumorphia** MD, PhD

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

### **Stergiouda Zoi**

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### **Tsapara Vaia**

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### **Tsevreki Eleni**

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### **Tsirogianni Aikaterini**

Consultant Anaesthesiologist, Head of Anaesthesiology Department, General Hospital of Katerini, Greece

### **Vanakas Thomas**

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### **Varveri Marianthi**

Consultant Anaesthesiologist, Anaesthesiology Department, “Papageorgiou” General Hospital of Thessaloniki, Greece

**Organization: ESRA Hellas**  
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