

Joining Hands for a Pain Free Future Worldwide

**WORLD DAY OF REGIONAL
ANAESTHESIA & PAIN MEDICINE**
3rd Edition
Equity, Access, Relief

Saturday, 31 January 2026



Baby Blocks

Never stop learning. Crawl, Walk, RUN —

Baby Blocks x World Day of Regional Anesthesia Day Instagram Live Event

 17 January 31, 2026

 8:00 AM EST / 1:00 PM UK / 6:30 PM IST / 9:00 PM SGT

Goals

- Celebrate World Day of Regional Anaesthesia & Pain Medicine Day 2026
- Highlight the global impact of pediatric regional anesthesia
- Educate + inspire clinicians worldwide with a focus on LMIC

Brief Outline

In recognition of the World Day of Regional Anaesthesia and Pain Medicine (WDRAPM), Baby Blocks will host a global Instagram Live event on January 31, 2026, joining a worldwide, 24-hour celebration led by ESRA in collaboration with regional and national societies. Baby Blocks is a global community dedicated to pediatric regional anesthesia education. We meet clinicians where they are – whether that's a tertiary academic center or a solo practice in a resource-limited setting – and support their growth through open-access learning and collaboration. Aligned with the shared mission of *“Joining Hands for a Pain-Free Future Worldwide,”* this session will highlight the role of pediatric regional anesthesia education in improving patient care across diverse settings, with a focus on global collaboration, pediatric practice, and accessible learning. Through live discussion and audience engagement, Baby Blocks aims to contribute to this decentralized yet unified international movement by fostering knowledge exchange and solidarity within the global anesthesia and pain medicine community.

At 8:00 AM EST on January 31, Baby Blocks will host an Instagram Live stream featuring four international experts in pediatric regional anesthesia. The panelists will lead an interactive discussion with a global audience, who can participate in real time via comments and polls. The session will explore how pediatric regional anesthesia practice varies worldwide, address

challenges in low-resource settings, and share practical pediatric regional anesthesia pearls through case-based discussion.

Panelists

- Dr. Walid Alrayashi, Boston Children's Hospital, USA
- Dr. Deepa Kattail, The Hospital for Sick Children (SickKids), Canada
- Dr. Carine Foz, Boston Children's Hospital, USA
- Dr. Ignacio Cuevas (Uruguay)
- Dr. Gezy Giwangkancana (Indonesia)

Outline

1 Opening (5 min)

- Welcome + intro to Baby Blocks
- Introduction of panelists

2 Pediatric Regional Anesthesia Around the World (15 min)

- How regional anesthesia practice differs globally
- Challenges in low-resource settings
- Pediatric regional anesthesia pearls
- Training the next generation

3 Interactive Q&A (10–15 min)

- Pre-collected questions via Stories
- Case presentation of pediatric regional anesthesia scenario & management
- Live audience questions
- Polls during live:
 - “Where are you joining from?”
 - “Ultrasound experience level?”

4 Wrap-Up & Call to Action (5 min)

- Thank guests + global audience
- Emphasize importance of WDRAPM 2026
- Encourage use of Baby Blocks as a free, open-access resource to increase utilization of regional anesthesia for pediatric patients

To Join:

At 8 am EST/1 PM GMT, join our live event from the Baby Blocks Instagram (@babyblocks1) page or follow this link:

https://www.instagram.com/babyblocks1?upcoming_event_id=18110787703719916

Event Description

The World Day of Regional Anaesthesia and Pain Medicine (WDRAPM) is an international scientific initiative led by the European Society of Regional Anaesthesia and Pain Therapy (ESRA), in collaboration with Sister Societies and National Societies worldwide. It takes place every year on the last Saturday of January, bringing together the global Anaesthesia and Pain Medicine community under one shared mission: “Joining Hands for a Pain-Free Future Worldwide”.

More than a scientific initiative, WDRAPM is a global celebration of knowledge, solidarity, and

progress in patient care. On the World Day, events span time zones and unfold across the full 24-hour cycle, uniting cities and continents in a truly worldwide movement. The strength of WDRAPM lies in its decentralized yet unified structure. While ESRA provides the overarching vision, framework, and resources, each participating city develops and delivers its own event. This model balances global coherence with local relevance, empowering communities worldwide to contribute meaningfully to the advancement of Regional Anaesthesia and Pain Medicine.



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

ASRA
PAIN MEDICINE



AFSRA
AFRICAN Society of
Regional Anaesthesia



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



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Info and Registrations
esraeurope.org