



## Position Statement / Position Paper

### ESRA Working Group on Green Regional Anaesthesia, Pain Medicine, and Sustainability\*

\*on behalf of the European Society of Regional Anaesthesia and Pain Therapy

The European Society of Regional Anaesthesia and Pain Therapy (ESRA) recognizes the urgent need to address the environmental challenges the healthcare systems are facing worldwide. As leaders in Regional Anaesthesia and Pain Management, we have a responsibility not only to improve patient outcomes but also to ensure that our practices contribute to a sustainable future, with a minimal environmental impact already affected by the climate change. The ESRA Working Group on Green Regional Anaesthesia, Pain Medicine, and Sustainability aims to integrate environmentally conscious strategies into our clinical, educational, and organizational frameworks, while maintaining the highest standards of knowledge dissemination, education and patient care.

#### Our Vision

To lead the way in promoting sustainable practices in Regional Anaesthesia and Pain Medicine, ensuring that environmental responsibility becomes an integral part of our profession's ethos.

#### Our Mission

The ESRA Working Group on Green Regional Anaesthesia and Pain Medicine is committed to:

1. Advocating for the reduction of the environmental impact of anaesthetic and pain management practice
2. Educating healthcare professionals about sustainable techniques, technologies, and strategies
3. Supporting research and innovation in environmentally friendly anaesthesia and pain medicine solutions
4. Collaborating with international societies, policymakers, and stakeholders to promote sustainability across the healthcare continuum

#### Core Principles

1. **Environmental Stewardship:** Recognizing the healthcare sector's significant contribution to global greenhouse gas emissions, we are dedicated to minimizing waste, reducing the use of high-impact anaesthetic agents, and promoting energy-efficient practices (for example RA instead of GA, reusable material where possible etc)



2. **Patient-Centered Sustainability:** Ensuring that sustainability initiatives do not compromise patient safety or clinical outcomes but instead enhance the quality and efficiency of care
3. **Education and Advocacy:** Providing our members and the broader medical community with resources, guidelines, and training to implement green practices effectively (for example, we can make publication in journals, our newsletter, our website, social media, etc)
4. **Collaboration and Innovation:** Encouraging interdisciplinary collaboration and the adoption of innovative approaches to achieve sustainable goals in anaesthesia and pain medicine (eg via sister societies collaborative efforts on the topic)

## Goals and Objectives

1. **Practice Optimization:** Develop and disseminate guidelines on environmentally sustainable anaesthesia/RA and pain medicine practices, such as limiting the use of high-impact anaesthetic agents and embracing alternatives like central and peripheral nerve blocks.
2. **Education and Awareness:** Launch educational campaigns and workshops to inform healthcare providers about the environmental impact of their practices and how they can adopt greener approaches.
3. **Greener Events:** Efforts to reduce waste during our congresses, without compromising our quality / for example recyclable material, use of paper produced for specific reasons (eco - friendly), avoidance of movement of personnel uselessly - rather utilise local people in activities etc!
4. **Research and Data Collection:** Promote and support research on the environmental impact of regional anaesthesia techniques and sustainability in healthcare, through surveys for example. Collect and analyze data to measure progress and identify areas for improvement.
5. **Global Collaboration:** Partner with other regional and international societies to harmonize sustainability efforts and amplify our impact globally.

## Call to Action

ESRA urges its members and the broader medical community to join this movement toward greener practices in regional anaesthesia and pain medicine. By incorporating sustainability into our daily activities, we can make meaningful contributions to the fight against climate change and ensure a healthier planet for future generations.

Together, through the work of this dedicated group, we can uphold our professional responsibilities while embracing environmental stewardship.

ESRA is committed to leading this critical effort with innovation, integrity, and collaboration.