

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

Face-to-Face Meeting

- BUCHAREST



MONZA HOSPITAL

27 Tony Bulandra Street,
Bucharest, Romania.



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



AFRICAN
Society of
Regional
Anaesthesia



Info and Registrations
esraeurope.org

SCIENTIFIC PROGRAM

Coordinators:

Assoc Prof Liliana Mirea

Assoc Prof Silviu Negoită

Prof Dr Răzvan Ene

Invited speakers:

Assoc Prof Kris Abbas

Assoc Prof Raluca Ungureanu

Assoc Prof Cosmin Panțu

Dr Daniela Ologoiu

Assist Prof Ana Maria Dumitriu

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09:30-10:00	VENUE – ARRIVALS – REGISTRATIONS
10:00-10:15	WELCOME MESSAGES & ADDRESSINGS
	Liliana Mirea, ARAR vice president Răzvan Ene, SOROT president Nuala Lucas – Chair of Event (<i>via live streaming / recording stand by</i>) Eleni Moka – ESRA President (<i>via live streaming / recording stand by</i>)
10:15 - 11:30	SESSION 1 – BASIC OF KNEE JOINT
	Chairperson Răzvan Ene
10:15 – 10:45	Beyond the textbook: Fascial planes and neural variability in TKA – Cosmin Panțu
10:45 – 11:15	Seeing through the surgeon's eyes: Ortho perspectives on TKA – Răzvan Ene
11:15 – 11:30	Pain pathway in TKA – Ana Maria Dumitriu
11:30 – 12:00	COFFEE BREAK
12:00 – 13:00	SESSION 2 – REGIONAL ANESTHESIA FOR TKA – A PRACTICAL GUIDE
	Chairperson Liliana Mirea
12:00 – 12:15	Femoral Block vs ACB From classic to contemporary - Raluca Ungureanu
12:15 – 12:30	Selective posterior knee analgesia with quadriceps preservation (iPACK Block) Liliana Mirea
12:30 – 12:45	The minimalist strategy for maximum analgesia (Genicular Nerve Blocks presentation) Kris Abbas (<i>on line presentation</i>)
12:45 – 13:00	Perioperative considerations in TKA beyond the blocks – Daniela Ologoiu
13:00 – 13:45	LUNCH BREAK

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13:30 – 15:00	SESSION 3 – HANDS ON SESSION
	ALL SPEAKERS
15:00 – 15:30	COFFEE BREAK
15:30 – 16:15	SESSION 4 – MULTIMODAL ANALGESIA IN TKA
	Chairperson Silviu Negoita
15:30 – 15:45	Epidural anesthesia - Silviu Negoita
15:45 – 16:00	Indications and patient selection for Genicular Nerve Ablation - Kris Abbas (online presentation)
16:00 – 16:15	Interactive session: What would you do? (difficult pts clinical scenarios) - Ana Maria Dumitriu, Liliana Mirea
16:15 – 16:30	Less opioids, better recovery Liliana Mirea
16:30 – 17:15	SESSION 5 – PRACTICAL DEMONSTRATION
	RF ablation for chronic pain Oliver Totovic
16:45 – 17:00	END OF E-DAY: QUESTIONS – COMMENTS – DISCUSSION



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