

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

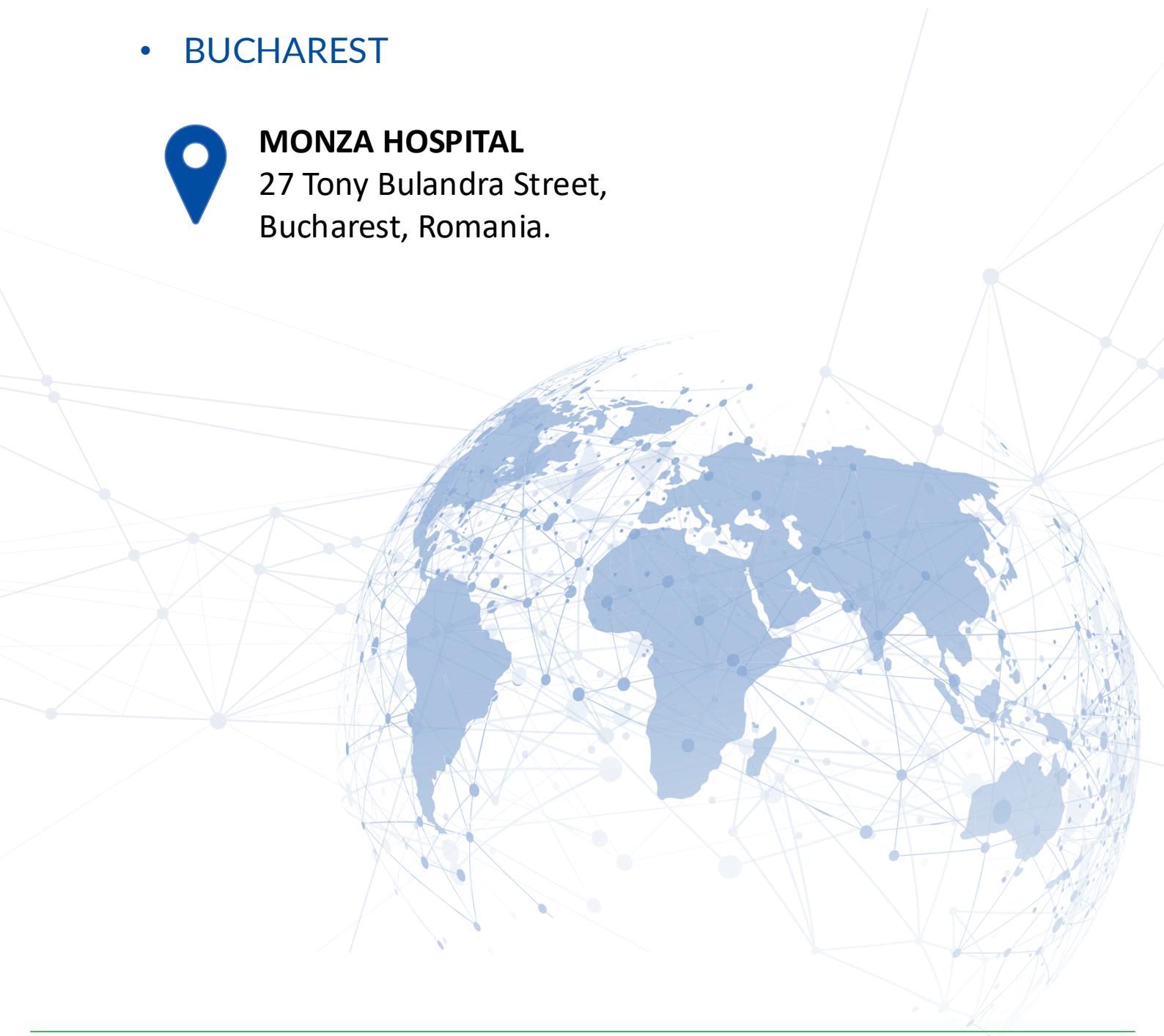
Face-to-Face Meeting

- BUCHAREST



MONZA HOSPITAL

27 Tony Bulandra Street,
Bucharest, Romania.



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

ASRA
PAIN MEDICINE



AFRICAN
Society of
Regional
Anaesthesia
AFSRA



Info and Registrations
esraeurope.org

SCIENTIFIC PROGRAM

Coordinators:

Assoc Prof Liliana Mirea
Assoc Prof Silviu Negoiță
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 (*via live streaming / recording stand by*)
Eleni Moka – ESRA President (*via live streaming / recording stand by*)

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 (*on line presentation*)

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 Silvius Negoită
15:30 – 15:45	Epidural anesthesia - Silvius Negoită
15:45 – 16:00	Indications and patient selection for Genicular Nerve Ablation - Kris Abbas (<i>online presentation</i>)
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 chronical pain Oliver Totovic
16:45 – 17:00	END OF E-DAY: QUESTIONS – COMMENTS – DISCUSSION



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