



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



**ASRA**  
PAIN MEDICINE



**WFSA**  
WORLD FEDERATION OF SOCIETIES OF  
ANAESTHESIOLOGISTS



**OAI** Obstetric  
Anaesthetists'  
Association



Simultaneous events across all continents!

More than 200 Cities in 80 Countries  
are Joining Hands for a Pain Free  
Future Worldwide!

# WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3rd  
edition

Equity, Access, Relief

Saturday, 31 January 2026



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

Webpage: [esraeurope.org](https://esraeurope.org)

Contact us via [email](#)



# 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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## 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)



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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)  
Noredine 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)

Joining Hands for a Pain Free Future Worldwide

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PAIN MEDICINE



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## ENDORISING SOCIETIES



**OAA** Obstetric Anaesthetists' Association



## INDUSTRY PARTNERS

**B | BRAUN**  
SHARING EXPERTISE

**PAJUNK**  
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AFRICAN  
Society of  
Regional  
Anaesthesia



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## RESOURCES

### Pre-Recorded Welcome Addresses

- Nuala Lucas, Chair of the Activity
- Eleni Moka, ESRA President
- Ezzat Aziz, AFSRA President
- Suwimon Tangwiwat, AOSRA President Elect
- Steven Cohen, ASRA President
- Ana Schwartzmann, LASRA President

### Pre-Recorded Supportive Statements

- Dr Miles Day, *WIP President*
- Dr Jan van Zundert, *WIP President Elect*
- Luis Garcia-Larrea, *EFIC President*
- 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-Podcasts

- **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 Saricaoglou, Can Aksu**  
Duration: 13 min
- **Updates in Obstetrics Anaesthesia**  
Speaker: **Nuala Lucas**  
Duration: 14 min (short version) – 20min (long version)
- **Getting Nervous NAP8**  
Speaker: **Alan MacFarlane**  
Duration: 12 min
- **Sex and Gender differences in Pain and Pain Management**  
Speaker: **Athmaja Thottungal**  
Duration: 7 min (short version) – 25min (long version)

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## Pre-Recorded Lectures-Podcasts

- **Managing Post Caesarean Section Pain: Updated PROSPECT Recommendations**  
Speaker: **Marc Van de Velde**  
Duration: 22 min
- **When RA fails: Rescue Blocks and Strategies for failed Regional Techniques**  
Speaker: **Romualdo Del Buono**  
Duration: 10 min
- **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, 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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## 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!**



# SUGGESTED SCIENTIFIC PROGRAMME

# WORLD DAY



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Saturday, 31 January 2026

08:30-09:00	VENUE – ARRIVALS – REGISTRATIONS
09:00-09:30	WELCOME MESSAGES & ADDRESSINGS
	City Representative/ City Liaison Person ( <i>in person</i> ) for opening the event Country Representative ( <i>either in person or via zoom</i> ) 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> ) Sister Societies Presidents ( <i>either recordings or via live streaming</i> ) Other Addressings ( <i>can be added as per each city needs</i> )
09:30 - 11:00	SESSION 1 – THE EVIDENCE CLUB
	Chairperson ( <i>Local / To be decided</i> )
09:30 – 10:00	Top papers in RA from 2024–25 ( <i>Local Speaker to be decided</i> )
10:00 – 10:30	Top papers in Pain Medicine from 2024–25 ( <i>Local Speaker to be decided</i> )
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
	Chairperson ( <i>Local / To be decided</i> )
11:30 – 11:50	The Innovation Club: What's new in drug delivery, catheters, pumps, adjuvants, AI decision support ( <i>Local Speaker to be decided</i> )
11:50 – 12:10	The Equity Club Access to RA & analgesia in LMICs, WHO essential medicines, and strategies for training without ultrasound ( <i>Local Speaker to be decided</i> )
12:10 – 12:30	The Rescue Club: When RA fails: troubleshooting blocks, managing LAST, escalation to systemic analgesia/opioids ( <i>Local Speaker to be decided</i> )
12:30 – 13:00	Q&A – Discussion
13:00 – 13:45	LUNCH BREAK

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13:45 – 16:00	<b>SESSION 3 – BEYOND THE BLOCK: REGIONAL ANAESTHESIA ACROSS THE PATIENT JOURNEY</b>
	Chairperson ( <i>Local / To be decided</i> )
13:45 – 14:05	Beyond the OR: RA in trauma, emergency, humanitarian settings ( <i>Local Speaker to be decided</i> )
14:05 – 14:25	Transitional pain services: preventing chronic post-surgical pain ( <i>Local Speaker to be decided</i> )
14:25 – 15:00	What's new in obstetrics? ( <i>Local Speaker to be decided</i> )
15:00 – 15:25	Keeping Kids Comfortable – RA in Paediatrics ( <i>Local Speaker to be decided</i> )
15:25 – 16:00	Q&A – Discussion
16:00 – 16:30	<b>COFFEE BREAK</b>
16:30 – 18:30	<b>SESSION 4 – HANDS ON CLINICAL WORKSHOPS</b>
	For example: 4 stations, 30 min per station, 2h total duration ( <i>Topics &amp; Demonstrators to be decided at the local level</i> )
18:30 – 19:00	<b>END OF E-DAY: QUESTIONS – COMMENTS – DISCUSSION</b>



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## Suggested discussion points

### Top Papers in RA (2024-25)

1. Methodology check – Were these trials large, multicentre, and pragmatic enough to change practice, or are they single-centre signals?
2. Block choice – Do the findings favour new fascial plane blocks over classics (e.g., paravertebral, plexus blocks), and should we adopt them?
3. Opioid-sparing evidence – How convincing is the data that RA reduces opioid use and improves recovery beyond the first 24 hours?
4. Implementation – What barriers (training, ultrasound access, equipment costs) might prevent us from translating this evidence into everyday care?
5. Equity & sustainability – Do these papers consider LMIC contexts or environmental impact, and should that influence how we judge their importance

### Top Papers in Pain Medicine (2024-25)

1. New drugs & adjuvants – Which pharmacological advances (e.g., novel neuropathic agents, ketamine/esketamine, biologics) look truly practice-changing?
2. Interventional techniques – Are new RCTs on procedures (e.g., nerve ablation, neuromodulation, targeted drug delivery) robust enough to support wider uptake?
3. Chronic pain models – How do the studies address the biopsychosocial model – do they balance physical, psychological, and social outcomes?
4. Opioid stewardship – What's new in opioid-sparing or opioid-optimising strategies for chronic pain, and how do these align with WHO's agenda for equitable access?
5. Patient-centred outcomes – Did the studies report outcomes that matter to patients (function, QoL, return to work), or mainly surrogate measures (pain scores, drug use)?



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## SIMULTANEOUS EVENTS ACROSS ALL CONTINENTS!!!

- AFRICA ...
- ASIA ...
- AUSTRALIA & NEW ZEALAND ...
- CANADA
- EUROPE ...
- LATIN AMERICA ...
- MIDDLE EAST & GULF ...
- UNITED STATES OF AMERICA



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# WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

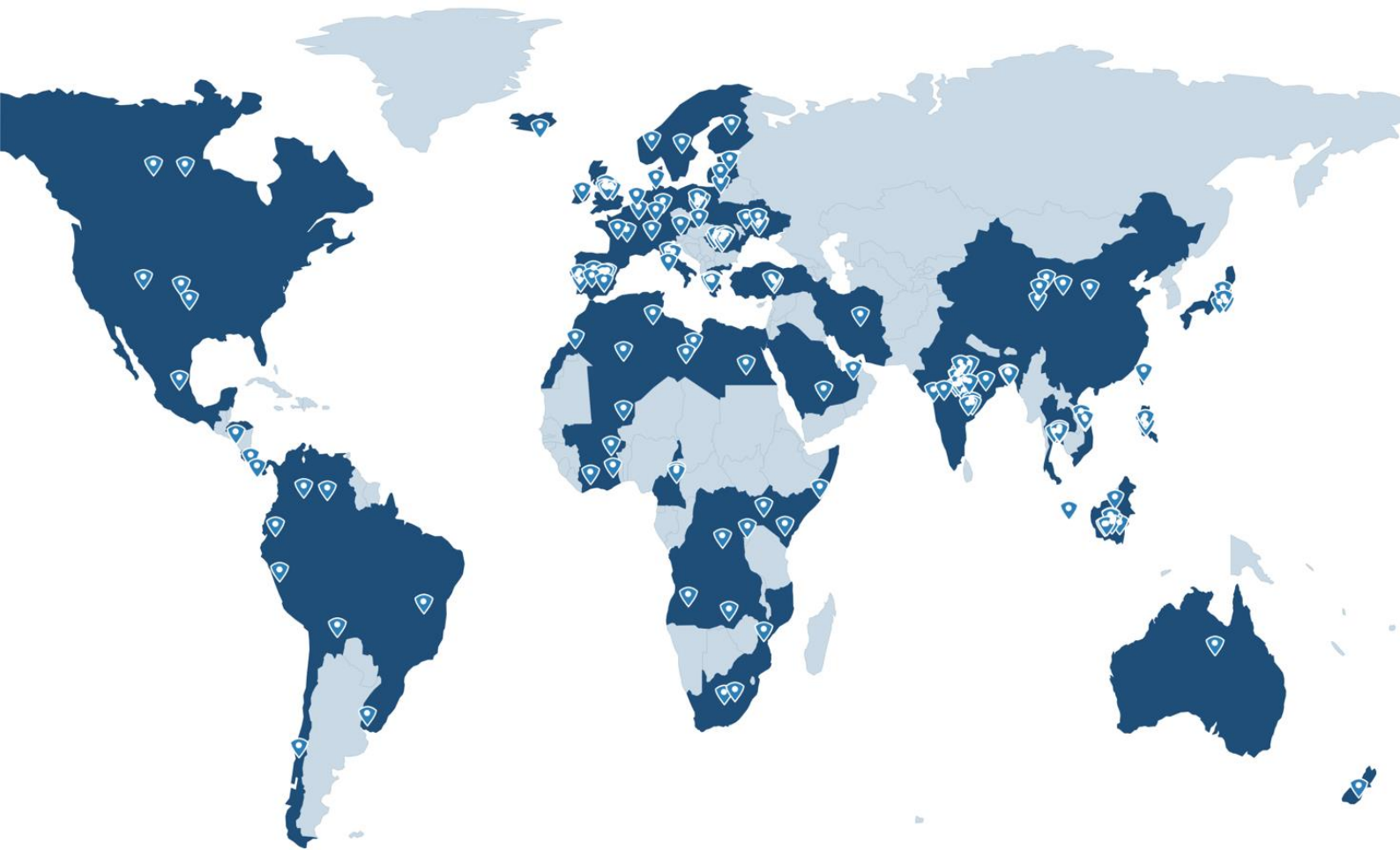
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## SIMULTANEOUS EVENTS ACROSS ALL CONTINENTS!!!



Countries: 78

Cities: 194



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## PARTICIPATING COUNTRIES & CITIES

### EUROPE

#### AUSTRIA

Steyr

#### BALTIC STATES

Kaunas (Lithuania)

#### BELGIUM

Brussels

#### FRANCE

Paris, La Reunion

#### GERMANY

Stuttgart, Marburg

#### GREECE

Athens, Thessaloniki, Larissa

#### IRELAND

an Ireland-Wide Webinar

#### ITALY

Modena, Rome, San Giovanni Rotondo

#### MALTA

Valletta

#### POLAND

Katowice, Poznan, Szczecin, Warsaw

#### PORTUGAL

Funchal, Ponta Delgada, Porto

#### ROMANIA

Bucharest, Cluj-Napoca, Constanta, Craiova, Iasi, Oradea, Targu-Mures, Timisoara

#### SCANDINAVIA – NORDIC COUNTRIES

for a Nordic Countries-Wide Webinar

Denmark, Finland, Iceland, Norway, Sweden

#### SLOVAKIA

Banska Bystrica

#### SPAIN

Alicante, Barcelona, La Coruna, Madrid, Marbella, San Sebastian, Sevilla, Valladolid

#### SWITZERLAND

Bern

#### TURKEY

Ankara, Istanbul, Manisa

#### NETHERLANDS

Sint-Michielsgestel

#### UNITED KINGDOM

Buckinghamshire, Canterbury, Frimley Park, Hull, Newcastle Upon Tyne, Nottingham

#### UKRAINE

Ivano-Frankivsk, Kyiv, Rivne, Vinnytsa

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### AFRICA

#### ALGERIA

Algiers

#### ANGOLA

Luanda

#### BURKINA FASO

Bobo Dioulasso  
Ouagadougou

#### CAMEROON

Garoua, Douala, Yaounde

#### DEMOCRATIC REPUBLIC OF CONGO (DRC)

Bukavu, Kinshasa

#### EGYPT

Cairo

#### GHANA

Cape Coast, Accra

#### IVORY COAST

Abidjan

#### KENYA

Nairobi

#### LIBERIA

Monrovia

#### LIBYA

Tripoli, Benghazi

#### MALI

Région du Nord (GAO)

#### MOROCCO

Barat, Casablanca

#### MOZAMBIQUE

Maputo

#### NAMIBIA

Oshakati, Windhoek

#### RWANDA

Kigali

#### SENEGAL

Dakar

#### SOMALIA

Mogadishu

#### SOMALILAND

Hargeisa

#### SOUTH AFRICA

George  
Johannesburg

#### TUNISIA

Tunis

#### UGANDA

Kabale

#### ZAMBIA

Lusaca

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### ASIA & MIDDLE EAST-GULF

#### BANGLADESH

Chattogram  
Dhaka North  
Dhaka South  
Sylhet

#### CHINA

Beijing  
Guizhou Province  
Hebei Province  
Sichuan Province  
Zhejiang Province

#### INDIA

Bhubnaeswar  
Coimbatore  
Delhi  
Faridabad  
Gorakhpur  
Hyderabad  
Jaipur  
Kolkata  
Mangaluru  
Mumbai  
Nagpur  
New Delhi  
Patna  
Pune  
Rajkot  
Varanasi

#### INDONESIA

Bali  
Banda Aceh  
Bandar Lampung  
Bandung  
Denpasar  
Jakarta  
Jambi  
Makassar  
Malang  
Manado  
Medan  
Padang  
Palembang  
Pekanbaru  
Purwokerto  
Semarang  
Surabaya  
Surakarta  
Yogyakarta

#### IRAN

Tehran

#### JAPAN

Kamogawa  
Kobe  
Kumamoto  
Okazaki

#### KINGDOM OF SAUDI ARABIA

Riyadh

#### MALAYSIA

Kuala Lumpur

#### PHILIPPINES

Bohol  
Davao  
Quezon City

#### SINGAPORE

Singapore

#### TAIWAN

Taichung

#### THAILAND

Bangkok  
Chiang Mai  
Khon Kaen  
Songkhla

#### UNITED ARAB EMIRATES

Abu Dhabi  
Dubai

#### VIETNAM

Buon Ma Thuot  
Hue  
Thai Nguyen



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### NORTH AMERICA

#### UNITED STATES OF AMERICA (USA)

Chapel Hill, North Carolina, NC

and ... US-Wide Webinar!!!

#### CANADA

For a Canada-Wide Webinar!!!

With Participating Experts from 3 cities:  
Calgary, Toronto, Vancouver

Across 3 provinces:  
Alberta, British Columbia, Ontario

For the In-Person Workshop  
Banff, Alberta

### LATIN AMERICA

#### BRAZIL

Sao Luis

#### BOLIVIA

La Paz

#### CHILE

Santiago

#### COLOMBIA

Bogota

#### COSTA RICA

San Jose

#### HONDURAS

Lima

#### MEXICO

Mexico city

#### PANAMA

Panama City

#### PERU

Lima

#### URUGUAY

Montevideo

#### VENEZUELA

Caracas

### OCEANIA

#### AUSTRALIA

Adelaide

Brisbane

Melbourne

Perth

Sydney

#### NEW ZEALAND

Auckland

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## COUNTRIES & CITIES LEADERS – REPRESENTATIVES

### EUROPE

Leader: Sebastien Bloc (France)

**AUSTRIA:** Marcus Neumüller

- Steyr: Marcus Neumüller

**BALTIC STATES:** Irina Evansa

- Kaunas (Lithuania): Arunas Gelmanas

**BELGIUM:** Matthias Desmet

- Brussels: Matthias Desmet

**FRANCE:** Sebastien Bloc

- Paris: Sébastien Bloc, Julien Raft

**GERMANY:** Rebecca Heinen

- Marburg: Rebecca Heinen
- Stuttgart: Rebecca Heinen

**GREECE:** Evmorfia Stavropoulou

- Athens: Kassiani Theodoraki, Krystallia Vitoula
- Larissa: Eleni Arnaoutoglou, Metaxia Bareka
- Thessaloniki: Eleni Argyriadou, Eleni Koraki

**IRELAND:** Conor Skerritt

- Letterkenny: Conor Skerritt

**ITALY:** Romualdo Del Buono

- Modena: Romualdo Del Buono
- Rome: Fabrizio Fattorini
- San Giovanni Rotondo: Raffaele Russo

**MALTA:** Petramay Cortis

- Valletta: Petramay Cortis

**POLAND:** Wojciech Gola

- Katowice: Szymon Bialka
- Poznan: Tomasz Reysner, Małgorzata Reysner
- Szczecin: Agata Andrzejewska
- Warsaw: Marek Janiak

**PORTUGAL:** Lara Ribeiro

- Funchal: Lara Ribeiro
- Ponta Delgada: Lara Ribeiro
- Porto: Lara Ribeiro

**ROMANIA:** Liliana Mirea

- Bucharest: Liliana Mirea
- Cluj-Napoca: Dan Sebastian Dîrzu
- Constanta: Stelian Mociu
- Craiova: Marius Novac
- Iasi: Irina Ristescu
- Oradea: Mihai Botea
- Targu-Mureş: Marius Petrisor
- Timișoara: Marius Păpurică

**NORDIC COUNTRIES:** Axel Sauter

- Wide Webinar

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### EUROPE

Leader: Sebastien Bloc (France)

**SLOVAKIA:** Michal Venglarcik

- **Banská Bystrica:** Michal Venglarcik

**SPAIN:** Vicente Roques

- **Alicante**
- **Barcelona:** Carlos Morros
- **La Coruna:** Pablo Casas
- **Madrid:** Alejandro Ortega
- **Marbella:** Luis Valdes
- **San Sebastian:** Carlos Yarnoz
- **Sevilla:** Jose Manuel Lopez – Millan
- **Valladolid:** Maite Fernandez

**SWITZERLAND:** Andrea Saporito

- **Bern:** Friedrich Lersch

**THE NETHERLANDS:** Kavita Houthoff Khemlani

- **Sint-Michielsgestel:** Kavita Houthoff Khemlani

**TURKEY:** Ismet Topcu

- **Ankara:** Derya Ozkan
- **Istanbul:** Can Aksu
- **Manisa:** Ismet Topcu

**UNITED KINGDOM:** Nat Haslam

- **Buckinghamshire:** Nav Bahal
- **Canterbury:** Athmaja Thottungal
- **Frimley Park:** Madan Narayanan
- **Hull:** Balaji Packianathaswamy, Jakub Kazda
- **Newcastle Upon Tyne:** Nat Haslam, Kiran Koneti
- **Nottingham:** Amr Hassan

**UKRAINE:** Maskym Barsa

- **Ivano-Frankivsk:** Yaroslav Semkovych
- **Kyiv:** Kateryna Bielka
- **Rivne:** Maskym Barsa
- **Vinnytsia:** Dmytro Dmytriiev

# WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3<sup>rd</sup> Edition

Equity, Access, Relief

WORLD DAY

Saturday, 31 January 2026

## COUNTRIES & CITIES LEADERS – REPRESENTATIVES

### AFRICA

Leaders: Lionelle Tchokam (Cameroon) & Noredine Bouarroudj (Algeria)

**ALGERIA:** Bouarroudj Noredine

- **Algiers:** Bouarroudj Noredine

**ANGOLA:** Silvina Pereira

- **Luanda:** Silvina Pereira

**BURKINA FASO:** Aida Zongo

- **Ouagadougou:** Aida Zongo

**CAMEROON:** Lionelle Tchokam

- **Douala:** Nana Manuella, Nga Nomo Serge
- **Yaounde:** Nana Manuella, Nga Nomo Serge

**DEMOCRATIC REPUBLIC OF THE CONGO:**

William Baracka

- **Bukavu:** William Baracka

**EGYPT:** Ezzat Aziz, Mohamed Mostafa

- **Cairo:** Ahmed Zaghloul
- **Benha:** Zeyad Elbagoury

**GHANA:** Ekor Oluwayemisi

- **Accra:** Ekor Oluwayemisi

**IVORY COAST:** Kone Kadidja

- **Abidjan:** Kone Kadidja

**KENYA:** Sonia Lalla

- **Nairobi:** Sonia Lalla

**LIBYA:** Mohamed Tantoush

- **Tripoli:** Mohamed Tantoush

**MALI:** Soumana Coulibaly

- **Region du Nord (GAO):** Soumana Coulibaly

**MOROCCO:** Afak Nsiri

- **Casablanca:** Afak Nsiri

**MOZAMBIQUE:** Hamilton Arnaldo

- **Maputo:** Hamilton Arnaldo

**NAMIBIA:** Kavezembua Kavari

- **Oshakati:** tbc
- **Windhoek:** tbc

**RWANDA:** Nyandwi Jean Damascene

- **Kigali:** Nyandwi Jean Damascene

**SOMALIA:** Abdullahi Said Hashi

- **Mogadishu:** Abdullahi Said Hashi

**SOUTH AFRICA:** Francois Retief

- **George:** Nondwe Ngoqo, André Theron, Maria Fourtounas
- **Johannesburg:** Nondwe Ngoqo, André Theron, Maria Fourtounas

**TUNISIA:** Maissa Daiki

- **Tunis:** Maissa Daiki

**UGANDA:** Isabella Epiu

- **Kabale:** Isabella Epiu

**ZAMBIA:** Maria Kansenga

- **Lusaca:** Maria Kansenga

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## COUNTRIES & CITIES LEADERS – REPRESENTATIVES

### ASIA & MIDDLE EAST-GULF

Leaders: Besthadi Suknomo (Indonesia), Suwimon Tangwiwat (Thailand)  
& Justin Sangwook Ko (Republic of Korea)

#### BANGLADESH: Lutful Aziz

- **Chattogram:** KM Baki Billah, Mohiuddin Majed Chowdhury
- **Dhaka North:** Lutful Aziz
- **Dhaka South:** AKM Akhtaruzzaman
- **Sylhet:** Reazul Haque

#### CHINA: Yun Wang

- **Beijing:** Yun Wang
- **Guizhou Province:** Zhou Jing
- **Hebei Province:** Li Lin
- **Sichuan Province:** Zhao Daqiang
- **Zhejiang Province:** Zhou Hongmei

#### KINGDOM OF SAUDI ARABIA: Ayman Mustafa

- **Riyadh:** Ayman Mustafa

#### UNITED ARAB EMIRATES: Clara Lobo, Dikshitha Chetty

- **Abu Dhabi:** Saurabh Suri, Mhamad Hashimi, Yara Al Jalbout
- **Dubai:** Dikshitha Kshirasagar Chetty

#### INDIA: Ritesh Roy

- **Bhubnaeswar:** Ritesh Roy, Gaurav Agarwal, Neha Singh
- **Coimbatore:** Vipin Kumar Goel

#### INDIA: Ritesh Roy

- **Faridabad:** Divesh Arora
- **Gorakhpur:** Santosh Kumar Sharma
- **Hyderabad:** Sunil T Pandya
- **Jaipur:** Vandana Mangal
- **Kochi:** Sachin George
- **Kolkata:** Ravindra Wankhede
- **Mangaluru:** Shilpa Bhat
- **Mumbai:** Vrushali Ponde
- **Nagpur:** Bhuvaneswari Balasubramanian
- **New Delhi:** Anupam Raj, Anju Gupta, Sukhyanti Kerai, Neelam Prasad
- **Patna:** Chandni Sinha, Shruti Shrey
- **Pune:** Sandeep Diwan, Pramod S Palhade
- **Rajkot:** Hetal Vadera
- **Varanasi:** Amrita Rath
- **Vijayawada:** Sridevi Valluri

#### INDONESIA: Besthadi Suknomo

- **Bali:** IGN Mahaalit Aribawa
- **Banda Aceh:** Rahmi
- **Bandar Lampung:** Hario Tri Hen
- **Bandung:** M. Andy Prihartono
- **Denpasar:** Gusti Ngurah Mahaalit Aribawa
- **Jakarta:** Rizky Ramadhana



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### ASIA & MIDDLE EAST-GULF

Leaders: Besthadi Suknomo (Indonesia), Suwimon Tangwiwat (Thailand)  
& Justin Sangwook Ko (Republic of Korea)

#### INDONESIA: Besthadi Suknomo

- **Jambi:** Andi Hasyim
- **Makassar:** Nur Surya Wirawan
- **Malang:** Ristiawan Muji Laksono
- **Manado:** Barry Imanuel Kambey
- **Medan:** Tasrif Hamdi
- **Padang:** Ruth Evlin Margaretha
- **Palembang:** Aidyl Fitriyah
- **Pekanbaru:** T. Arfi Sulaiman
- **Purwokerto:** Aunun Rofik
- **Semarang:** Mochamat
- **Surabaya:** Dedi Susila
- **Surakarta:** Bara Adithya
- **Yogyakarta:** Farhan Ali Rahman

#### IRAN: Poupak Rahimzadeh

- **Tehran:** Poupak Rahimzadeh

#### JAPAN: Shinichi Sakura

- **Yokohama:** Itaru Watanabe
- **Kamogawa:** Takeshi Murouchi
- **Kobe:** Kentaro Kida
- **Kumamoto:** Naoki Miyazaki
- **Okazaki:** Norihiro Sakai

### OCEANIA

Leader: Alwin Chuan (Sydney, Australia)

#### AUSTRALIA & NEW ZEALAND: Alwin Chuan

- **Wide Webinar (Adelaide, Brisbane, Melbourne, Perth, Sydney, Auckland):** Alwin Chuan

#### MALAYSIA: Iskandar Khalid

- **Kuala Lumpur:** Ng Sook Hoon

#### PHILIPPINES: Dahlia Arancel, Lily Roxas-Jingco

- **Bohol:** Lily Roxas-Jingco
- **Davao:** Dahlia Salanio-Arancel
- **Manila:** Penafrancia Cano

#### REPUBLIC OF KOREA: Ashokka Balakrishnan

- **Seoul:** Won Uk Koh

#### SINGAPORE: Ashokka Balakrishnan

- **Singapore:** Ashokka Balakrishnan

#### TAIWAN: Jui-An Lin

- **Taichung:** Farn-Wen Tseng

#### THAILAND: Suwimon Tangwiwat

- **Bangkok:** Suwimon Tangwiwat
- **Chiang Mai:** Prangmalee Leurcharusmee
- **Khon Kaen:** Aumjit Wittayapairoj
- **Songkhla:** Jatuporn Pakpirom

#### VIETNAM: Minh Nguyen Van

- **Buon Ma Thuot:** Dang The Thanh
- **Hanoi:** Vu Xuan Quang
- **Ho Chi Minh:** Pham Hoang Manh
- **Thai Nguyen:** Lan Pham

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## COUNTRIES & CITIES LEADERS – REPRESENTATIVES

### NORTH AMERICA

Leaders: Raj Gupta - Rakesh Sondekoppam (USA) & Vivian Ip - Ahtsham Niazi (Canada)

**UNITED STATES OF AMERICA (USA):** Raj Gupta & Rakesh Sondekoppam

- Chapel Hill, North Carolina: Stuart Grant
- Nashville, Tennessee: Rajnish Gupta
- Palo Alto, California: Rakesh Sondekoppam

**CANADA:**

Vivian Ip & Ahtsham Niazi

- Calgary, Alberta: Vivian Ip, Joanna Fifen
- Toronto, Ontario: Ahtsham Niazi
- Vancouver, British Columbia: Tim Jen, Peter Rose

### LATIN AMERICA

Leaders: Ana Eugenia Herrera (Costa Rica) & Sidonia Suazo (Honduras)

**BRAZIL:** Joao Batista Santos

- Sao Luis: Joao Batista Santos

**ECUADOR:** Diana Chango

- Kito: Diana Chango

**BOLIVIA:** Jorge Miguel Arratia Calderón

- La Paz: Jorge Miguel Arratia Calderón

**CHILE:** Pablo Miranda Hiriart

- Santiago: Pablo Miranda Hiriart

**COLOMBIA:** Nora Marcela Mendoza, Nurys Hernández

- Bogota: Nora Marcela Mendoza, Nurys Hernández

**COSTA RICA:** Oscar Ledezma

- San Jose: Oscar Ledezma

**HONDURAS:** Sidonia Suazo Reyes, Guillermo Pineda

- Tegucigalpa: Sidonia Suazo Reyes, Guillermo Pineda

**MEXICO:** Arely Torres Maldonado

- Mexico City: Arely Torres Maldonado

**PANAMA:** Jonathan Batista, Stanley Wu Tai

- Panama City: Jonathan Batista, Stanley Wu Tai

**PERU:** Mabel Paz

- Lima: Mabel Paz

**URUGUAY:** Paola Alcarraz, Ana Schwartzman

- Montevideo: Paola Alcarraz

**VENEZUELA:** María Eugenia Seijas

- Caracas: María Eugenia Seijas

Joining Hands for a Pain Free Future Worldwide

# WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

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## PARTICIPATING SOCIETIES & ORGANIZATIONS



Joining Hands for a Pain Free Future Worldwide

# WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

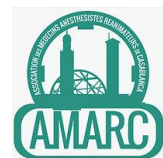
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# WORLD DAY

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## PARTICIPATING SOCIETIES & ORGANIZATIONS



SENSIBILISER INFORMER ACCOMPAGNER



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



Info and Registrations  
[esraeurope.org](http://esraeurope.org)

## Equity, Access, Relief

**Saturday, 31 January 2026**

## NOTES



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



**AFRICAN**  
Society of  
Regional  
Anaesthesia



Info and Registrations  
**esraeurope.org**



