

10th ESRA

Sunny Autumn Meeting

5-9 October 2026 | Algarve, Portugal



PROGRAMME

Monday, 05 October 2026

15:30-16:15 Registration

16:15-17:00 Ultrasound Demonstrations 1: Lower Extremity - *Demonstrators: Rebecca Heinen and Eric Albrecht*

17:00-19:00 Session 1: Pain, PROSPECT and Basic Analgesia - *Chairs: Narinder Rawal and Eva Roofthoof*

17:00 – 17:05 Opening of the Meeting - *Narinder Rawal and Marc Van de Velde*

17:05 – 17:25 General or Regional Anaesthesia: Does it Influence Outcomes? - *Girish Joshi*

17:25 – 17:45 NSAIDs and Metamizole: the Good, the Bad and the Ugly - *Marc Van de Velde*

17:45 – 18:05 Optimising Spinal Anaesthesia - *Narinder Rawal*

18:05 – 18:25 Fascial Plane Blocks – Current State of the Art - *Rebecca Heinen*

18:25 – 18:45 ERAS: Core Principles and Key Components - *Alan Macfarlane*

18:45 – 19:00 Discussion

19:00-22:30 Welcome Reception for Delegates and Faculty

Tuesday, 06 October 2026

15:15-16:00 Ultrasound Demonstrations 2: Upper Extremity - *Demonstrators: Eva Roofthoof and Alan Macfarlane*

16:00-20:00 Session 2: PROSPECT Recommendations in Clinical Practice - *Chairs: Marc Van de Velde and Eva Roofthoof*

16:00 – 16:20 Methodology - *Girish Joshi*

16:20 – 16:40 The Concept of Basic Analgesia - *Marc Van de Velde*

16:40 – 17:00 Dexamethasone: the Golden Bullet? - *Eva Roofthoof*

17:00 – 17:20 Wound Infiltration and LIA Explained - *Narinder Rawal*

17:20 – 17:40 Discussion

17:40 – 18:00 *Coffee Break*

18:00 – 18:20 Role of Surgical Techniques in Postoperative Pain - *Narinder Rawal*

18:20 – 18:40 Recommendations for Orthopaedic Surgery - *Eric Albrecht*

18:40 – 19:00 Recommendations for Thoracic Surgery - *Girish Joshi*

19:00 – 19:20 Recommendations for Caesarean Section and Abdominal Surgery - *Marc Van de Velde*

19:20 – 19:30 The PROSPECT Project – How Can We Improve It? - *Marc Van de Velde*

19:30 – 20:00 Discussion

20:00-22:00 Dinner for Delegates and Faculty

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Wednesday, 07 October 2026

15:45-16:15 Ultrasound Demonstrations 3: Gastric Ultrasound - *Demonstrators: Rebecca Heinen and Nuala Lucas*

16:15-20:00 Session 3: Enhanced Recovery After Surgery - *Chairs: Eric Albrecht and Nuala Lucas*

16:15 – 16:35 Fast Track Thoracic and Cardiac Surgery - *Rebecca Heinen*

16:35 – 16:55 Continuous Spinal Anaesthesia - *Alan Macfarlane*

16:55 – 17:15 Regional Anaesthesia for Vascular and Urological Surgery - *Nuala Lucas*

17:15 – 17:45 Discussion

17:45 – 18:15 **Coffee Break**

18:15 – 18:20 Abstract Presentation

18:20 – 19:00 This House Believes ERAS Improves Outcomes PRO - *Eric Albrecht* **CON** *Narinder Rawal*

19:00 – 19:40 Intrathecal or Epidural Morphine for Postoperative Pain after Caesarean Section - *PRO Nuala Lucas* **CON** *Marc Van de Velde*

19:40 – 20:00 - Discussion

20:00-22:00 Dinner for Delegates and Faculty

Thursday, 08 October 2026

08:00-12:00 Session 4: When Acute Becomes Chronic: Why Perioperative Teams Should Care - *Chairs: Patricia Lavand'homme and Katrin Meyer*

08:00 – 08:30 From Acute to Chronic Pain: Mechanisms and Prevention - *Patricia Lavand'homme*

08:30 – 09:00 Old Substances for Chronic Pain Revisited: Gabapentinoids, Ketamine, Opioids - *Katrin Meyer*

09:00 – 09:30 Chronic Pelvic Pain - *Patricia Lavand'homme*

09:30 – 10:00 Interdisciplinary Approach to Chronic Pain - *Katrin Meyer*

10:00 – 10:30 **Coffee Break**

10:30 – 11:00 New Substances for Chronic Pain: Cannabinoids, Psychedelic Drugs and Immunotherapy - *Patricia Lavand'homme*

11:00 – 11:30 Ultrasound Demonstration: Interventions for Chronic Pain - *Katrin Meyer*

11:30 – 12:00 Discussion

12:00-14:00 Lunch for Delegates and Faculty

Shaping the Modern Perioperative Pathway

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Friday, 09 October 2026

09:00-12:05 Session 5: Complications - *Chairs: Narinder Rawal and Girish Joshi*

09:00 – 09:25 Neurologic Deficit After Peripheral Nerve Blocks - Eric Albrecht

09:25 – 09:50 PDPH: Recent Guidelines - *Nuala Lucas*

09:50 – 10:15 Fascial Plane Blocks and LAST - *Girish Joshi*

10:15 – 10:30 Discussion

10:30 – 11:00 **Coffee Break**

11:00 – 12:00 Final Burning Questions and Discussion from the Audience with All Faculty -
Narinder Rawal and Marc Van de Velde

12:00 – 12:05 Closing of the Meeting - *Marc Van de Velde and Narinder Rawal*

12:05-14:00 Lunch for Delegates and Faculty and End of Meeting



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