Shaping the Modern Perioperative Pathway

10th ESRA Sunny Autumn Meeting

5-9 October 2026 I 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 c*

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

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

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 Roofthooft*
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 – 17:00 Fast Track Thoracic and Cardiac Surgery **-** *Rebecca Heinen*
17:00 – 17:20 Continuous Spinal Anaesthesia **-** *Alan McFarlane*
17:20 – 17:50 Discussion
17:50 – 18:20 Coffee Break
18:20 – 18:40 Regional Anaesthesia for Vascular and Urological Surgery **-** *Nuala Lucas*
18:40 – 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

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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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