

8 CME – CPD Credits for each City – Scientific Event
accredited by the Panhellenic Medical Association
Approval by the National Drugs Organization [EOF]

One Day ...
One Program ...
In over 20 Cities in Europe ...

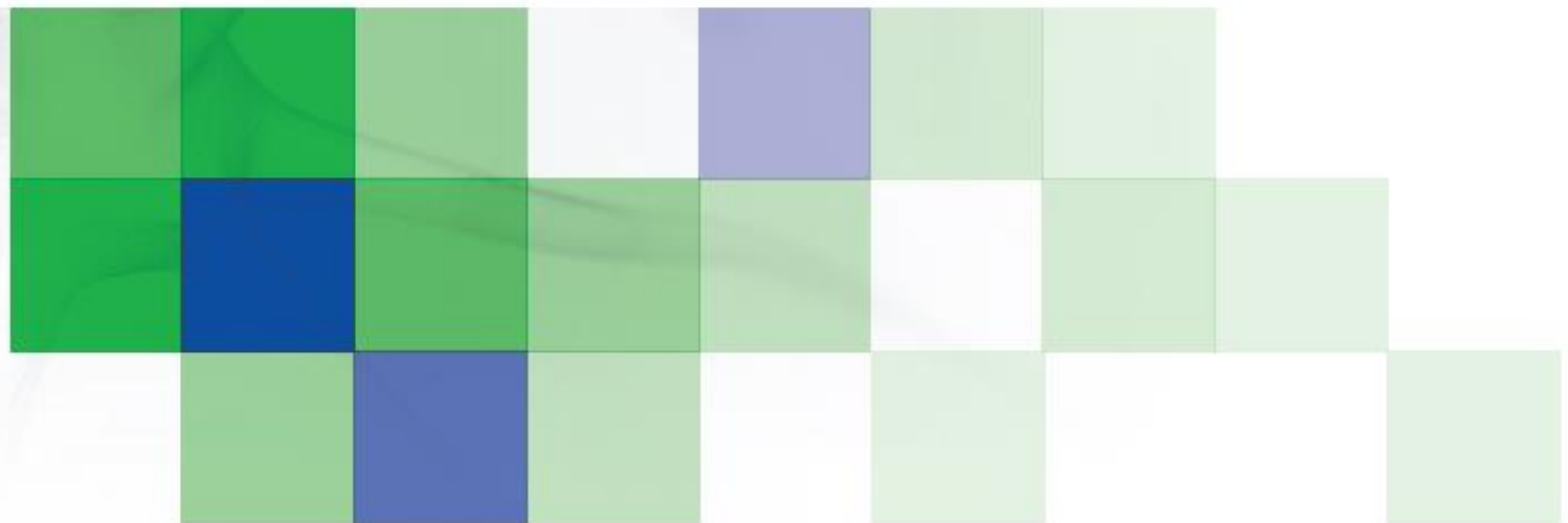
1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Athens & Thessaloniki, GREECE
Saturday, 27 January 2018

Under the Auspices of

- A' Anaesthesiology Clinic, Pain Therapy and Palliative Care Centre, National & Kapodistrian University of Athens, Greece
- Department of Anaesthesiology & Intensive Care Medicine, Aristotle University of Thessaloniki, Greece



There must be one city around you !!!

www.esraeurope.org & www.esrahellas.gr



State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY



European Society of Regional Anaesthesia
HELLAS

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

LIMITED NUMBER OF PARTICIPANTS !!!
REGISTER SOON !!!

Information & Registrations

ESRA Hellas Secretariat
(Mrs Evanthia Vlamopoulou)

Email

info@esrahellas.gr
anais@aretaieio.uoa.gr
vlamopoulou@gmail.com

Telephone & Fax

+30 2107286169

Cell Phone

+30 6984506866





8 CME – CPD Credits
accredited by the Panhellenic Medical Association
Approval by the National Drugs Organization [EOF]

One Day ...
One Program ...
In over 20 Cities in Europe ...

1st ESRA European Day of Regional Anaesthesia

ESRA E–Day: Local Face to Face Meetings

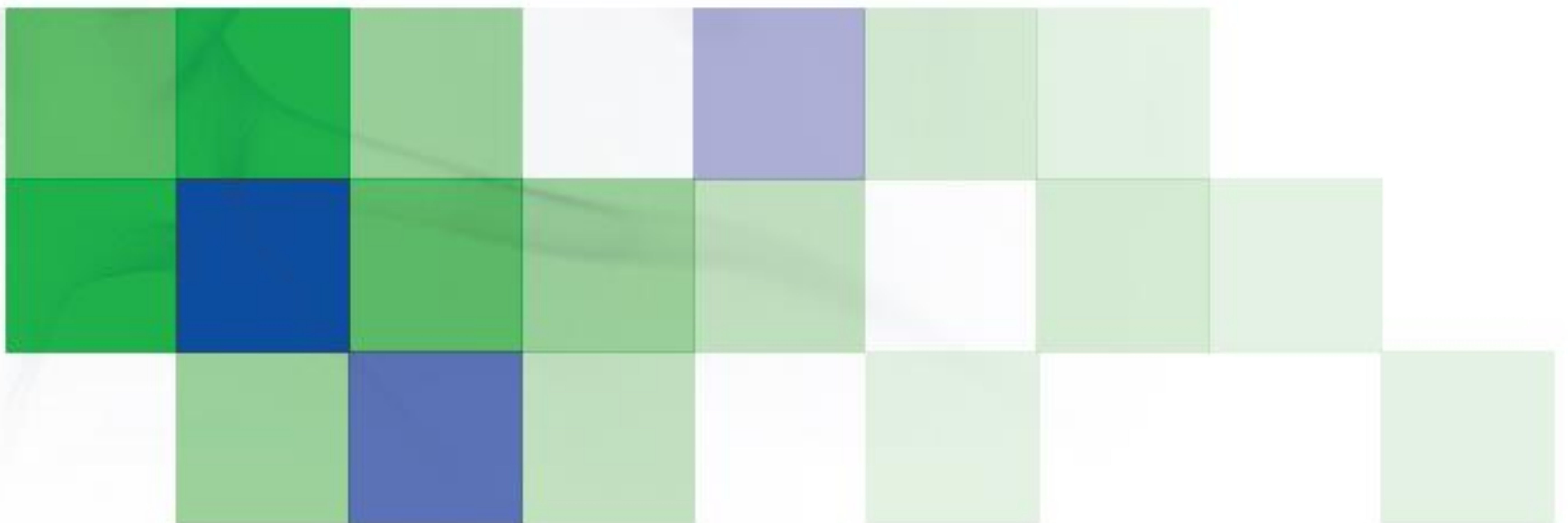
Thessaloniki, GREECE

Saturday, 27 January 2018

Teaching Lectures Hall

Department of Anaesthesiology & Intensive Care Medicine

«AHEPA» University Hospital



Under the Auspices of

Department of Anaesthesiology & Intensive Care Medicine

Faculty of Medicine, Aristotle University of Thessaloniki, GREECE

There must be one city around you !!!

www.esraeurope.org & www.esrahellas.gr

1st ESRA European Day of Regional Anaesthesia
ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

PARTICIPATING COUNTRIES – CITIES

FRANCE

Biarritz, Lille, Lyon, Marseille, Nancy,
Paris, Rennes, Toulouse

GREECE

Athens, Thessaloniki

POLAND

Krakow

PORTUGAL

Porto

SPAIN

Barcelona, Madrid, Seville

TURKEY

Ankara, Kocaeli, Manisa

UNITED KINGDOM

Belfast, Bristol



There must be one city around you !!!

www.esraeurope.org & www.esrahellas.gr

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

COMMON SCIENTIFIC PROGRAM, THE SAME DAY, ACROSS EUROPE !!!

Morning Sessions

- Obstetric Anaesthesia: What's New?
- Knee Surgery: Which Regional Anaesthesia Technique?
- Local Anaesthetics: New Scientific Data & Novel Indications
- RA & Perioperative Point of Care U/S Use
- PECS & Serratus Anterior Plane Block: Live Demonstration with U/S Use

Afternoon & Evening Sessions

- Abdominal Wall Nerve Blocks: Live Demonstration with U/S Use
- Regional Anaesthesia Hands – On Clinical Workshops:
Update on Upper & Lower Limb Nerve Blocks
- Obstetric Anaesthesia: Clinical Scenario & Interactive Panel Discussion

There must be one city around you !!!

www.esraeurope.org & www.esrahellas.gr



1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018



1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

WELCOME LETTER

Dear Colleagues, Dear Friends

The European Society of Regional Anaesthesia & Pain Therapy (ESRA) is organizing the 1st ESRA European Day of Regional Anaesthesia (ESRA E-Day), on Saturday, 27 January 2018. 20 European Cities, in 7 different Countries, will participate at the same day, with a common scientific program, aiming in interactivity between trainees and experts in Regional Anaesthesia, during Local Face to Face Meetings.

It is an honour for Greece to be included among the 7 European Countries, who will take part in this scientific event. The Directory Board of ESRA Hellas (Greek Section of ESRA – Zone of Greece & Cyprus) has selected Athens and Thessaloniki, as the two cities – meeting points, which will participate in the celebration of the 1st ESRA European Day of Regional Anaesthesia.

Our basic goal is the Discussion of Innovations and the Combination of Theory with Clinical Methodology and Hands – On Practice, in the broad field of Regional Anaesthesia. With the participation of our country we continue to be at the forefront of education and research, we signal a new beginning in the encouragement of training of the new generation and we target in the promotion of knowledge all over Greece, focusing on improved quality of Continuing Medical Education among Greek Anaesthesiologists.

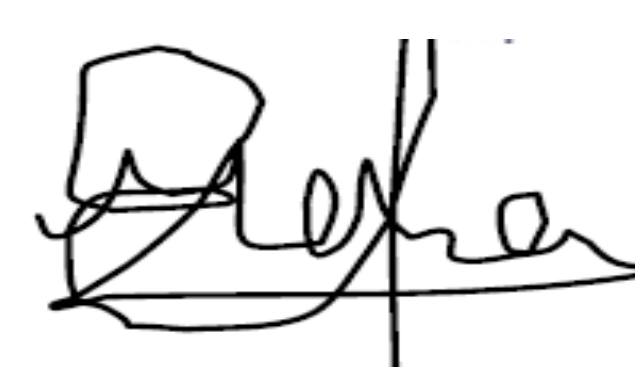
The registration to the 1st ESRA European Day of Regional Anaesthesia in both Athens and Thessaloniki is complimentary for all Greek colleagues, by the ESRA Hellas Directory Board. The only prerequisite for participation in this scientific event is the registration in ESRA or the renewal of ESRA Registration (ESRA – ESRA Hellas Joint Membership) of all attendees, for the year 2018.

Following the footsteps of ESRA or ESRA Hellas previous successful meetings, we invite you to participate with the same spirit of enthusiasm and to contribute in our mission fulfillment.

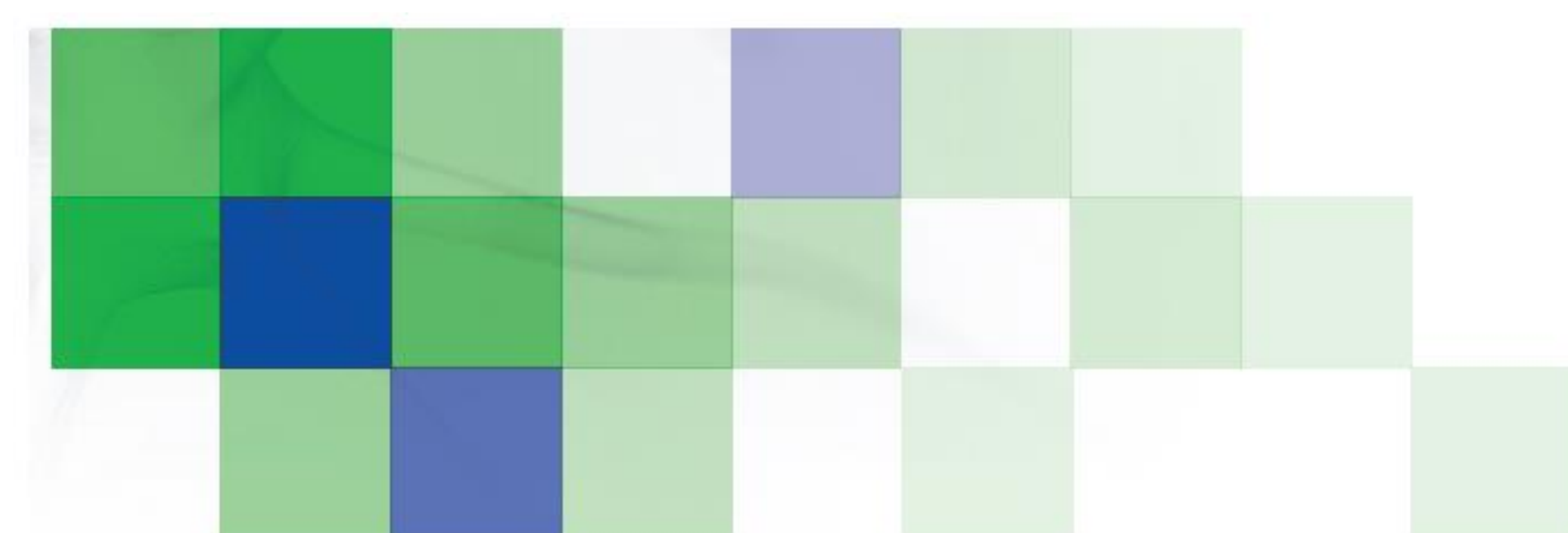
With Cordial Greetings



Erifyli Argyra
ESRA Hellas President



Eleni Moka
ESRA Hellas General Secretary





State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY



European Society of Regional Anaesthesia
HELLAS

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

WELCOME MESSAGE

Dear Colleagues, Dear Friends

A' Anaesthesiology Clinic – Pain Therapy & Palliative Care Centre of the Faculty of Medicine of National & Kapodistrian University of Athens, Greece actively supports Regional Anaesthesia and Pain Therapy at a clinical, scientific and research level.

Specifically, from 2009, it cooperates closely with ESRA Hellas (Greek Section of ESRA – Zone of Greece & Cyprus), focusing on the implementation of Hands – On Regional Anaesthesia Workshops, at «Aretaieion» University Hospital of Athens, which have contributed in the specialization of more than 400 Greek Anaesthesiologists on Regional Anaesthesia Techniques, with Greek EDRA Diplomats (European Diploma in Regional Anaesthesia & Acute Pain Management) currently exceeding the number of 20.

It is my pleasure and honour to salute the scientific activities that will take place in Greece, simultaneously during the same day, at «Aretaieion» University Hospital in Athens, and at «AHEPA» University Hospital in Thessaloniki, for the celebration of the 1st ESRA European Day of Regional Anaesthesia.

I welcome you and wish you success in all aforementioned scientific activities.

Ioanna Siafaka

Professor of Anaesthesiology and Pain Therapy
Faculty of Medicine, National & Kapodistrian University of Athens
ESRA Hellas Vice – President
Director of A' Anaesthesiology Clinic,
Pain Therapy & Palliative Care Centre of Athens University
«Aretaieion» University Hospital, Athens, Greece



1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

WELCOME MESSAGE

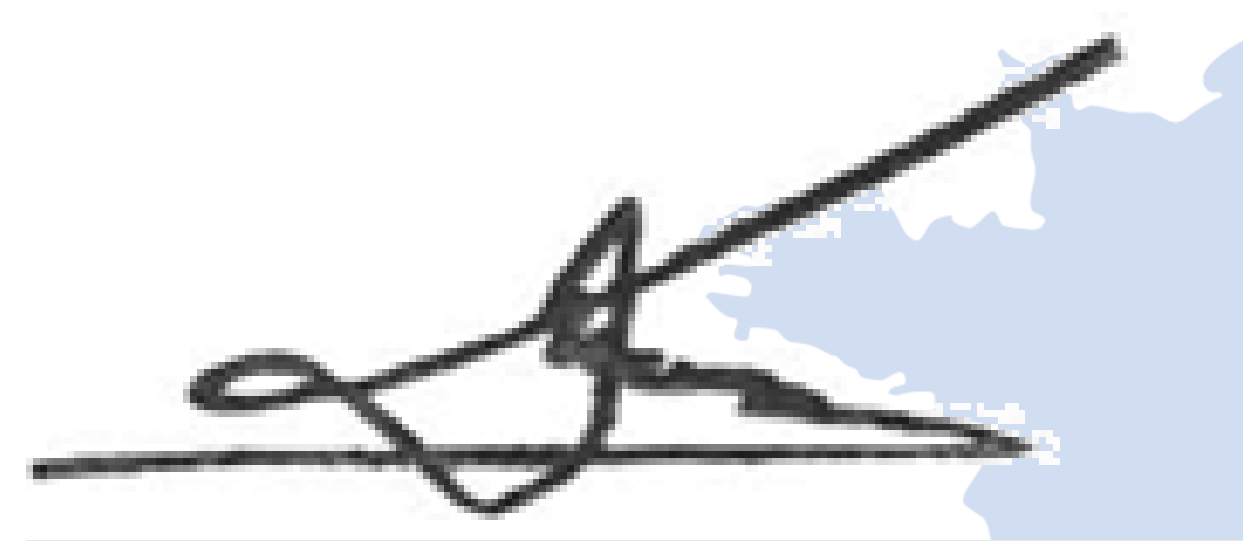
Dear Colleagues

I welcome you in the 1st ESRA European Day of Regional Anaesthesia, that is organized by the European Society of Regional Anaesthesia and Pain Therapy (ESRA), simultaneously and during the same day, in 20 European Cities, in 7 different Countries.

I would like to express my warmest thanks to ESRA και ESRA Hellas, for the honoring selection, on one hand of Thessaloniki, as one of the cities that will participate in the 1st ESRA European Day of Regional Anaesthesia, and on the other hand of our Clinic as the Venue of this scientific event.

The Department of Anaesthesiology and Intensive Care Medicine of the Faculty of Medicine of Aristotle University of Thessaloniki, Greece, and myself personally, are succorers and enthusiastic supporters of every innovative effort, that promotes interactive education and training, and that brings modern fields of Anaesthesiology to the focus of clinical interest.

With Cordial Greetings



Professor Dimitrios Vassilakos

Director of the Department of Anaesthesiology and Intensive Care Medicine
Faculty of Medicine, Aristotle University of Thessaloniki
«AHEPA» University Hospital
Thessaloniki, Greece





State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY



European Society of Regional Anaesthesia
HELLAS

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

ESRA Hellas Directory Board

President	Erifyli Argyra
Vice – President	Ioanna Siafaka
General Secretary	Eleni Moka
Specific Issues Secretary	Kassiani Theodoraki
Treasurer	Evmorfia Stavropoulou
Members	Elpida Antonopoulou
	Alexandros Makris
Residents & Trainees Representative	Martina Rekatsina
Honorary President	Athina Vadalouca

Representative from Cyprus Periklis Zavridis

Secretariat Evanthia Vlamopoulou

ESRA Hellas

[Greek Section of ESRA – Zone of Greece & Cyprus]

12, Grigoriou Theologou Street, Athens, PC 11471

Telephone & Fax +30 210 7286169, Cell Phone +30 6984506866

Email: info@esrahellas.gr, anais@aretaieio.uoa.gr, vlamopoulou@gmail.com





State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY



European Society of Regional Anaesthesia
HELLAS

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

GREEK ORGANIZING COMMITTEE

Country Representative: E. Moka



ATHENS

LOCAL ORGANIZING COMMITTEE

Coordinators: E. Argyra

I. Siafaka

E. Stavropoulou

Members: A. Makris

T. Paraskevopoulos

M. Rekatsina

K. Theodoraki



«Aretaieion»

University Hospital



THESSALONIKI

LOCAL ORGANIZING COMMITTEE

Coordinators: E. Antonopoulou

V. Fyntanidou

D. Vassilakos

Members: A. Amaniti

E. Koraki

P. Theodosiadis

M. Varveri



«AHEPA»

University Hospital





State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY



European Society of Regional Anaesthesia
HELLAS

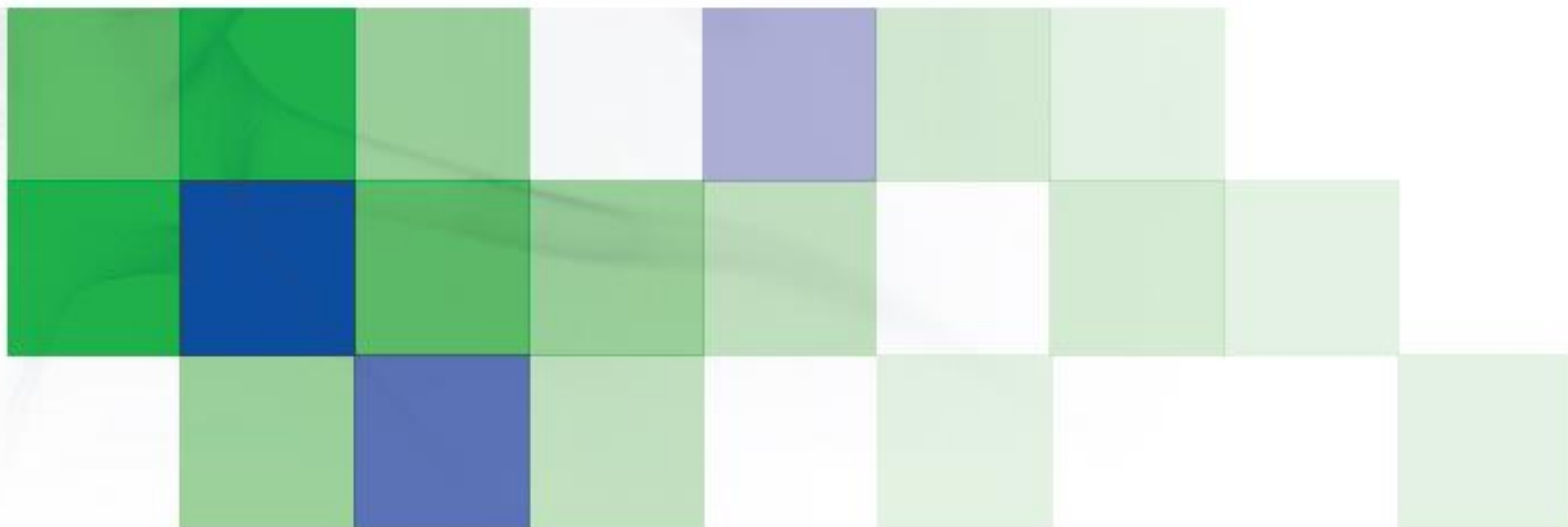
1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

One Day ...
One Program ...
In over 20 Cities in Europe ...

- Theoretical Knowledge
- Literature Update
- Clinical Methodology
- Hands – On Practice



There must be one city around you !!!

www.esraeurope.org & www.esrahellas.gr



State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY



European Society of Regional Anaesthesia
HELLAS

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018



THESSALONIKI

Teaching Lectures Hall, Department of Anaesthesiology & Intensive Care Medicine
«AHEPA» University Hospital

1, St. Kyriakidi Street, Thessaloniki, PC 54636, GREECE

Under the Auspices of

Department of Anaesthesiology & Intensive Care Medicine
Faculty of Medicine, Aristotle University of Thessaloniki, GREECE

Director: Professor D. Vassilakos

Registration is Free for Participants

The only prerequisite for participation is

Registration or Renewal of Registration in ESRA for 2018
(ESRA – ESRA Hellas Joint Membership)

REGISTER SOON – LIMITED NUMBER OF PARTICIPANTS !!!

Information – Registrations

ESRA Hellas Secretariat (Mrs Evanthia Vlamopoulou)

Email

info@esrahellas.gr

anais@aretaieio.uoa.gr

vlamopoulou@gmail.com

Contact Telephone Numbers

+30 2107286169

+30 6984506866

8 CME – CPD Credits

accredited by the Panhellenic Medical Association

Approval by the National Drugs Organization [EOF]





1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018





State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY



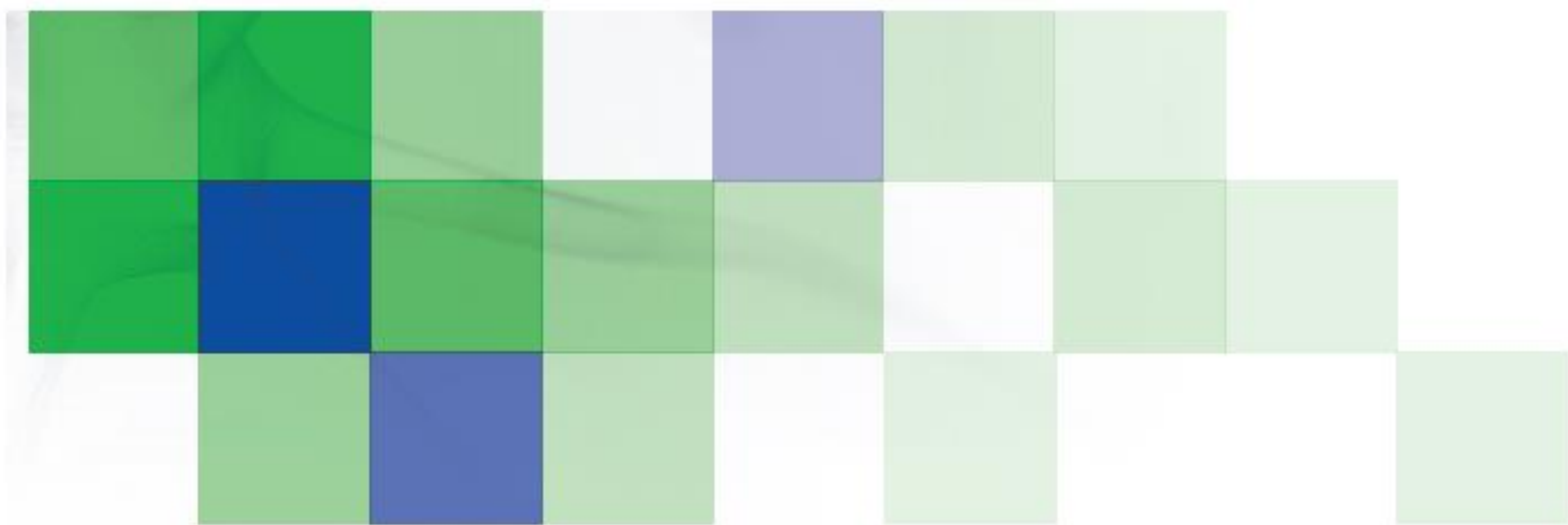
European Society of Regional Anaesthesia
HELLAS

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

THESSALONIKI SCIENTIFIC PROGRAM





State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY



European Society of Regional Anaesthesia
HELLAS

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

08.30 – 09.00: VENUE – ARRIVALS – REGISTRATIONS

09.00 – 09.30: WELCOME ADDRESSES

D. Vassilakos: Professor of Anaesthesiology
E. Moka: ESRA Hellas General Secretary
E. Argyra: ESRA Hellas President (via live streaming)
I. Siafaka: ESRA Hellas Vice – President (via live streaming)
A. Vadalouca: ESRA Past President (via live streaming)

09.30 – 10.00: LECTURE – INTERACTIVE DISCUSSION

Obstetric Anaesthesia: What's New?

Speaker: P. Theodosiadis
Commentator: E. Katsika

10.00 – 10.30: LECTURE – INTERACTIVE DISCUSSION

Knee Surgery: Which Regional Anaesthesia Technique?

Speaker: V. Fyntanidou
Commentator: E. Antonopoulou

10.30 – 11.00: LECTURE – INTERACTIVE DISCUSSION

Local Anaesthetics: New Scientific Data & Novel Indications

Speaker: E. Koraki
Commentator: A. Amaniti

11.00 – 11.30: COFFEE BREAK





State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY



European Society of Regional Anaesthesia
HELLAS

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

11.30 – 12.00:

LECTURE – INTERACTIVE DISCUSSION

Regional Anaesthesia & Perioperative Point of Care Ultrasound Use

Speaker: M. Doumbaratzi

Commentator: A. Trikoupi

12.00 – 13.00:

HANDS – ON CLINICAL PRACTICE WITH ULTRASOUND USE [LIVE DEMONSTRATION]

Nerve Blocks of Anterolateral Thoracic Wall

12.00 – 12.15 Introduction: M. Varveri

12.15 – 13.00 Hands – On Practice on Live Models
(45 min per Workstation)

WORKSTATION 1

PECS I & II

Serratus Anterior Plane Blocks

- Landmarks
- Demonstration with U/S

Instructor: M. Varveri

12.15 – 13.00

Groups A + B

WORKSTATION 2

PECS I & II

Serratus Anterior Plane Blocks

- Landmarks
- Demonstration with U/S

Instructor: V. Fyntanidou

12.15 – 13.00

Groups C + D

13.00 – 14.00:

LUNCH BREAK





State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY



European Society of Regional Anaesthesia
HELLAS

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

14.00 – 15.00:

**HANDS – ON CLINICAL PRACTICE WITH ULTRASOUND USE
[LIVE DEMONSTRATION]**

Nerve Blocks of Anterolateral Abdominal Wall

14.00 – 14.15 Introduction: A. Polychroniou

14.15 – 15.00 Hands – On Practice on Live Models
(45 min per Workstation)

WORKSTATION 1

- ✓ TAP Block
- ✓ Rectus Sheath Block
- ✓ Ilioinguinal
Nerve Block
- ✓ Iliohypogastric
Nerve Block

- Landmarks
- Demonstration with U/S

Instructor: A. Polychroniou

14.15 – 15.00

Groups A + B

WORKSTATION 2

- ✓ TAP Block
- ✓ Rectus Sheath Block
- ✓ Ilioinguinal
Nerve Block
- ✓ Iliohypogastric
Nerve Block

- Landmarks
- Demonstration with U/S

Instructor: V. Fyntanidou

14.15 – 15.00

Groups C + D





State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY



European Society of Regional Anaesthesia
HELLAS

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

15.00 – 18.00:

REGIONAL ANAESTHESIA HANDS – ON CLINICAL WORKSHOPS

Update on Peripheral Nerve Blocks:

Which Regional Anaesthesia Technique for Which Procedure?

- Clinical Scenaria
- Landmarks – Demonstration with Ultrasound
- Hands – On Practice on Live Models: **45 min per Workstation**

WORKSTATION 1	WORKSTATION 2	WORKSTATION 3	WORKSTATION 4
Shoulder Surgery	Elbow & Hand Surgery	Knee Surgery	Ankle & Foot Surgery

Groups & Instructors

	M. Varveri	M. Doumbaratzi	E. Antonopoulou	E. Koraki
15.00 – 15.45:	Group A	Group B	Group C	Group D
15.45 – 16.30:	Group B	Group C	Group D	Group A

16.30 – 16.45:

COFFEE BREAK

16.45 – 18.15:

REGIONAL ANAESTHESIA HANDS – ON CLINICAL WORKSHOPS [Continued]

	WORKSTATION 1	WORKSTATION 2	WORKSTATION 3	WORKSTATION 4
16.45 – 17.30:	Group C	Group D	Group A	Group B
17.30 – 18.15:	Group D	Group A	Group B	Group C





State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY



European Society of Regional Anaesthesia
HELLAS

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

18.15 – 18.45:

CLINICAL SCENARIO - INTERACTIVE PANEL DISCUSSION

Parturient with Preeclampsia

Instructor: K. Katsanoulas

18.45 – 19.00:

END OF E-DAY: QUESTIONS – COMMENTS – DISCUSSION





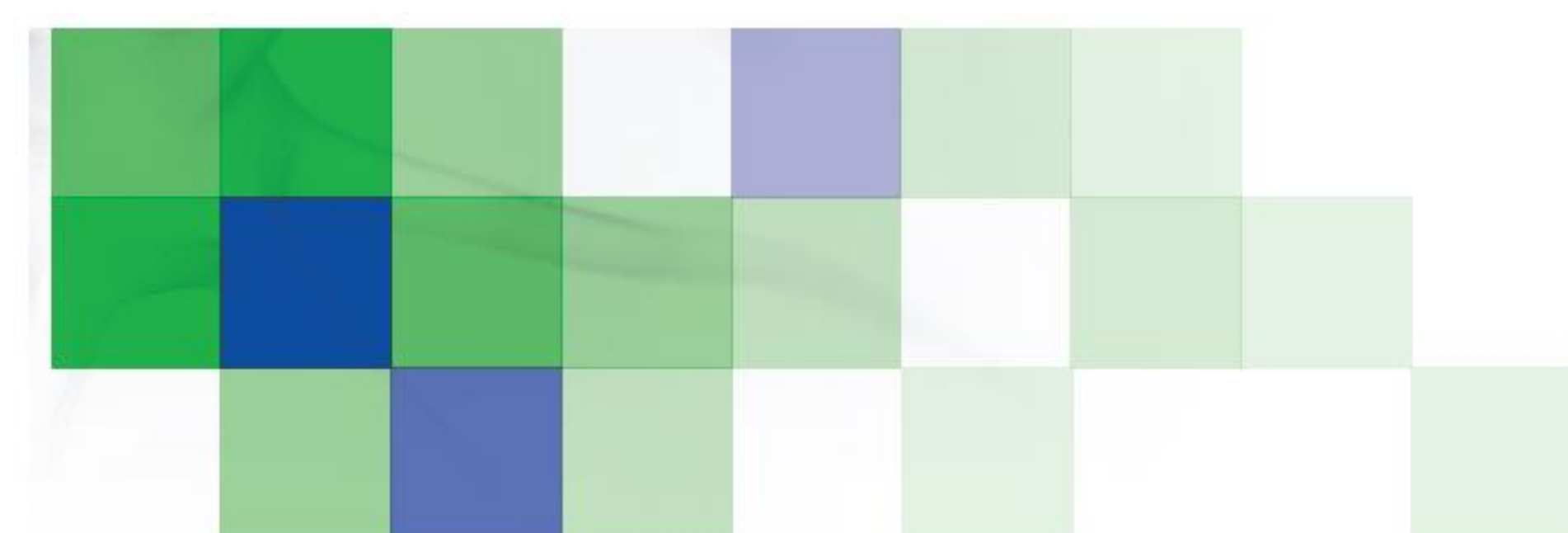
**European Society of Regional Anaesthesia
HELLAS**

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

Notes





**European Society of Regional Anaesthesia
HELLAS**

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

Notes





**European Society of Regional Anaesthesia
HELLAS**

1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

Notes





1st ESRA European Day of Regional Anaesthesia

ESRA E-Day: Local Face to Face Meetings

Saturday, 27 January 2018

ORGANIZERS – FACULTY LIST

Amaniti Aikaterini, MD, PhD

Consultant Anaesthesiologist, Assistant Professor of Anaesthesiology, Faculty of Medicine, Aristotle University of Thessaloniki, Department of Anaesthesiology & Intensive Care Medicine of Aristotle University of Thessaloniki, «AHEPA» University Hospital, Thessaloniki, Greece

Antonopoulou Elpida, MD, PhD, EDRA

Consultant Anaesthesiologist, ESRA Hellas Directory Board Member, Coordinator – Director NHS, Anaesthesiology Department, Peripheral General Hospital of Xanthi, Xanthi, Greece

Argyra Erifyli, MD, PhD, EDRA

Professor of Anaesthesiology, Faculty of Medicine, National & Kapodistrian University of Athens, ESRA Hellas President, EDRA Examiner, Athens, Greece

Doumbaratzi Maria, MD

Consultant Anaesthesiologist – NHS, Anaesthesiology Clinic, General Hospital of Thessaloniki «Papageorgiou», Thessaloniki, Greece

Fyntanidou Barbara, MD, PhD

Consultant Anaesthesiologist – NHS, Department of Anaesthesiology & Intensive Care Medicine of Aristotle University of Thessaloniki, «AHEPA» University Hospital, Thessaloniki, Greece

Katsanoulas Konstantinos, MD

Consultant Anaesthesiologist – Intensive Care Physician, Director – NHS, Anaesthesiology Clinic, General Hospital of Thessaloniki «Ippokrateio», Thessaloniki, Greece

Katsika Eleni, MD, PhD

Consultant Anaesthesiologist, Coordinator – Director NHS, Anaesthesiology Clinic, General Hospital of Thessaloniki «Ippokrateio», Thessaloniki, Greece

Koraki Eleni, MD

Consultant Anaesthesiologist, Director – NHS, Anaesthesiology Clinic, General Hospital of Thessaloniki «Papanikolaou», Thessaloniki, Greece

Moka Eleni, MD, PhD, MSc, EDRA

Consultant Anaesthesiologist, ESRA & EDRA Board Member, ESRA Hellas General Secretary, Head of Anaesthesiology Department, Creta InterClinic Hospital (Private Sector), Heraklion, Crete, Greece

Polychroniou Alexandros, MD

Consultant Anaesthesiologist NHS, Anaesthesiology Clinic, General Hospital of Thessaloniki «Papageorgiou», Thessaloniki, Greece

Siafaka Ioanna, MD, PhD

Professor of Anaesthesiology & Pain Therapy, Faculty of Medicine, National & Kapodistrian University of Athens, ESRA Hellas Vice – President, Vice President of PARHSYA, Director of A' Anaesthesiology Clinic – Pain Therapy & Palliative Care Centre of Athens University, «Areteaion» University Hospital, Athens, Greece

Theodosiadis Panayotis, MD, PhD

Consultant Anaesthesiologist – Chronic Pain Therapy Physician, Director of Pain Therapy Unit, Interbalkan Medical Centre (Private Sector), Thessaloniki, Greece

Trikoupi Anastasia, MD, PhD

Consultant Anaesthesiologist, Coordinator – Director NHS, Anaesthesiology Clinic, General Hospital of Thessaloniki «Papanikolaou», Thessaloniki, Greece

Varveri Marianthi, MD

Consultant Anaesthesiologist – NHS, Anaesthesiology Clinic, General Hospital of Thessaloniki «Papageorgiou», Thessaloniki, Greece

Vadalouka Athina, MD, PhD, FIPP

Associate Professor of Anaesthesiology, Pain Therapy & Palliative Care, Faculty of Medicine, National & Kapodistrian University of Athens, President of PARHSYA, WIP Honorary Secretary, ESRA Past President, Athens, Greece

Vassilakos Dimitrios, MD, PhD

Consultant Anaesthesiologist – Acupuncture Physician, Professor of Anaesthesiology & Intensive Care, Medical School, Aristotle University of Thessaloniki, Director of Department of Anaesthesiology & Intensive Care Medicine of Aristotle University of Thessaloniki, «AHEPA» University Hospital, Thessaloniki, Greece, President of the Medical Acupuncture Society of Northern Greece

