



European Society of Regional Anaesthesia
HELLAS

www.esrahellas.gr Email: info@esrahellas.gr

ESRA Hellas

Interactive Discussion

The Future of Regional Anaesthesia Scientific Societies
Education, Training & Research

ESRA Hellas

History,

Current Achievements & Future Perspectives



Erifili Argyra, MD, PhD, EDRA

Associate Professor of Anaesthesiology

Faculty of Medicine

University of Athens, Greece

ESRA Hellas President

EDRA Board Member



HELLAS

European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr





European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr

European Society of Regional Anaesthesia & Pain Therapy (ESRA)

The Greek Zone

- established in 1983
- by Professor Athina Vadalouca
- promoted RA & Pain Therapy throughout the Greek Territory



- education, training, research
- congresses, workshops
-





European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr

Based on Alterations – Reforming of ESRA Bylaws & Constitution



- in 2008 → **ESRA Hellas establishment**
 - National Bylaws in Greek & English
 - Directory Board (3 – year term)
 - Audit Committee (3 – year term)
 - Education & Research Committee (3 – year term)
 - Currently > 200 members

- Elections for Directory Board: 3 times (2008, 2011, 2015)



European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr





European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr

Basic Goals of the National Society

- to promote ESRA Goals & RA in Greece
- to associate and affiliate all Greek anaesthesiologists, engaged in or interested in RA
- to encourage specialization and research in these areas
- to promote and sponsor courses and workshops to disseminate
- to promote information on regional anaesthetic procedures
- to encourage the teaching of RA procedures in all anaesthesiology training programs
- to edit and publish articles in these and related subjects
- to develop and further the knowledge of safe RA techniques



HELLAS

European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr



ESRA Hellas Directory Board 2008 – 2011



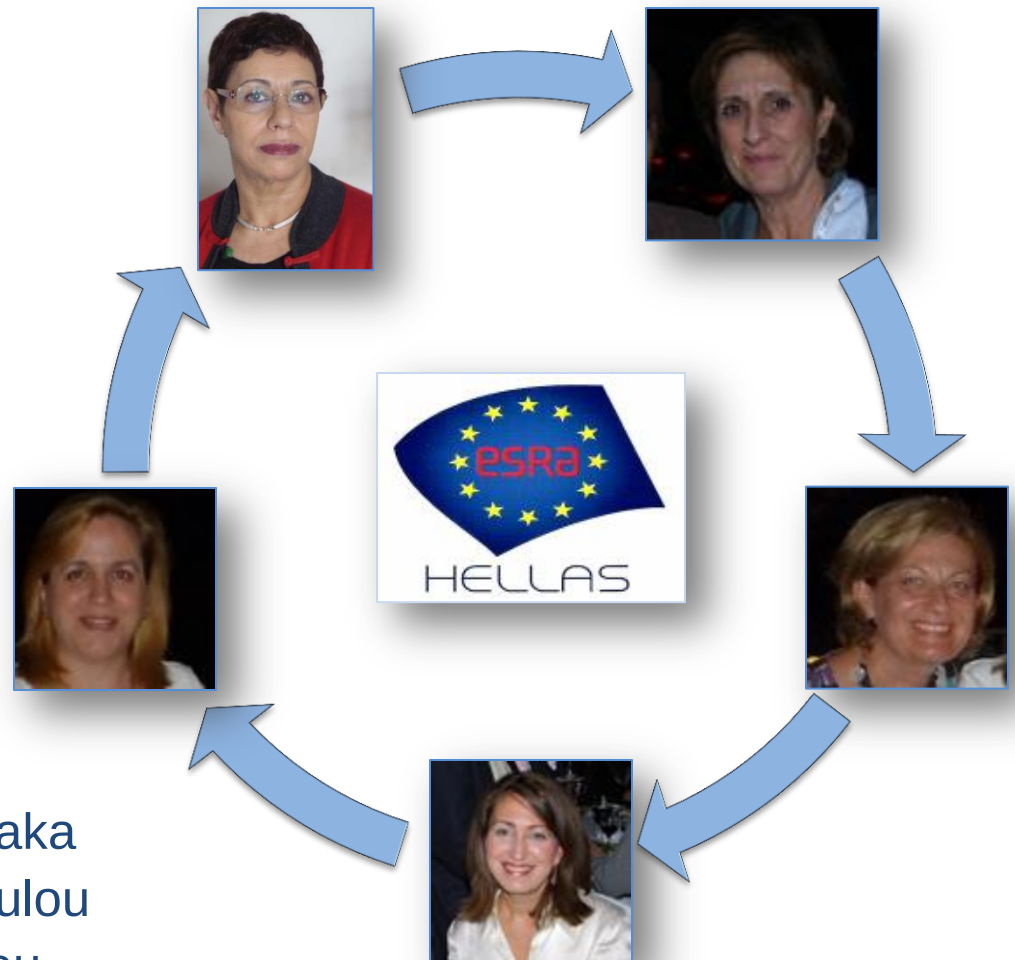
- **President:** Erifyli Argyra
- **Vice – President:** Ioanna Siafaka
- **General Secretary:** Zoi Gambopoulou
- **Treasurer:** Evmorfia Stavropoulou
- **Member:** Ioannis Serpentinis

- **Honorary President:** Athina Vadalouca

ESRA Hellas Directory Board 2011 – 2015



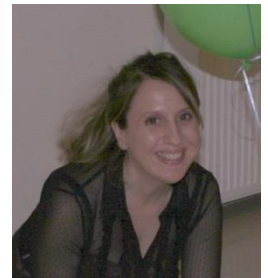
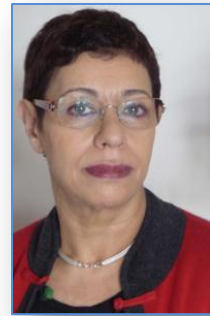
- **President:** Erifyli Argyra
 - **Vice – President:** Ioanna Siafaka
 - **Treasurer:** Evmorfia Stavropoulou
 - **Secretary A':** Zoi Gambopoulou
 - **Secretary B':** Eleni Moka
-
- **Honorary President:** Athina Vadalouca
 - **Finance & Audit Committee:**
Andromahi Glinavou, Dionysios Diplas, Marianthi Konstantinidou,



ESRA Hellas Directory Board 2015 – onwards



- **President:** Erifyli Argyra
 - **Vice – President:** Ioanna Siafaka
 - **Treasurer:** Evmorfia Stavropoulou
 - **General Secretary:** Eleni Moka
 - **Special Secretary:** Kassiani Theodoraki
-
- **Honorary President:** Athina Vadalouca
 - **Finance & Audit Committee:** Zoi Gambopoulou, Alexandros Makris





European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr

Address – Secretariat

Mrs Eva Vlamopoulou
Anaesthesiologists' Office
Aretaieion University Hospital
76, Vasilissis Sofias Street, PC 11528
Athens, Greece

Telephone & Fax: +30 210 7286169

Cell Phone: +30 6984 506866, +30 6932198011
+30 6973698157



Email:

info@esrahellas.gr

anais@aretaieio.uoa.gr

eargyra@med.uoa.gr



State of the Art Safety Standards in RA

**THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY**



European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr





European Society of Regional Anaesthesia HELLAS

www.esrahellas.gr Email: info@esrahellas.gr

Fundamental Education Procedure



Annual Hands On RA Workshops

- first established → in 2009
- 6 cycles up to February 2015
- each workshop (cycle) → 2 Parts (I & II)
- $\cong$ 40 trainees in each cycle
- 245 anaesthetists trained in 6 years
- instructors from Greece & abroad
 - A Borgeat, G Ekatodramis
 - A Van Zundert
 - N Scott
 - C Ecoffey, A Delbos, P Narchi

**European Society of Regional Anaesthesia
HELLAS**
<http://www.esrahellas.gr>

**ANNUAL
REGIONAL ANAESTHESIA WORKSHOPS
(Hands – On Workshops)**
1st CYCLE, 2009 – 2010
Part I: 12 – 13 December 2009
Part II: 17 – 18 April 2010
Part III: 5 – 6 June 2010

ORGANIZATION
ESRA Hellas
www.esrahellas.gr

INFO
The Annual ESRA Hellas Workshops
are accredited by the ESRA Diploma Board
with 3 Credits towards ESRA Diploma
(in a total of 13 necessary)
as well as with 28 CME / UEMS Credits

INFORMATION
ESRA Hellas Secretariat
Mrs Eva Vlamopoulou
Anaesthesiologists' Office
Areteiaion University Hospital
Athens, Greece
Monday – Friday: 09.00 – 14.00
Telephone & Fax: 210 7286169
Email: info@esrahellas.gr



European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr

The Goals of Hands – On RA Workshops

Education – Training

- Creation of Education Curriculum in Greece
- Institution of a Training Program in RA in Greece
- Establishment of a Solid Body of RA Instructors

RA Promotion

- Support of Consultants – Senior Anaesthesiologists
- Institution of RA Programs in their Departments

Influence on Young Anaesthesiologist – Future Generations

- Inspiration in the Direction of RA Application
- Guidance towards European Accreditation (EDRA Diploma)
- Guidance towards Centres of Excellence abroad (fellowships)





European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr

Workshops – Current Situation

- continuous renewal of the workshops training program
- accreditation (27 CME credits) by the Panhellenic Medical Association
- recognized by the Greek National Drug Organization (EOF)
- recognized by EDRA Diploma Board towards EDRA Exams
- workshop instructors: from Greece & abroad
 - experienced & well recognized at international level
 - EDRA diplomats from Greece
 - young enthusiastic anaesthetists interested in RA

Results

- ↑ evaluation scores
- $\cong$ 15 greek anaesthetists → training in european centres of excellence
 - Prof Alain Borgeat, Zurich, Switzerland
 - Dr Alain Delbos, Toulouse, France
 - Dr Patric Narchi, Angouleme, France



European Society of Regional Anaesthesia HELLAS

www.esrahellas.gr Email: info@esrahellas.gr

≥ 15 EDRA Diplomats from Greece

Part I & Part II

- E. Argyra (Honorary)
- A. Andreou
- E. Antonopoulou
- L. Baltatzi
- E. Garini
- A. Kotouzas
- M. Koutra
- E. Lykoudi
- A. Makris
- E. Moka
- N. Noulas
- I. Serpentinis
- X. Souvatzis
- D. Papadopoulos
- E. Stavropoulou

Part I

- K. Avgoustatou
- E. Ketikidou
- T. Paraskevopoulos

Following Years???





European Society of Regional Anaesthesia **HELLAS**

<http://www.esrahellas.gr>

ANNUAL HANDS – ON REGIONAL ANAESTHESIA WORKSHOPS

7th CYCLE, 2015 – 2016

Part I: 11 – 13 December 2015

Part II: 05 – 07 February 2016



INFO

The Annual ESRA Hellas Workshops are recognized by the **EDRA Board** as one of the prerequisites towards the **EDRA Diploma Exams**.

They are accredited with **27 CME Credits** by the **Panhellenic Medical Association**.

They are also recognized by the **National Drug Organization (EOF)** of Greece.

ORGANIZATION → ESRA Hellas

<http://www.esrahellas.gr>

INFORMATION – PREREGISTRATION

ESRA Hellas Secretariat
Mrs Eva Vlamopoulou
Anaesthesiologists Office
Aretaieion University Hospital
Athens, Greece
Monday – Friday: 09.00 – 14.00
Telephone & Fax: +30 210 7286169
Cell Phone: +30 6984506866



European Society of Regional Anaesthesia HELLAS

www.esrahellas.gr Email: info@esrahellas.gr

Other Education Activities



One Day Hands On RA Workshops

- promotion of RA in the periphery
 - first → in 2012
 - Ioannina, Western Greece
 - fully booked soon after announcement
 - excellent evaluation scores
-
- Future Venues?
 - Macedonia – Thrace
 - Thessaly
 - Peloponnese – Crete



1st ONE – DAY REGIONAL ANAESTHESIA WORKSHOP (Hands – On Workshop)

UNIVERSITY HOSPITAL OF IOANNINA, GREECE

SATURDAY, 23rd JUNE 2012



ORGANIZATION

- ESRA Hellas Directory Board
- Anaesthesiology Clinic of Ioannina University Hospital, Greece
(Head of Department: Professor G. Papadopoulos)

RESPONSIBLE FOR ORGANIZATION

Erifili Argyra

Associate Professor of Anaesthesiology, University of Athens, Greece

Eleni Arnaoutoglou

Assistant Professor of Anaesthesiology, University of Ioannina, Greece



European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr

Other Education Activities



Workshops Organization

- during Annual Panhellenic RA & Pain Therapy Congresses
- first time organized → 2007 (Ioannina, Western Greece)
Eri Argyra & Christina Chantzi
- various topics
 - Upper Limb Peripheral Nerve Blocks
 - Lower Limb Peripheral Nerve Blocks
 - Ultrasound Application during PNBs
 - Nerve Blocks during Chronic Pain Therapy
- Greek & internationally recognized instructors



European Society of Regional Anaesthesia HELLAS

www.esrahellas.gr Email: info@esrahellas.gr

Other Education Activities



Clinical Hands – On Workshop Simulation Local Anaesthetic Systemic Toxicity (LAST) Simulation of Toxic Crisis

- introduced in 2012
 - 14th Annual Panhellenic RA Congress
 - Costa Navarino, Peloponnese, Greece
 - co – participation: A Borgeat, N Scott
 - excellent evaluation scores
- included in WIP Meeting, ALGOS 2013, Kos Island
- included in Annual ESRA Hellas RA Hands – On Workshops

**European Society of Regional Anaesthesia
HELLAS**
<http://www.esrahellas.gr> email: info@esrahellas.gr

CLINICAL HANDS – ON WORKSHOP III
Local Anaesthetics Systemic Toxicity (LAST): Simulation of Crisis
Coordination: Eriphili Argyra – Eleni Moka

**14TH PANHELLENIC CONGRESS of
REGIONAL ANAESTHESIA, PAIN THERAPY & PALLIATIVE CARE**
Costa Navarino, Messinia, Greece – Saturday 20th October 2012, 08:00 – 11:00, Hall II
www.regionalpalliativecongress2012.gr

Register Now !!!
Limited Number of Participants !!!

CONGRESS SECRETARIAT
ERA Ltd
Monday – Friday: 09:00 – 17:00
Telephone: +30 210 3634044
Fax: +30 210 3631690
Email: info@era.gr



European Society of Regional Anaesthesia
HELLAS
www.esrahellas.gr

CLINICAL WORKSHOP I

**Fluid Management during Regional Anaesthesia Application
(with Simulation)**

Coordination: Erifyli Argyra

Friday, 02 October 2015, 08.00 – 11.00, Hall II

16th PANHELLENIC CONGRESS OF
REGIONAL ANAESTHESIA, PAIN THERAPY & PALLIATIVE CARE
Hotel Lucy, Kavala, Northern Greece
www.regionalpainpalliativecongress2015.gr
www.esrahellas.gr



INFORMATION

CONGRESS SECRETARIAT

ERA Ltd

Monday – Friday: 09.00 – 17.00

Telephone: +30 210 3634944

Fax: +30 210 3631690

Email: info@era.gr

ESRA Hellas Secretariat

Mrs Eva Vlamopoulou

Anaesthesiologists Office, Aretaieion Hospital

Monday – Friday: 09.00 – 14.00

Telephone & Fax: +30 210 7286169

Email: info@esrahellas.gr

- Launched
 - for the 1st time
 - at national level
- 30 Participants
- High evaluation scores
- Kind Contribution
 - Edwards
 - ESRA Hellas



European Society of Regional Anaesthesia HELLAS



Τρίτη 9 Οκτωβρίου 2012 16:30:35

[Αρχική](#) [ESRA](#) [Αίτηση Μέλους](#) [Νέα](#) [Επιστημονικές Δραστηριότητες](#) [Συνέδρια](#) [Σύνδεσμοι - Links](#) [Εκπαίδευση](#) [Πηγές Πληροφόρησης](#) [Επικοινωνία](#)

EUROPEAN SOCIETY OF REGIONAL ANAESTHESIA & PAIN THERAPY



State of the Art Safety Standards in RA

Σύνδεση

Login



Αν δεν έχετε λογαριασμό παρακαλώ
κάντε
αίτηση εγγραφής
Ξέχασα τον κωδικό μου

Καλώς Ήλθατε

Αγαπητοί Συνάδελφοι και Φίλοι

Με ιδιαίτερη χαρά σας καλοσωρίζουμε στην
ιστοσελίδα της ESRA Hellas.

Τελευταία Νέα

24/07/2012

14ο Πανελλήνιο Συνέδριο Περιφερικής Αναισθησίας,
Θεραπείας Πόνου και Παρηγορητικής Αγωγής -
Επαινος Πανελληνίου Ιατρικού Συλλόγου (ΠΙΣ)

[διαβάστε περισσότερα...](#)

Calendar

Οκτ 2012						
<<	<			>	>>	
Κ	Δ	Τ	Τ	Π	Π	Σ
		1	2	3	4	5
					6	

- Launched in January 2012, bilingual



Καλώς ήλθατε μοκαελεν!

☐ Λογαριασμός μου
Αποσύνδεση

Calendar

<<	<	Οκτ 2012						>	>>
Κ	Δ	Τ	Π	Π	Π	Σ	Σ		
		1	2	3	4	5	6		
7	8	9	10	11	12	13			
14	15	16	17	18	19	20			
21	22	23	24	25	26	27			
28	29	30	31						

Καλώς Ήλθατε

Αγαπητοί Συνάδελφοι και Φίλοι

Με ιδιαίτερη χαρά σας καλωσορίζουμε στην ιστοσελίδα της ESRA Hellas.

Στόχος και ευχή μας είναι να γίνει αυτός ο διαδικτυακός τόπος, χώρος επικοινωνίας μεταξύ Αναεσθησιολόγων, αλλά και χώρος ενημέρωσης των πολιτών στους οποίους προσφέρουμε καθημερινά. Εμπύμια του Διοικητικού Συμβουλίου είναι η ιστοσελίδα αυτή να αποτελείται παράθυρο συνεχούς ενημέρωσης και ερασιτήριο εκπαίδευσης των συναδέλφων που ενδιαφέρονται για την εφαρμογή της Περιφερειακής Αναεσθησίας στην καθημερινή κλινική πρακτική.

Η ESRA Hellas είναι το Ελληνικό Τμήμα της Ευρωπαϊκής Εταιρείας Περιφερειακής Αναεσθησίας (European Society of Regional Anaesthesia – ESRA). Ιδρύθηκε το 2008 σύμφωνα με τις οδηγίες που περιέχονται στο νέο καταστατικό της ESRA.

Σκοποί της Εταιρείας είναι:

Τελευταία Νέα

24/07/2012

14ο Πανελλήνιο Συνέδριο Περιφερειακής Αναεσθησίας, Θεραπείας Πόνου και Παρηγορητικής Αγωγής - Εταιρείας Πανελληνίου Ιατρικού Συλλόγου (ΠΙΣ)

[διαβάστε περισσότερα...](#)

22/07/2012

1ο Μονοήμερο Workshop Περιφερειακής Αναεσθησίας

[διαβάστε περισσότερα...](#)

18/06/2012

1ο Μονοήμερο Workshop Περιφερειακής Αναεσθησίας

[διαβάστε περισσότερα...](#)

08/04/2012

Νέα Ιστοσελίδα - Website ESRA Hellas

[διαβάστε περισσότερα...](#)

18/11/2011

3ο Εφαρμοσμένα Σεμινάρια Περιφερειακής Αναεσθησίας

[διαβάστε περισσότερα...](#)



Επισκέπτες



- Ετήσια Workshops της ESRA Hellas
- Άλλα Σεμινάρια Περιφερειακής Αναισθησίας
- Εκπαιδευτικό Υλικό
- Ομιλητές - Εκπαιδευτές
- Αξιολόγηση των Workshops της ESRA Hellas
- Έρευνα - Εφαρμογή RA στην Ελλάδα

[Επιστροφή](#)

Καλώς ήλθατε **moakeleni**

Ο λογαριασμός μου
[Αποσύνδεση](#)

Calendar

<<	≤	Οκτ 2012				≥	>>
Κ	Δ	Τ	Τ	Π	Π	Σ	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31				

 **info**



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



Επισκέπτες

ΑΡΧΙΚΗ > > Εκπαίδευση > > ESRA Highlights

Επιλεγμένα Άρθρα από το XXX Ετήσιο Συνέδριο της ESRA - Highlights 2011



30ο Ετήσιο Συνέδριο ESRA

7 - 10 Σεπτεμβρίου 2011, Δρέσδη, Γερμανία

Congress Highlights

Safety of Epidural Anaesthesia

Eleni Moka, Eriphili Argyra, Ioanna Siafaka

- πλήρες κείμενο - pdf
- διαφάνειες - παρουσίαση powerpoint

Intravenous Regional Anaesthesia: Current Indications and Clinical Practice

Andre Van Zundert

Σύνδεση με το Άρθρο

ΑΡΧΙΚΗ > > Εκπαίδευση

- Ευρωπαϊκό Δίπλωμα ESRA
- Διπλωματούχοι EDRA
- Χορηγοί ESRA Hellas
- Κατευθυντήριες Οδηγίες και Συστάσεις
- Συστάσεις PROSPECT
- **ESRA Highlights**
- Ενδιαφέρουσες Ανασκοπήσεις

Κ	Δ	Τ	Τ	Π	Π	Σ
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



ΕΠΙΣΚΕΠΤΕΣ

[ΑΡΧΙΚΗ](#) > > [Εκπαίδευση](#) > > [Συστάσεις PROSPECT](#)

Γενικά για την PROSPECT

**ΚΑΤΕΥΘΥΝΤΗΡΙΕΣ ΟΔΗΓΙΕΣ - ΣΥΣΤΑΣΕΙΣ****GUIDELINES - RECOMMENDATIONS**

Procedure Specific Postoperative Pain Management

ΜΕΤΕΓΧΕΙΡΗΤΙΚΗ ΑΝΑΛΓΗΣΙΑ ΣΤΟΧΕΥΜΕΝΗ ΣΤΟ ΕΙΔΟΣ ΤΗΣ ΧΕΙΡΟΥΡΓΙΚΗΣ ΕΠΕΜΒΑΣΗΣ

Ενημερωθείτε !!!

www.postoppain.org

Εισαγωγή

Η **Ανεπαρκής Μετεγχειρητική Αναλγησία**, ακόμα και σήμερα, αποτελεί συχνό πρόβλημα. Περίπου 70% των ασθενών που υποβάλλονται σε κάποια Χειρουργική Επέμβαση βιώνουν **Μετεγχειρητικό Πόνο**, μέτριο, σοβαρό ή ανυπόφορο, πρόβλημα που μπορεί να οφείλεται στη χρήση - εφαρμογή **Γενικευμένων Κατευθυντηρίων Οδηγιών**, που όμως δε λαμβάνουν υπόψη τους την αποτελεσματικότητα και τη διαφορετική αναλγητική επίδραση των επιλεγόμενων τεχνικών και μεθόδων, στις διαφορετικές κατηγορίες των εκάστοτε χειρουργικών επεμβάσεων.

Καθώς διαρκώς γίνονται άλματα στον Τομέα της **Αντιμετώπισης του Οξέος Πόνου**, αποδεικνύεται εξαιρετικά σημαντική η **Αξιολόγηση των Εναλλακτικών Μετεγχειρητικής Αναλγησίας** που διαθέτουμε, λαμβάνοντας όμως υπόψη το **Είδος του Χειρουργείου** και τους **Παράγοντες Κινδύνου** των ασθενών, προκειμένου να καθοριστεί η

[ΑΡΧΙΚΗ](#) > > [Εκπαίδευση](#)

- Ευρωπαϊκό Δίπλωμα ESRA
- Διπλωματούχοι EDRA
- Χορηγοί ESRA Hellas
- Κατευθυντήριες Οδηγίες και Συστάσεις
- **Συστάσεις PROSPECT**
- ESRA Highlights
- Ενδιαφέρουσες Ανασκοπήσεις

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Επισκέπτες



European Society of Regional Anaesthesia HELLAS



Friday 11 September 2015 20:08:30

[Home Page](#) [ESRA](#) [Membership](#) [News](#) [ESRA Hellas Scientific Activities](#) [Scientific Meetings](#) [Links](#) [Education](#) [Resources - Literature](#) [Contact](#)

EUROPEAN SOCIETY OF REGIONAL ANAESTHESIA & PAIN THERAPY



State of the Art Safety Standards in RA

Ευρωπαϊκή Εταιρεία Περιφερικής Ανασθησίας και Θεραπείας Πόνου (ESRA)

Login

Login



If you don't have an account
[register here](#)

[I forgot my password](#)

Welcome

Dear Colleagues & Dear Friends,

It is our Pleasure and Honour to Welcome you to the new Website of [ESRA Hellas](#). Our Goal and Wish is that our Website will become an Area of Communication between Anaesthesiologists, as well as a Source of Valuable Information for our Patients, to whom we all offer continuously.

The Efforts of the Directory Board target in Knowledge Update and Continuous Education

Latest News

08/09/2015

16th Panhellenic Congress of Regional Anaesthesia, Pain Therapy & Palliative Care

[read more...](#)

06/05/2015

Presentations from Obstetric Anaesthesia Seminar

[read more...](#)

10/01/2015

General Assembly - ESRA Hellas Elections 2015

[read more...](#)

Calendar

<<		<		Σεπτ 2015			>		>>	
S	M	T	W	T	F	S				
		1	2	3	4	5				
6	7	8	9	10	11	12				
13	14	15	16	17	18	19				
20	21	22	23	24	25	26				
27	28	29	30							

More than 250.000 visits up to now



www.esrahellas.gr Email: info@esrahellas.gr



European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr

ESRA Hellas Scientific & Research Committee

- established in 2012
- constitution
 - scientists and anaesthesiologists
 - ESRA Hellas members
 - concurrent participation of 1 - 2 ESRA Hellas Directory Board members

Aims

- coordination of the Scientific Activities of the National Society
- Planning of the Society Research Projects
- Editing and Implementation of Current / Future Suggestions



European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr

ESRA Hellas Scientific & Research Committee

2012 – 2015

Committee Coordinator

Kassiani Theodoraki, MD, PhD, EDAIC

Committee Members

Eleni Arnaoutoglou, MD, PhD

Amalia Douma, MD, PhD, EDRA

Aristidis Kotouzas, MD, EDRA

Tilemachos Paraskevopoulos, MD

Chryssoula Staikou, MD, PhD, EDAIC

Georgia Stamatiou, MD, PhD

Ex – Officio Member

Erifili Argyra, ESRA Hellas President

2015 – 2018

Committee Coordinator

Chryssoula Staikou, MD, PhD, EDAIC

Committee Members

Eleni Arnaoutoglou, MD, PhD

Amalia Douma, MD, PhD, EDRA

Alexandros Makris, MD, PhD, MSc, EDRA

Tilemachos Paraskevopoulos, MD

Georgia Stamatiou, MD, PhD

Athanasia Tsaroucha, MD, PhD

Ex – Officio Member

Erifili Argyra, ESRA Hellas President



European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr

Guidelines – Recommendations

→ in reference to RA in the Greek Language

Supervision – Final Draft Editing

- Chrysoula Staikou
- Kassiani Theodoraki

- 1. Antithrombotics & Anticoagulants during RA** [E. Laou, E. Arnaoutoglou]
- 2. RA and Antisepsis** [T. Paraskevopoulos]
- 3. Local Anaesthetics Systemic Toxicity** [A. Kotouzas]



European Society of Regional Anaesthesia HELLAS

www.esrahellas.gr Email: info@esrahellas.gr

Original Article

Regional anesthesia practice in Greece: A census report

**Erifili Argyra, Eleni Moka¹, Chrysoula Staikou, Athina Vadalouca, Vassileios Raftopoulos²,
Evmorfia Stavropoulou³, Zoi Gambopoulou⁴, Ioanna Siafaka**

Department of Anesthesiology, Pain Relief and Palliative Care Unit, Aretaieio Hospital, Medical School, University of Athens, Athens 11528, Greece, ¹Department of Anesthesiology, Creta Interclinic Hospital, Heraklion 71304, Crete, Greece, ²Department of Nursing, Mediterranean Research Centre for Public Health and Quality of Care, Cyprus University of Technology, Lemesos, Cyprus, ³Department of Anesthesiology, General Hospital "ELPIS", Athens 11522, ⁴Department of Anesthesiology, General Hospital of Attiki "KAT", 145-61, Athens, Greece

J Anaesthesiol Clin Pharmacol 2015;31:59-66.



European Society of Regional Anaesthesia HELLAS

www.esrahellas.gr Email: info@esrahellas.gr

European Presentation

- Participation in ESRA Board
 - Eri Argyra: 2005 – 2014
 - Eleni Moka: 2015 – onwards (3 – year term)
- Participation in EDRA Board
 - Eri Argyra (2007 – 2016)
 - Eleni Moka (2013 – 2016)
- Participation in ESRA Council
 - Eleni Moka (2011 – 2015)
 - Kassiani Theodoraki (2016 – 2019)
- International Cooperation – Participation
 - Education & Research Committees
 - Paneuropean project/complications registry/esra academy
 - Participation in Advisory Board for RA simulator (RASimAS Project)
- Project for stress decrease during RA (Eri Argyra, Zoi Gambopoulou)
- Cooperation with University of Cyprus
- Cooperation with Mediterranean Centre for the Quality Assurance
- 3 Awards during Congresses (2007, 2012, 2013)Βραβεία σε συνέδρια
- Numerous Lectures in Greece and abroad



HELLAS

European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr





European Society of Regional Anaesthesia **HELLAS**

www.esrahellas.gr Email: info@esrahellas.gr

New Education & Research Goals

- Regional Anaesthesia Handbook – printed in Greek
- Mock Exams Organization for the preparation towards EDRA
- Organization of RA Cadaver Workshops
- Survey on the practice of Obstetric Anaesthesia / Analgesia in Greece
- Quality Assurance & Safety during RA Application