



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



European Society of Regional Anaesthesia  
**HELLAS**

Continuing Medical Education – Continuing Professional Development Credits  
[CME – CPD Credits]

accredited by the Panhellenic Medical Association

Approval by the National Drugs Organization [EOF]

Approval by the Hellenic Association of Pharmaceutical Companies [SFEE]

One Day ...

One Program ...

In 13 European Countries ...

In 34 Cities in Europe ...

# 3<sup>rd</sup> European Day of Regional Anaesthesia

3<sup>rd</sup> ESRA E-Day

Your Local Face – to – Face Meeting

**Athens, Greece**

**Saturday, 25 January 2020**

Magginio Auditorium,

«Aretaieion» University Hospital

**Under the Auspices of**

- 1<sup>st</sup> Anaesthesiology Clinic, Pain Therapy & Palliative Care Centre  
National & Kapodistrian University of Athens
- Faculty of Medicine, National & Kapodistrian University of Athens



European Day

**Check your nearest venue – There must be one city around you !**

[www.esraeurope.org](http://www.esraeurope.org) & [www.esrahellas.gr](http://www.esrahellas.gr)





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## 3<sup>rd</sup> European Day of Regional Anaesthesia 3<sup>rd</sup> ESRA E-Day: Your Local Face – to – Face Meeting

Saturday, 25 January 2020

### PARTICIPATING COUNTRIES – CITIES

**BELGIUM:** Leuven

**FRANCE:** Biarritz, Lille, Lyon, Nancy, Paris, Rennes, Toulouse

**GERMANY:** Frankfurt

**GREECE:** Athens, Thessaloniki, Larissa

**ITALY:** Civitanone Marche, Milano, Roma, San Giovanni, Palermo

**THE NETHERLANDS:** Amsterdam

**POLAND:** Katowice, Szczecin, Warsaw

**PORTUGAL:** Braga

**SLOVAKIA:** Banska Bystrica

**SLOVENIA:** Maribor

**SPAIN:** A Coruña, Alicante, Barcelona, Madrid, Marbella, San Sebastián, Valladolid

**SWITZERLAND:** Zurich

**TURKEY:** Ankara, Istanbul



#### Registration is Free for Participants

The only prerequisite is:

Registration or Renewal of  
Registration in ESRA for the year  
2020

(ESRA Europe – ESRA Hellas Joint  
Membership)

#### Information – Registrations:

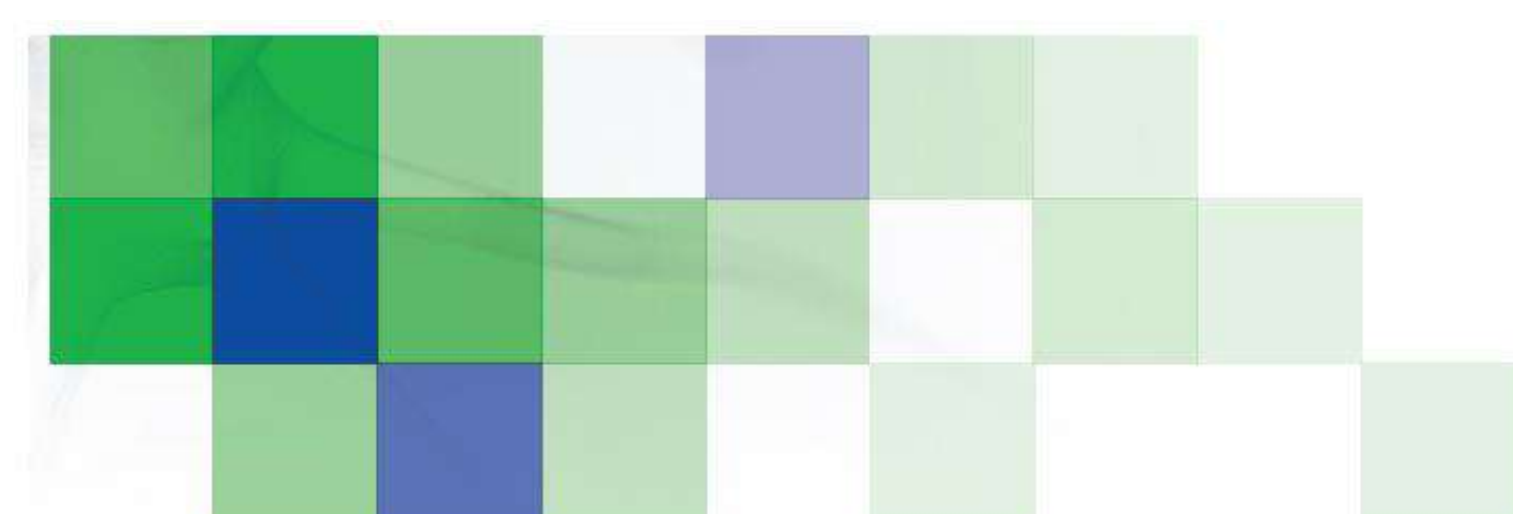
ESRA Hellas Secretariat (Mrs Kalliopi Platsi)

#### Email:

info@esrahellas.gr / kalliopi.platsi@gmail.com

#### Contact Telephone Numbers:

+30 2106435336 / +30 6945026525







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# 3<sup>rd</sup> European Day of Regional Anaesthesia

## 3<sup>rd</sup> ESRA E-Day: Your Local Face – to – Face Meeting

### ESRA Hellas Directory Board [Zone of Greece & Cyprus]

<b>President</b>	Evmorfia Stavropoulou
<b>Vice – President</b>	Elpida Antonopoulou
<b>General Secretary</b>	Eleni Moka
<b>Specific Issues Secretary</b>	Kassiani Theodoraki
<b>Treasurer</b>	Alexandros Makris
<b>Members</b>	Emmanouil Gkliatis Barbara Fyntanidou
<b>Residents &amp; Trainees Representative</b>	Martina Rekatsina
<b>Honorary Presidents</b>	Erifyli Argyra Ioanna Siafaka Athina Vadalouca

**Representative from Cyprus** Periklis Zavridis

**Secretariat** Kalliopi Platsi

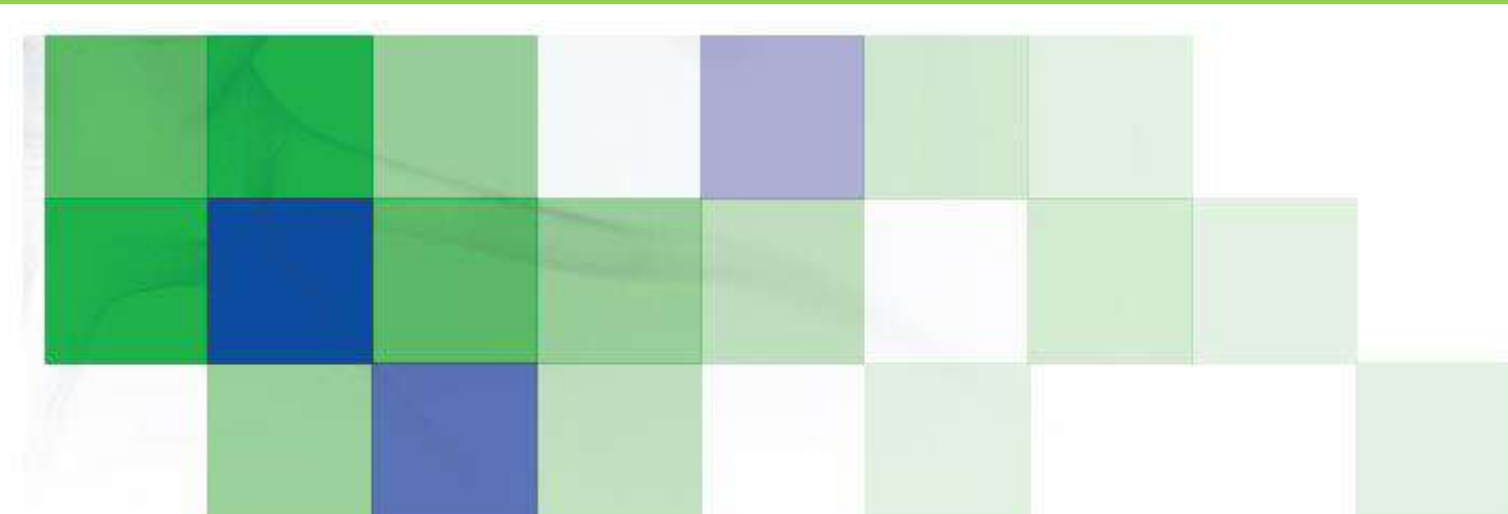
**ESRA Hellas**

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

12-14, Grigoriou Theologou Street, Athens, PC 11471

Telephone & Fax +30 210 6435336, Cell Phone +30 6945026525

Email: [info@esrahellas.gr](mailto:info@esrahellas.gr), [kalliopi.platsi@gmail.com](mailto:kalliopi.platsi@gmail.com)





# 3<sup>rd</sup> European Day of Regional Anaesthesia

## 3<sup>rd</sup> ESRA E-Day: Your Local Face – to – Face Meeting

### WELCOME LETTER

Dear Colleagues, Dear Friends

The European Society of Regional Anaesthesia & Pain Therapy (ESRA), following two highly successful meetings in 2018 and 2019 (1<sup>st</sup> and 2<sup>nd</sup> ESRA E – Day), is organizing, for a third year, the European Day of Regional Anaesthesia (3<sup>rd</sup> ESRA E-Day), on Saturday, 25 January 2020, in cooperation with the National Societies of Regional Anaesthesia and Pain Therapy. 34 European cities, in 13 different countries, will participate at the same day, with a common scientific program, aiming in interactivity and exchange of scientific opinions between trainees and experts, on hot topics in reference to Regional Anaesthesia.

It is an honor for Greece, to be included for a third year in this scientific event. The Directory Board of ESRA Hellas (Greek Section of ESRA – Zone of Greece & Cyprus) has selected Athens, Thessaloniki and Larissa, as the three cities – meeting points, which will participate in the celebration of the 3<sup>rd</sup> ESRA E-Day. Our basic goal is the discussion of innovations and the combination of theory with clinical methodology and Hands – On Practice. With our participation in this event we continue to be at the forefront, promoting knowledge and signaling the encouragement of training, education and research in the broad field of RA, in the context of improved quality of continuing medical education among Greek and Cypriot Anaesthesiologists.

The registration to the 3<sup>rd</sup> ESRA E-Day, in all cities, is complimentary for all Greek and Cypriot colleagues, by the ESRA Hellas Directory Board. The only prerequisite for participation is the registration in ESRA or the renewal of ESRA Registration (ESRA Europe – ESRA Hellas Joint Membership) of all attendees, for the year 2020.

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

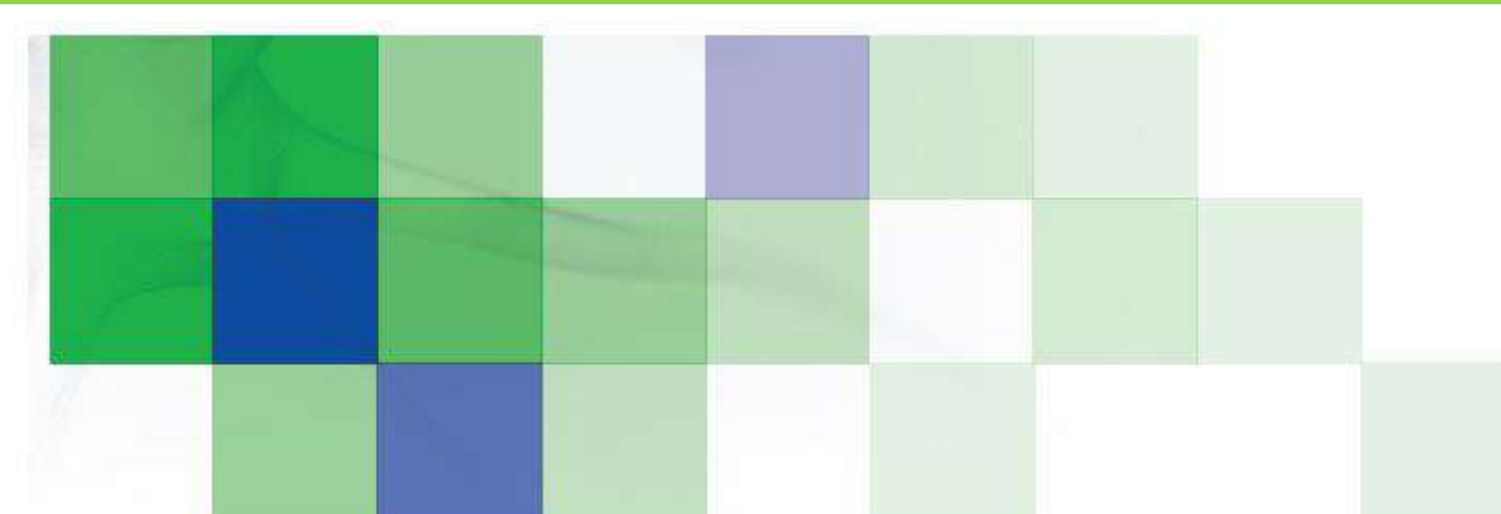
With Cordial Greetings



Evmorfia Stavropoulou  
ESRA Hellas President



Alexandros Makris  
ESRA Hellas Treasurer  
National Coordinator of 3<sup>rd</sup> ESRA E-Day





# 3<sup>rd</sup> European Day of Regional Anaesthesia

## 3<sup>rd</sup> ESRA E-Day: Your Local Face – to – Face Meeting

### WELCOME LETTER

Dear Colleagues, Dear Friends

The 1<sup>st</sup> Anaesthesiology Clinic – Pain Therapy & Palliative Care Centre of the Faculty of Medicine of National & Kapodistrian University of Athens, for one more time, actively supports Regional Anaesthesia and Pain Therapy at a clinical, educational and research level. Specifically, since 2008, it closely cooperates with ESRA Hellas (Greek Section of ESRA – Zone of Greece & Cyprus), for the implementation of Hands – On Regional Anaesthesia Workshops, at «Aretaieion» University Hospital, that have contributed in the specialization of more than 500 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, for the 3<sup>rd</sup> year in a row, to salute the scientific activities that will take place simultaneously during the same day, at «Aretaieion» University Hospital in Athens, at «AHEPA» University General Hospital in Thessaloniki and at the Faculty of Medicine of School of Health Sciences of University of Thessaly in Larissa, for the celebration of the 3<sup>rd</sup> ESRA European Day of Regional Anaesthesia.

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



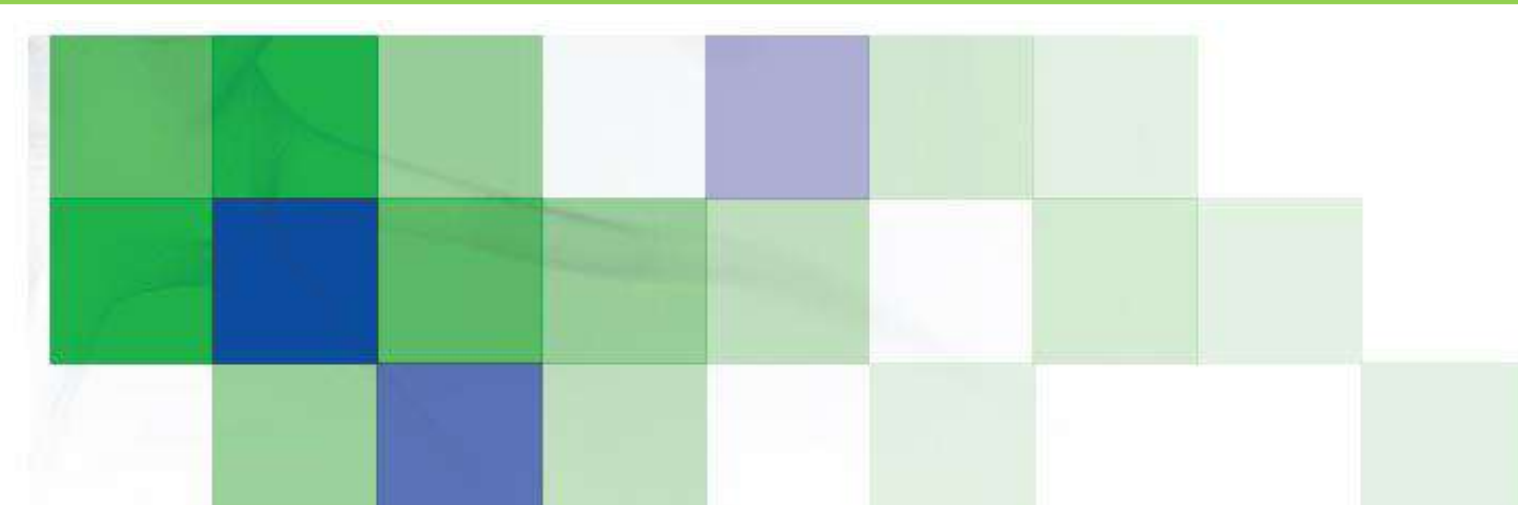
**Kassiani Theodoraki**

Associate Professor of Anaesthesiology

Director of A' Anaesthesiology Clinic,

Pain Therapy & Palliative Care Centre of Athens University

«Aretaieion» University Hospital, Athens







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# 3<sup>rd</sup> European Day of Regional Anaesthesia

## 3<sup>rd</sup> ESRA E-Day: Your Local Face – to – Face Meeting

Saturday, 25 January 2020

### ORGANIZING COMMITTEE

National Coordinator: Alexandros Makris

#### ATHENS



##### LOCAL ORGANIZING COMMITTEE

###### Coordinators:

E. Garini, E. Gkliatis, K. Theodoraki

###### Members: V. Brozou

M. Diakomi

M. Papaioannou

T. Paraskevopoulos

K. Vitoula



«Aretaieion» University Hospital  
Athens, Greece

#### THESSALONIKI



##### LOCAL ORGANIZING COMMITTEE

###### Coordinators:

B. Fyntanidou, V. Grosomanidis, E. Moka

###### Members: A. Amaniti

E. Antonopoulou

A. Trikoupi

M. Varveri

T. Vogiatzaki



University General Hospital «AHEPA»  
Thessaloniki, Greece

#### LARISSA



##### LOCAL ORGANIZING COMMITTEE

###### Coordinators:

E. Arnaoutoglou, M. Bareka, E. Stavropoulou

###### Members: E. Koraki

E. Lasda

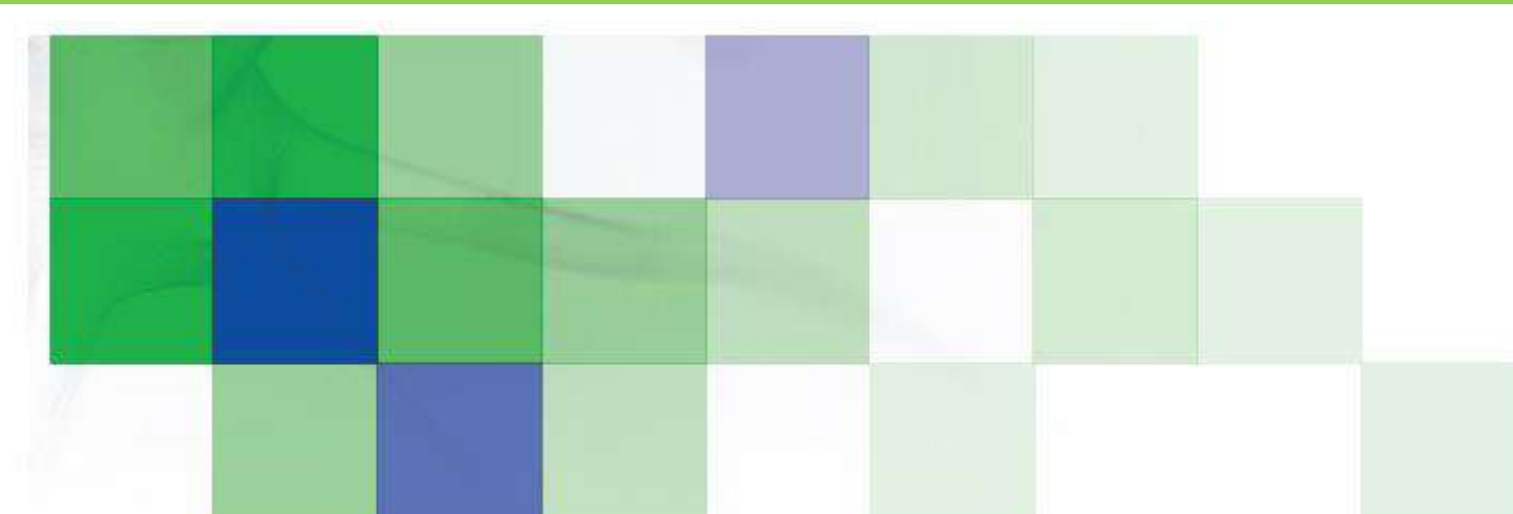
M. Ntalouka

A. Tsiaka

D. Variadis



Faculty of Medicine, School of Health Sciences  
University of Thessaly, Larissa, Greece







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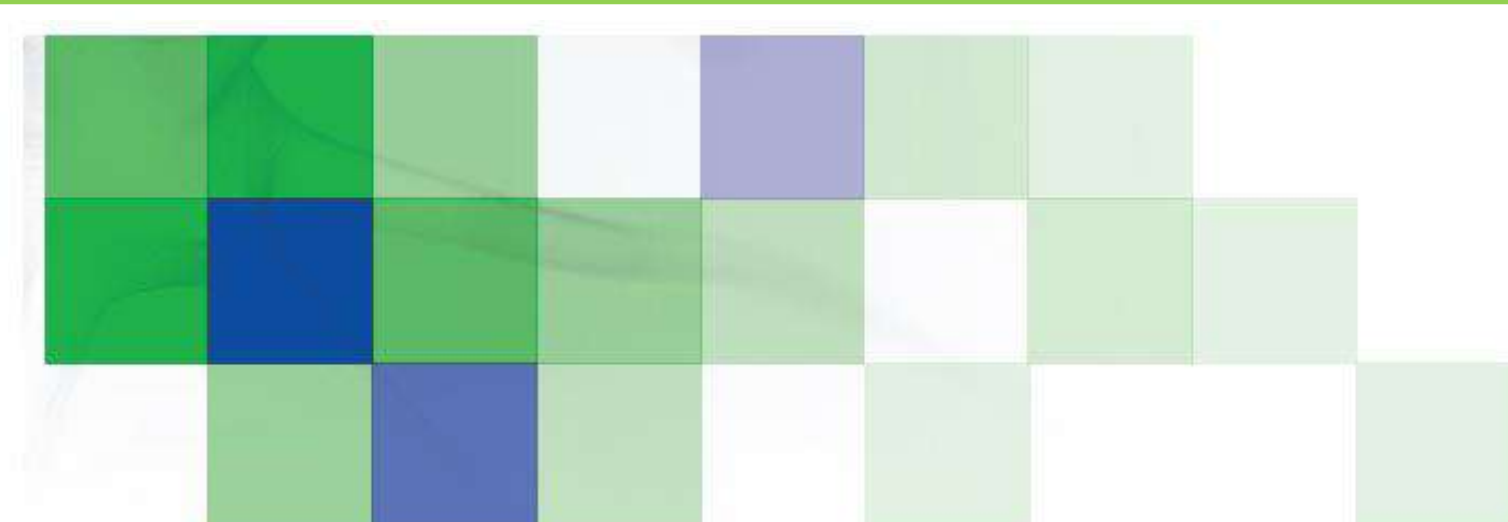
3<sup>rd</sup> ESRA E-Day: Your Local Face – to – Face Meeting

Saturday, 25 January 2020

# ATHENS SCIENTIFIC PROGRAM



European Day







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## 3<sup>rd</sup> ESRA E-Day: Your Local Face – to – Face Meeting

Saturday, 25 January 2020

08.30 – 09.00: **ARRIVALS – REGISTRATIONS**

09.00 – 09.30: **WELCOME ADDRESSES**

A. Makris: ESRA Hellas Treasurer –E-Day National Coordinator [Live Streaming]  
E. Moka: ESRA Hellas General Secretary, ESRA Treasurer [Live Streaming]  
E. Stavropoulou: ESRA Hellas President [Live Streaming]  
K. Theodoraki: Associate Professor of Anaesthesiology, University of Athens  
G. Siasos: Vice Dean of the Faculty of Medicine, University of Athens  
A. Vadalouka: ESRA Past President [Live Streaming]  
A. Delbos: ESRA President [Video]

09.30 – 10.00: **LECTURE – INTERACTIVE DISCUSSION**

**Blocks for Shoulder Surgery. How can we prevent Diaphragmatic Paresis?**

*Speaker: T. Paraskevopoulos*

*Comments – Questions – Discussion: C. Chantzi, A. Bairaktari*

10.00 – 10.15: **PODCAST LECTURE – INTERACTIVE DISCUSSION**

**My spinal doesn't work - Why ?**

*Speaker: M. Van de Velde*

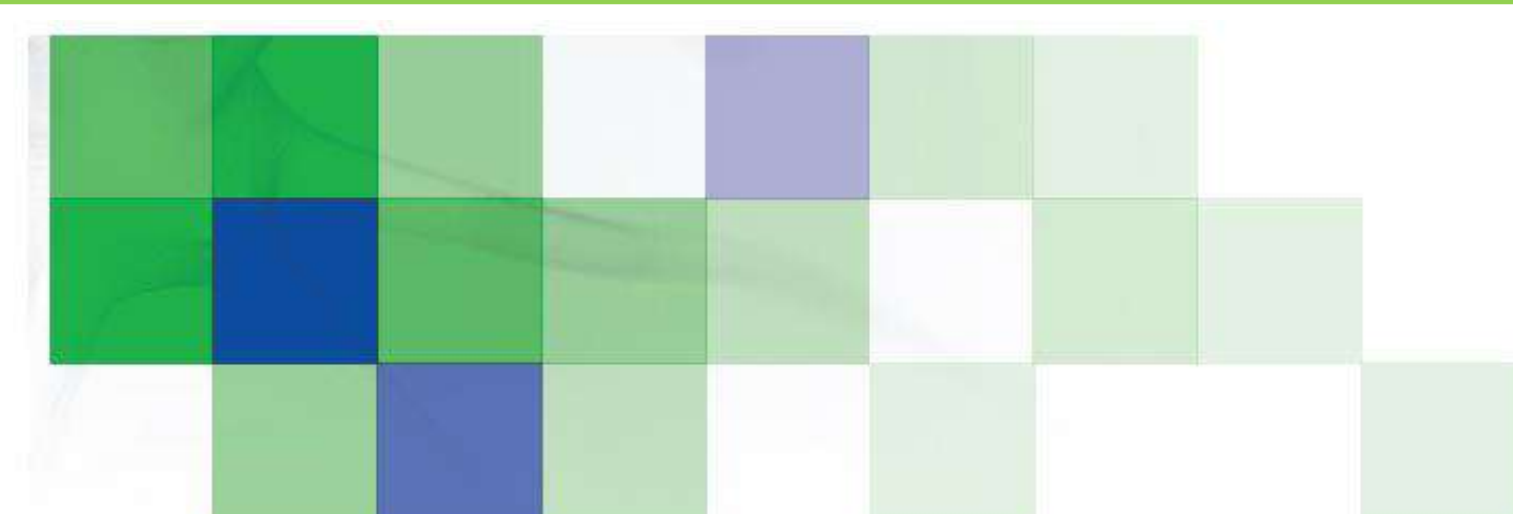
*Comments – Questions – Discussion: T. Paraskevopoulos, E. Evodia*

10.15 – 10.45: **LECTURE – INTERACTIVE DISCUSSION**

**Postdural Puncture Headache: Conventional Management and New Alternatives**

*Speaker: K. Theodoraki*

*Comments – Questions – Discussion: I. Siafaka, C. Staikou*







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### 10.45 – 11.00: PODCAST LECTURE – INTERACTIVE DISCUSSION

Regional anesthesia: *the Main Step of OFA?*

*Speaker: Nabil El-Kassabany*

*Comments – Questions – Discussion: K. Theodoraki, A. Douma*

### 11.00 – 11.30: LECTURE – INTERACTIVE DISCUSSION

Fast-track for knee replacement : Analgesia vs Motion

*Speaker: A. Makris*

*Comments – Questions – Discussion: A. Dimakopoulou, E. Chrona*

### 11.30 – 12.00: COFFEE BREAK

### 12.00 – 12.30: LECTURE – INTERACTIVE DISCUSSION

Choice of the best option according to anatomy: PECs vs  
Serratus Plane Block vs Paravertebral

*Speaker: K. Vitoula*

*Comments – Questions – Discussion: N. Fyrfiris, P. Karamanis*

### 12.30 – 12.45: PODCAST LECTURE – INTERACTIVE DISCUSSION

LAST in new procedures : *plane blocks, RA combined with infiltrations*

*Speaker: GL Weinberg*

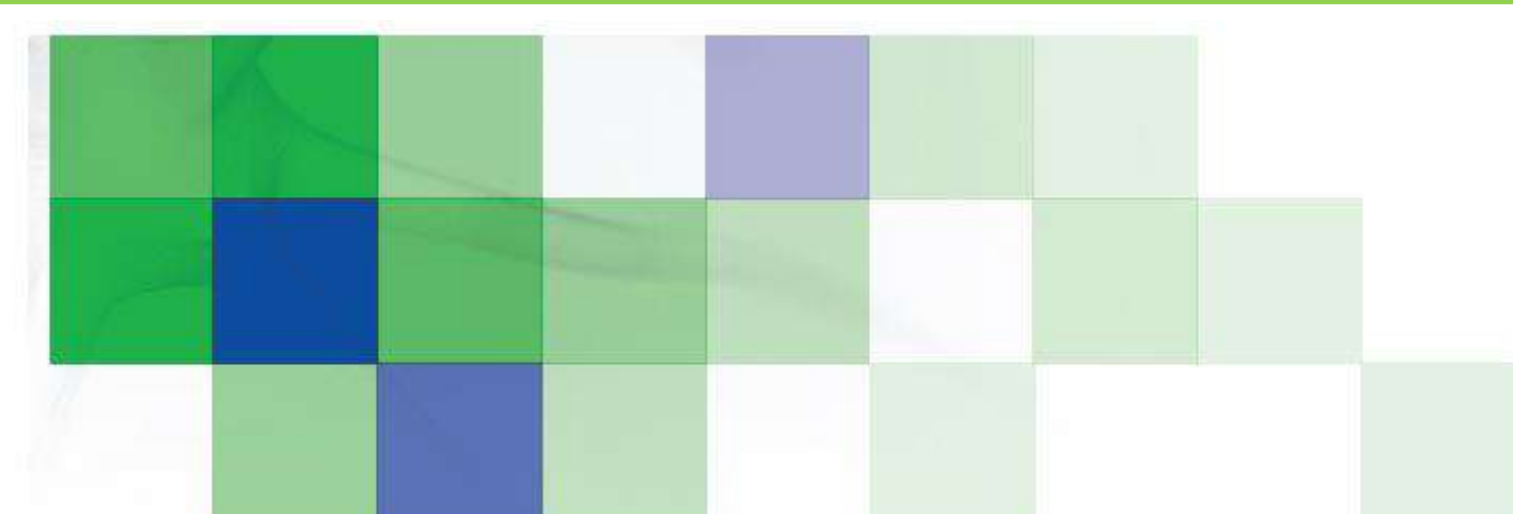
*Comments – Questions – Discussion: P. Dimou, A. Malisiova*

### 12.45 – 13.15: LIVE DEMONSTRATION – INTERACTIVE DISCUSSION

From QLB to Erector Spinae Plane Block (LIVE DEMONSTRATION)

*Instructor: A. Rantis*

*Comments – Questions – Discussion: A. Andreou, F. Danou*







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**13.15 – 14.15: LUNCH BREAK**

**14.15 – 15.55: REGIONAL ANAESTHESIA CLINICAL WORKSHOP I.**

#### UPPER LIMB PERIPHERAL NERVE BLOCKS

- Clinical Practice on Live Models: 25 min per Workstation

##### WORKSTATION 1

Nerve Blocks  
Above the  
Clavicle, using  
US Interscalene  
&  
Supraclavicular  
Blocks

##### WORKSTATION 2

Nerve Blocks  
Below the  
Clavicle, using  
US  
Infraclavicular  
and Axillary  
Blocks

##### WORKSTATION 3

Single Nerve  
Blocks for  
Shoulder  
Surgery, using US  
Suprascapular &  
Axillary Nerve  
Blocks

##### WORKSTATION 4

Most Commonly  
Used Upper Limb  
Blocks, using  
Neurostimulation  
Interscalene,  
Infraclavicular and  
Axillary Blocks

#### Groups & Instructors

A. Rantis

T. Paraskevopoulos

E. Gkliatis

M. Papaioannou

A. Andreou

K. Vitoula

A. Makris

G. Mazarakis

14.15 – 14.40: Group A

Group B

Group C

Group D

14.40 – 15.05: Group B

Group C

Group D

Group A

15.05 – 15.30: Group C

Group D

Group A

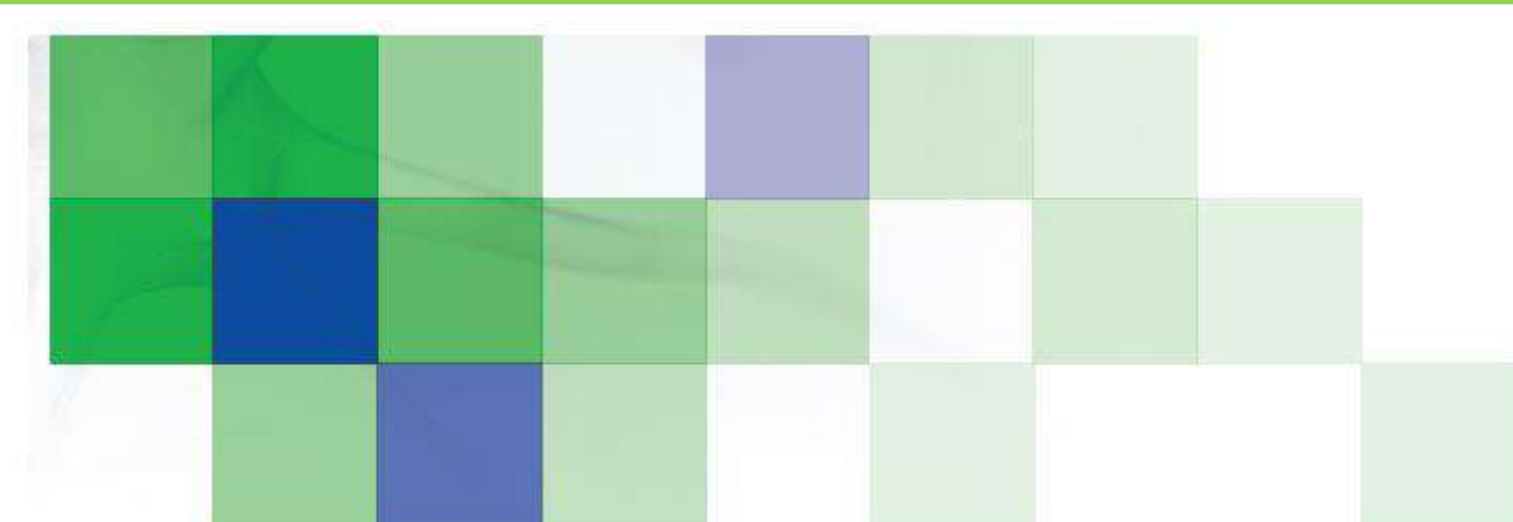
Group B

15.30 – 15.55: Group D

Group A

Group B

Group C







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### 15.55– 16.15: **ROUND TABLE with the speakers**

**Chairpersons:** A. Bairaktari, I. Siafaka, C. Chantzi

**Morning Speakers:** T. Paraskevopoulos, K. Theodoraki, A. Makris, K. Vitoula

Hot Topics in Safety and Education in Regional Anaesthesia

### 16.15 – 16.30: **COFFEE BREAK**

### 16.30 – 18.10: **REGIONAL ANAESTHESIA CLINICAL WORKSHOP II.**

#### **LOWER LIMBS PERIPHERAL NERVE BLOCKS**

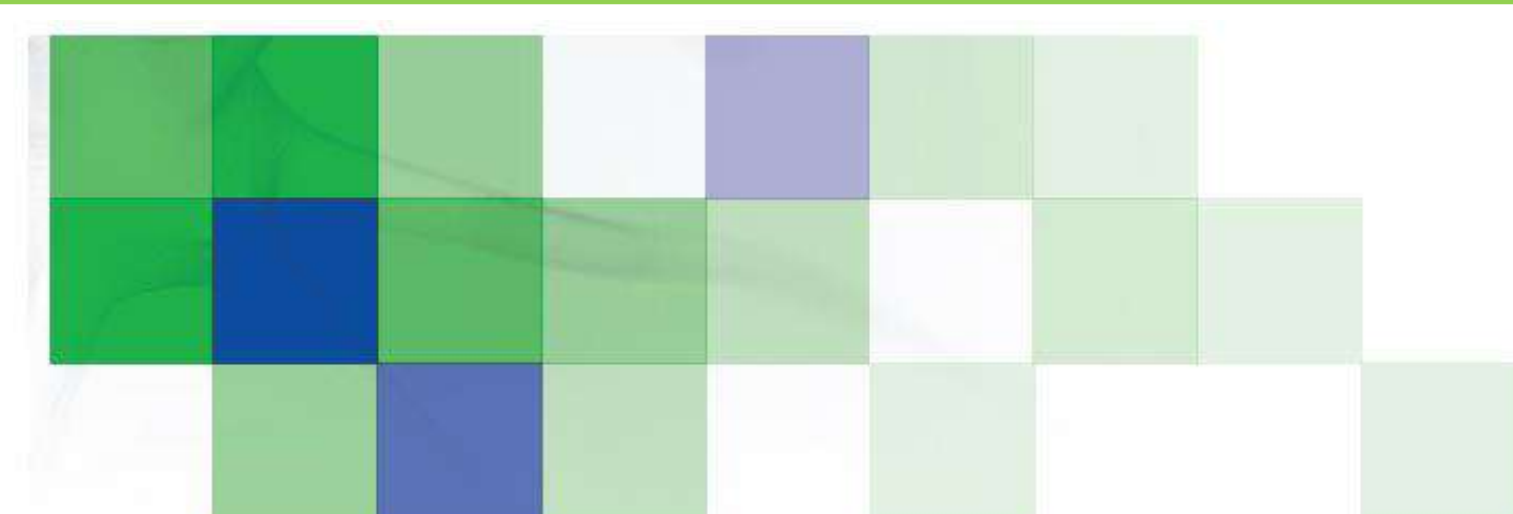
- Clinical Practice on Live Models: 25 min per Workstation

<b>WORKSTATION 1</b>	<b>WORKSTATION 2</b>	<b>WORKSTATION 3</b>	<b>WORKSTATION 4</b>
Femoral , Obturator, Lat. Femoral Cutaneous & Fascia Iliaca Blocks, using US	Sciatic Nerve Block, using US (Proximal & Popliteal approaches)	Adductor Canal & IPACK Blocks, using US	Most Commonly Used Lower Limb Blocks, using Neurostimulation Femoral & Sciatic Blocks

#### **Groups & Instructors**

N. Michailidou	E. Garini	E. Gkliatis	M. Diakomi
C. Prodromou	V. Brozou	A. Dendi	N. Fyrfiris

16.30 – 16.55:	Group A	Group B	Group C	Group D
16.55 – 17.20:	Group B	Group C	Group D	Group A
17.20 – 17.45:	Group C	Group D	Group A	Group B
17.45 – 18.10:	Group D	Group A	Group B	Group C







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18.10 – 19.50:

### REGIONAL ANAESTHESIA CLINICAL WORKSHOP III.

#### CENTRAL NEURAXIAL AND TRUNCAL BLOCKS

- Clinical Practice on Live Models using US: 25 min per Workstation

#### WORKSTATION 1

Central  
Neuraxial  
Blocks

#### WORKSTATION 2

Paravertebral  
and Erector  
Spinae Blocks

#### WORKSTATION 3

TAP Block, Rectus  
Sheath Block

#### WORKSTATION 4

PEC'S Block (I & II)  
& Serratus  
Anterior Plane  
(SAP) Block

#### Groups & Instructors

T. Paraskevopoulos

A. Makris

E. Garini

A. Rantis

E. Gkliatis

G. Mazarakis

T. Sidiropoulou

M. Diakomi

18.10 – 18.35:

Group A

Group B

Group C

Group D

18.35 – 19.00:

Group B

Group C

Group D

Group A

19.00 – 19.25:

Group C

Group D

Group A

Group B

19.25 – 19.50:

Group D

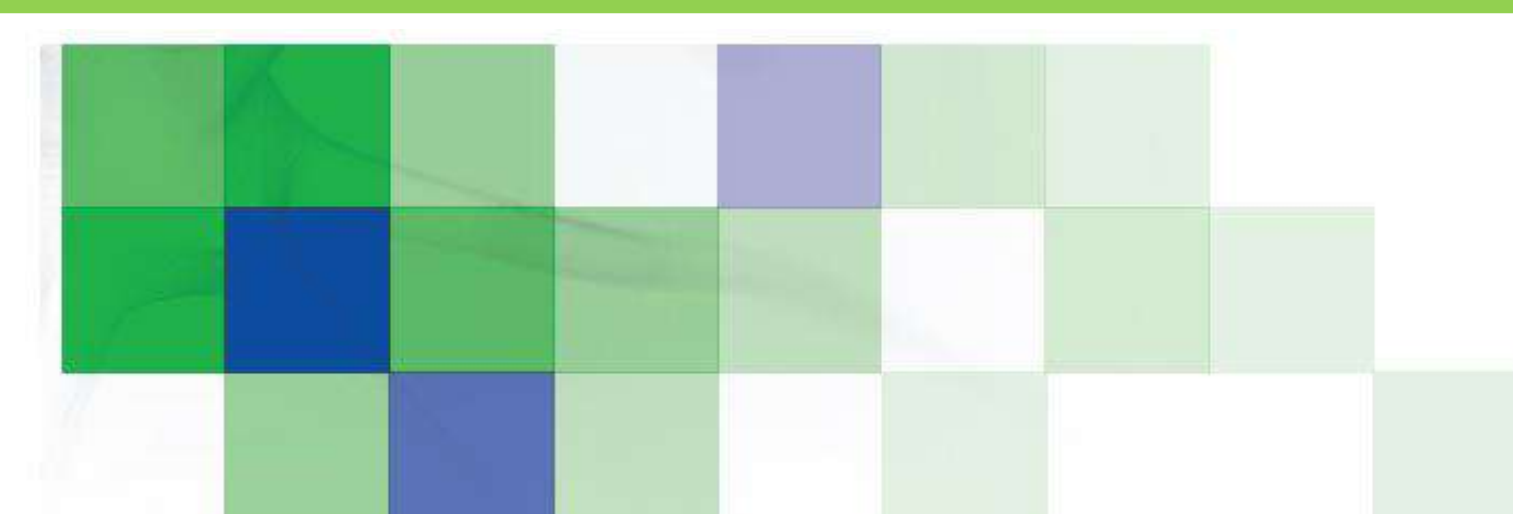
Group A

Group B

Group C

19.50 – 20.00:

END OF E-DAY – CONCLUSIONS – DISCUSSION - CERTIFICATES







# 3<sup>rd</sup> European Day of Regional Anaesthesia

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### ORGANIZERS – LECTURERS – INSTRUCTORS – COMMENTATORS

**Delbos Alain, MD, PhD**

ESRA President, Senior Consultant Anaesthesiologist, Department of Anesthesiology, Clinique Medipole Garonne, Toulouse, France

**El-Kassabany Nabil, MD, MSCE**

ASRA board member, Associate Professor of Anesthesiology and Critical Care, University of Pennsylvania, USA

**Van de Velde Marc, MD, PhD, EDRA**

ESRA Past President, Head of the Department of Anesthesiology at the Catholic University Leuven, Professor of Anaesthesiology at Leuven University Hospital, Belgium

**Weinberg Guy, MD**

Professor of Anesthesiology, University of Illinois and Jesse Brown VA, Chicago, IL, USA

**Andreou Antonios, MD**

Army Physician, Consultant Anaesthesiologist, Anaesthesiology – Recovery & Chronic Pain Clinic, 251 General Air Forces Hospital, Athens, Greece

**Bairaktari Aggeliki, MD, PhD, EDAIC**

Consultant Anaesthesiologist, Director – Coordinator NHS, Anaesthesiology Department & Pain Therapy Centre, General Hospital of Attiki «KAT», Kifissia, Athens, Greece

**Brozou Vasiliki, MD, PhD, MSc**

Consultant Anaesthesiologist – NHS, Anaesthesiology Department, General Hospital of Athens «G. Gennimatas», Athens, Greece

**Chantzi Christina, MD, PhD**

Consultant Anaesthesiologist, Director NHS, Anaesthesiology Department, General Hospital of Athens «G. Gennimatas», Athens, Greece

**Chrona Eleni, MD**

Senior Consultant Anaesthesiologist, Anaesthesiology Department, General Hospital of Nikaia “Agios Panteleimon”, Piraeus, Greece

**Danou Fotini, MD, PhD, EDAIC**

Anaesthesiologist, Hellenic Society of Anaesthesiology Vice President, Director of Anaesthesiology Department “Henry Dunant” Hospital, Athens, Greece

**Dendi Artemis, MD, MSc**

Consultant Anaesthesiologist, Anaesthesiology Department, General Children’s Hospital «Agia Sophia», Athens, Greece

**Diakomi Maria, MD, PhD**

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**Dimakopoulou Antonia, MD, PhD**

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**Dimou Panayota, MD, EDRA**

Consultant Anaesthesiologist – NHS, Anaesthesiology Department, General Hospital «Asklepieion», Voula, Athens, Greece

**Douma Amalia, MD, PhD, EDAIC**

Senior Consultant Anaesthesiologist, Anaesthesiology Department, General Hospital of Athens «G. Gennimatas», Specific Affairs Secretary of the Hellenic Anaesthesia Society, Athens, Greece

**Evodia Effimia, MD**

Consultant Anaesthesiologist, Gaia Maternity Hospital, Athens Medical Center, Greece

**Fyrfiris Nikos, MD**

Consultant Anaesthesiologist, Anaesthesiology Department & Pain Centre, General Hospital «Agios Savvas», Athens, Greece

**Garini Eleana, MD, PhD, EDAIC, EDRA**

Consultant Anaesthesiologist, Hellenic Society of Anaesthesiology General Secretary– NHS, Anaesthesiology Department, General Children’s Hospital «Agia Sofia», Athens, Greece

**Gkiliatis Emmanouil, MD**

Anaesthesiologist, ESRA Hellas Board Member, Private Sector, Athens, Greece

**Karamanis Per iandros, MD**

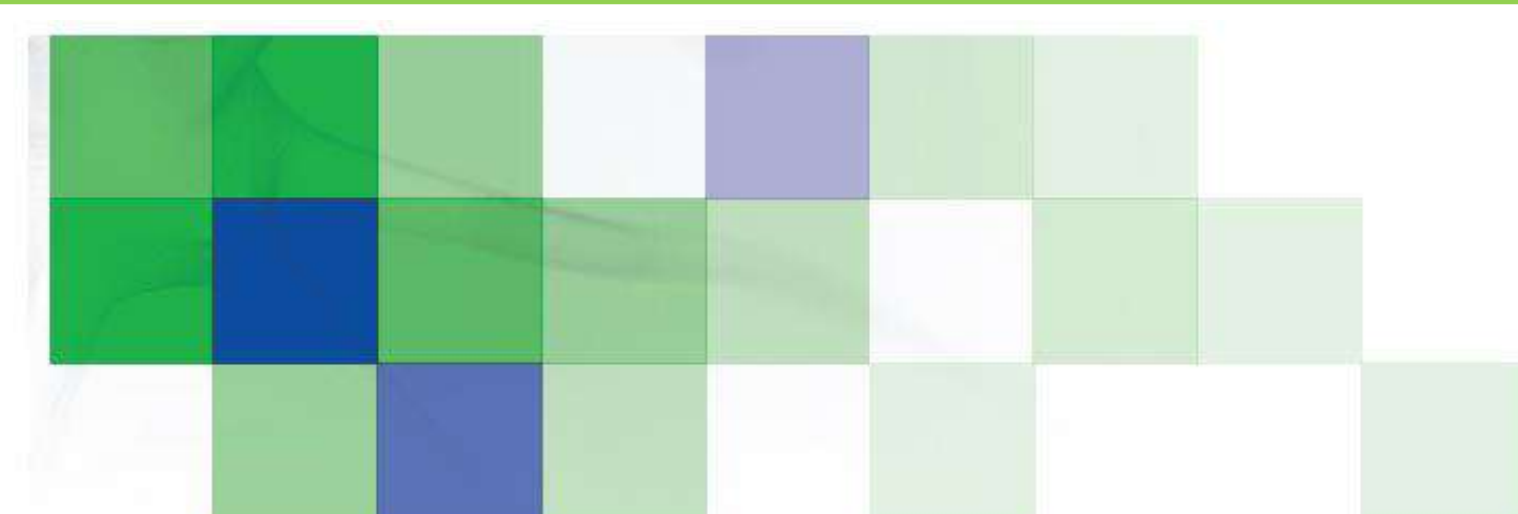
Consultant Anaesthesiologist, Anaesthesiology Departments, YGEIA & Metropolitan Hospitals, Athens, Greece

**Makris Alexandros, MD, PhD, MSc, EDRA**

Consultant Anaesthesiologist, ESRA Hellas Treasurer, EDRA Examiner, EDRA Board Member, Anaesthesiology Department, General Hospital «Asklepieio», Voula, Athens, Greece

**Organization: ESRA Hellas**

[www.esrahellas.gr](http://www.esrahellas.gr)







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### ORGANIZERS – LECTURERS – INSTRUCTORS – COMMENTATORS [Continued]

**Malisiova Anna, MD**

Consultant Anaesthesiologist, Hellenic Society of Anaesthesiology Board Member, Director NHS “P& A Kyriakou” Children’s Hospital, Athens, Greece

**Mazarakis Georgios, MD**

Consultant Anaesthesiologist – Private Sector, Athens, Greece

**Michailidou Natalie, MD**

Consultant Anaesthesiologist, Anaesthesiology Department, «Agios Raphael» Hospital, Larnaca, Cyprus

**Moka Eleni, MD, PhD, MSc, EDRA**

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

**Papaioannou Marianna, MD, MSc**

Consultant Anaesthesiologist – NHS, Anaesthesiology Department, General Hospital «Asklepieion», Voula, Athens, Greece

**Paraskevopoulos Tilemachos, MD, PhD, EDAIC**

Consultant Anaesthesiologist – NHS, Anaesthesiology Department – Pain Therapy Centre, General Hospital of Attiki «KAT», Kifissia, Athens, Greece

**Prodromou Christiana, MD, PhD**

Consultant Anaesthesiologist – NHS, Anaesthesiology Department, General Children’s Hospital «Agia Sofia», Athens, Greece

**Rantis Athanasios, MD**

Army Physician, Consultant Anaesthesiologist, Anaesthesiology – Recovery & Chronic Pain Clinic, 251 General Air Forces Hospital, Athens, Greece

**Rekatsina Martina, MD, MSc**

Anaesthesiologist, Greek Residents & Trainees Representative in ESA & ESRA, Honorary Clinical Fellow, King’s College Hospital, London, UK

**Siafaka Ioanna, MD, PhD**

Professor of Anaesthesiology & Pain Therapy, Faculty of Medicine, National & Kapodistrian University of Athens, ESRA Hellas Honorary President, Vice President of PARHSYA

**Siasos Gerasimos, MD, PhD, FACC**

Associate Professor of Cardiology, Faculty of Medicine, National & Kapodistrian University of Athens, Vice Dean at National and Kapodistrian University of Athens, Medical School, Athens, Greece

**Sidiropoulou Tatiani, MD, PhD**

Assistant Professor of Anaesthesiology, Faculty of Medicine, National & Kapodistrian University of Athens, B’ Anaesthesiology Clinic, «Attikon» University Hospital, Athens, Greece

**Staikou Chrysoula, MD, PhD, EDAIC**

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**Theodoraki Kassiani, MD, PhD, EDAIC**

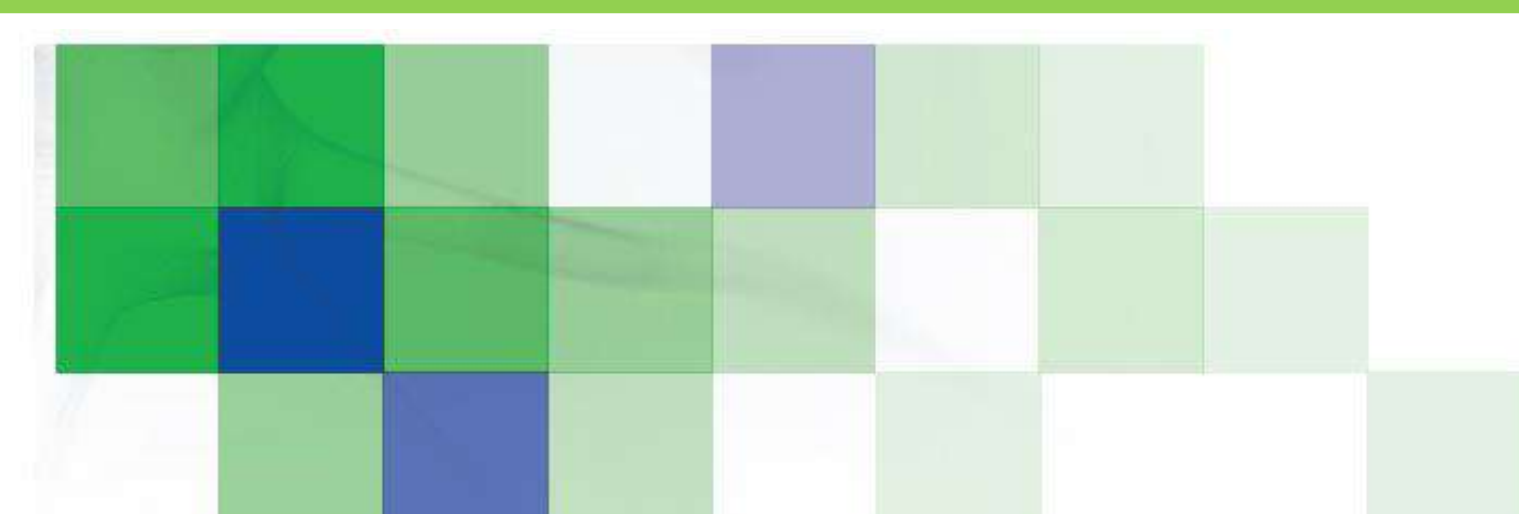
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**Vadalouka Athina, MD, PhD, FIPP**

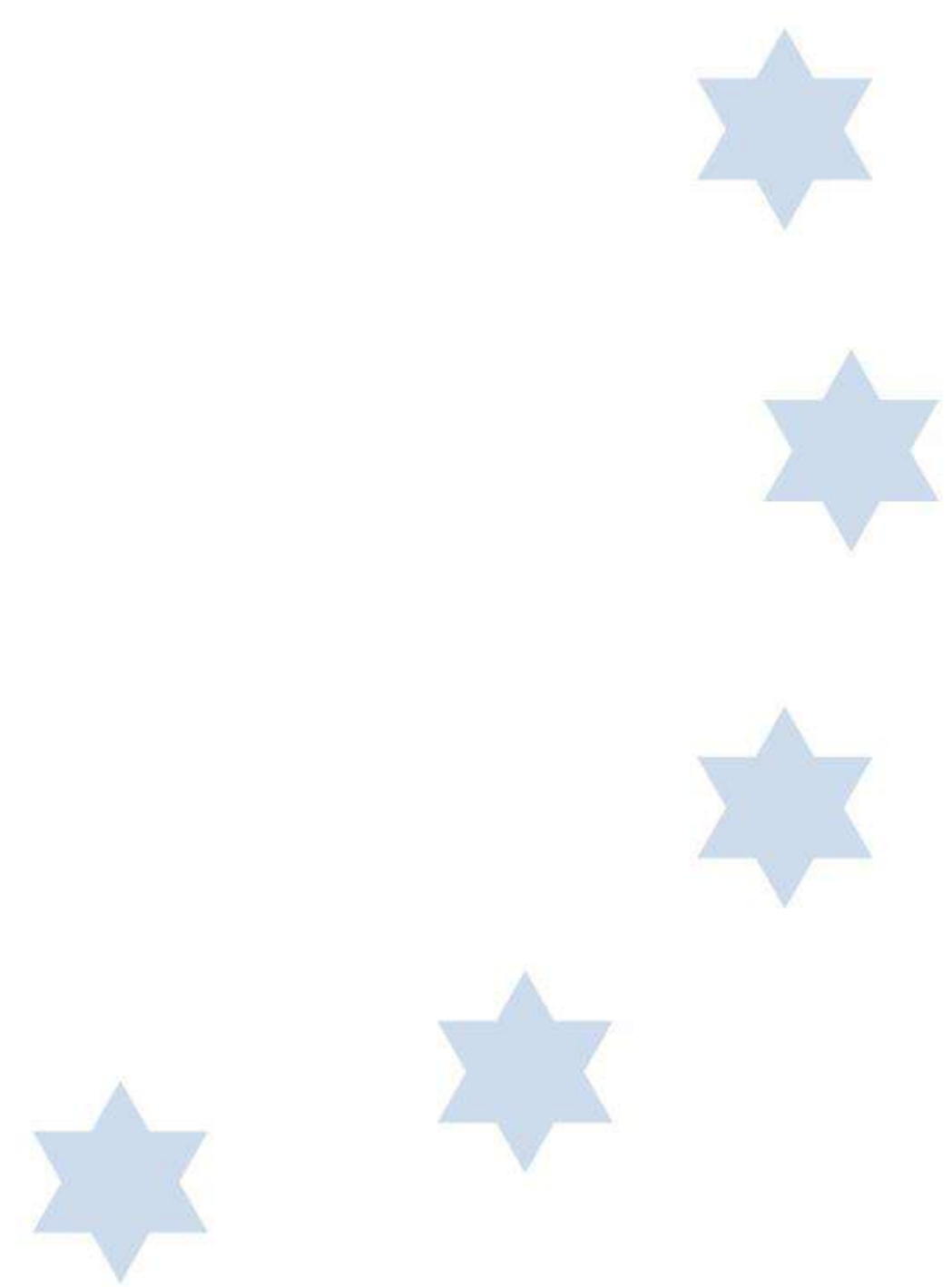
Associate Professor of Anaesthesiology, Pain Therapy & Palliative Care, Faculty of Medicine, National & Kapodistrian University of Athens, President of PARHSYA, President of EuLAP, WIP Honorary Secretary, ESRA Past President, ESRA Hellas Honorary President, Athens, Greece

**Vitoula Krystallia, MD, EDRA**

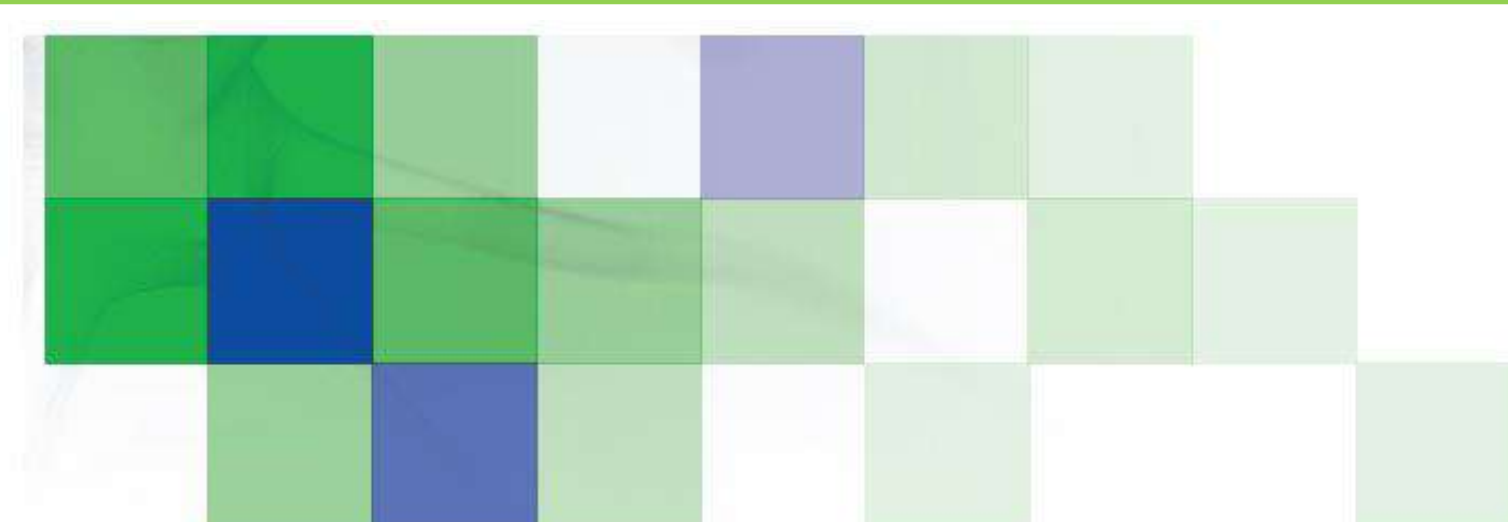
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European Day







# 3<sup>rd</sup> European Day of Regional Anaesthesia

## 3<sup>rd</sup> ESRA E-Day: Your Local Face – to – Face Meeting

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# European Day

