



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

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

**Larissa, Greece**

**Saturday, 25 January 2020**

Auditorium «Hippocrates»,

Faculty of Medicine, School of Health Sciences,  
University of Thessaly, «Viopolis» Building

**Under the Auspices of**

- Anaesthesiology Clinic of the Faculty of Medicine, School of Health Sciences, University of Thessaly, Larissa, Greece
- Faculty of Medicine, School of Health Sciences, University of Thessaly, Larissa, Greece
- University of Thessaly, Greece



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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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:

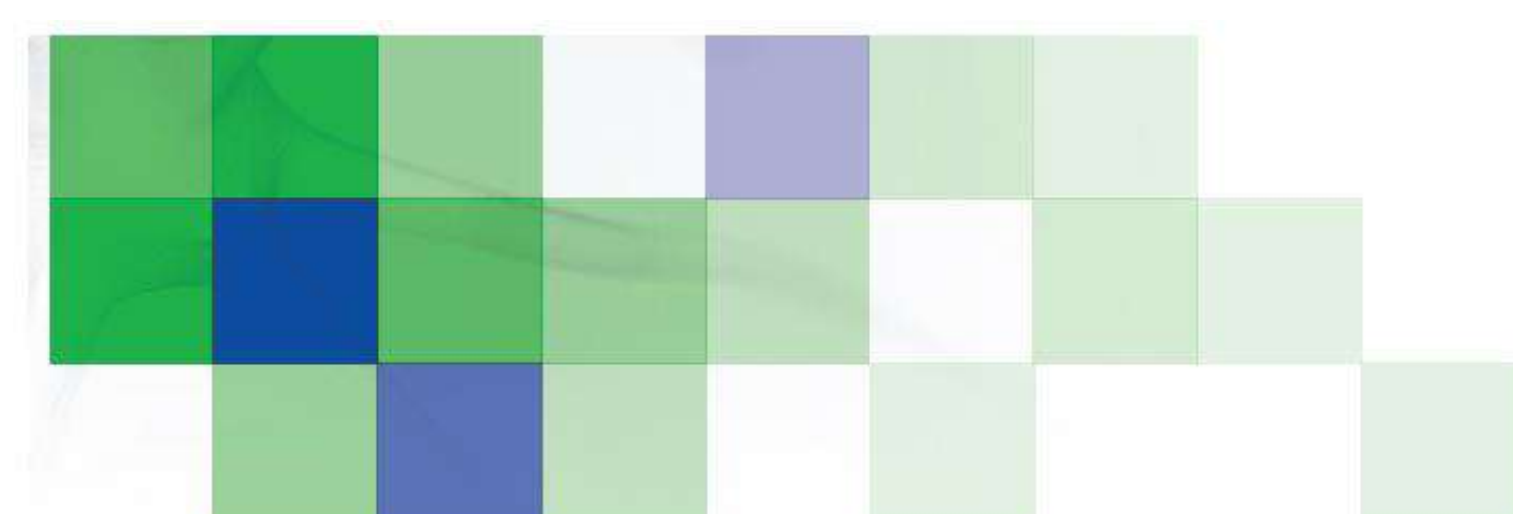
ESRA Hellas Secretariat (Mrs Kalliopi Platsi)

#### Email:

info@esrahellas.gr / kalliope.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
<b>Representative from Cyprus</b>	Periklis Zavridis
<b>Secretariat</b>	Kalliopi Platsi

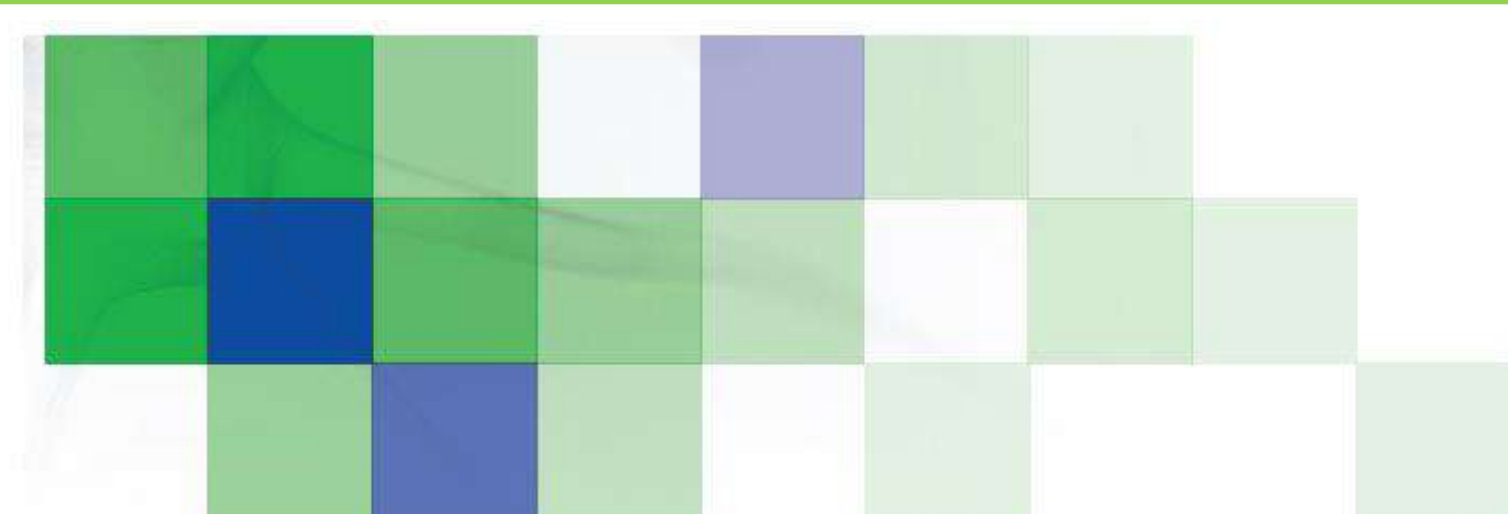
**ESRA Hellas**

**[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.

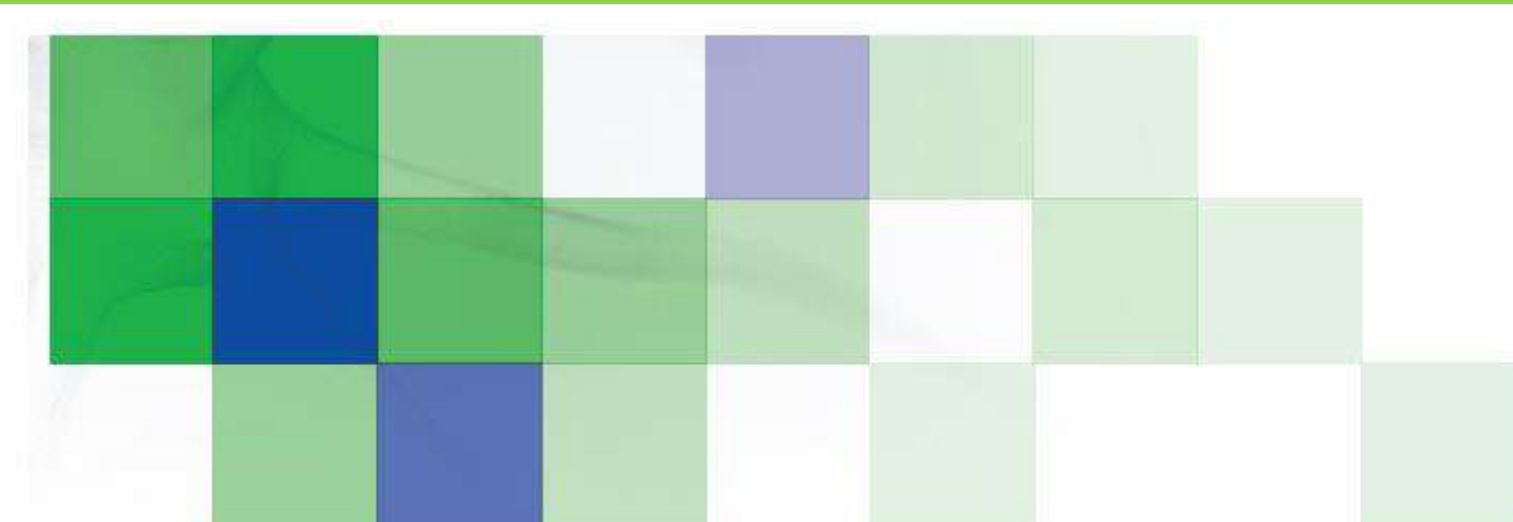
With Cordial Greetings



**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

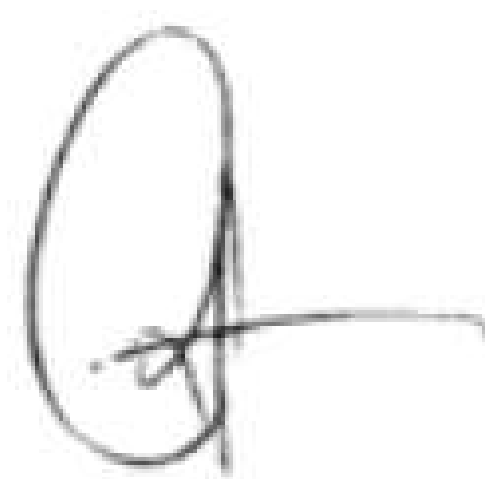
Dear Colleagues, Dear Friends

It is my pleasure to welcome you in the 3<sup>rd</sup> 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 34 European Cities, in 13 different Countries.

The Anaesthesiology Clinic of the University General Hospital of Larissa, of the University of Thessaly, Greece, having a great tradition in Regional Anaesthesia and Analgesia application, is delighted to participate for the 2<sup>nd</sup> time in the organization of the 3<sup>rd</sup> ESRA European Day of Regional Anaesthesia.

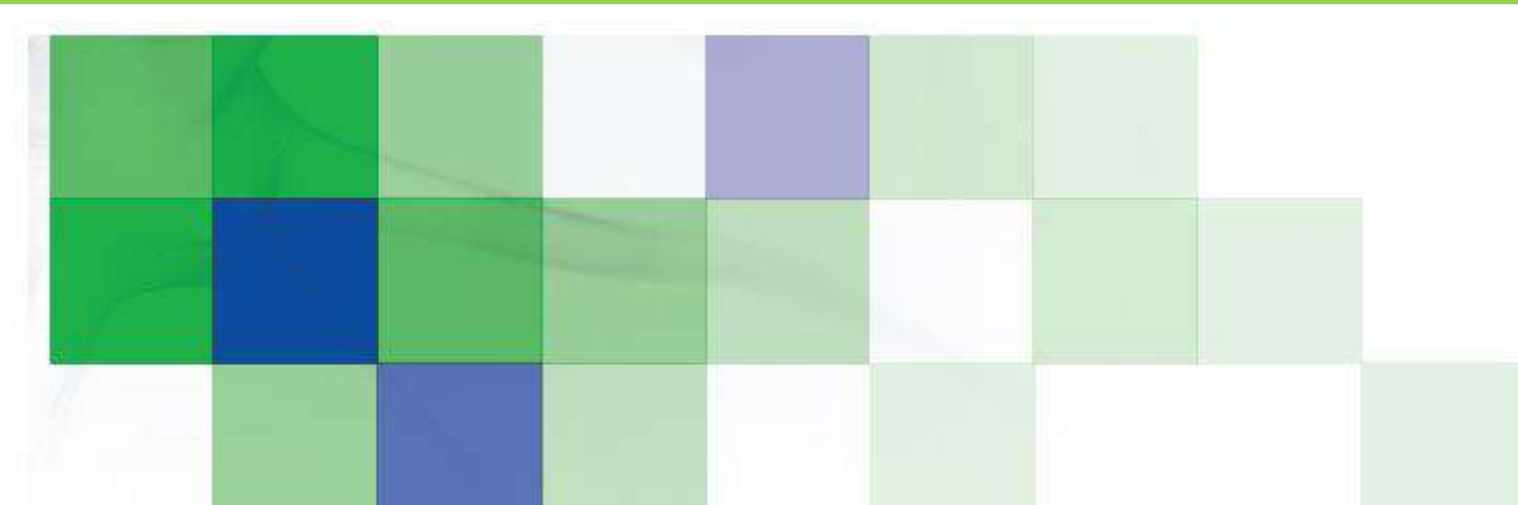
As such, I would like to express my warmest thanks to ESRA Europe & ESRA Hellas, for the trust and the honoring selection, for the second year, and for including our clinic and city in this scientific event and to reassure that we will always be present during interactive and innovative educational methods towards contemporary scientific update.

With Cordial Greetings



**Professor Eleni M Arnaoutoglou**

Director of the Anaesthesiology Clinic of University of Thessaly, Greece  
University General Hospital of Larissa, Greece







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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

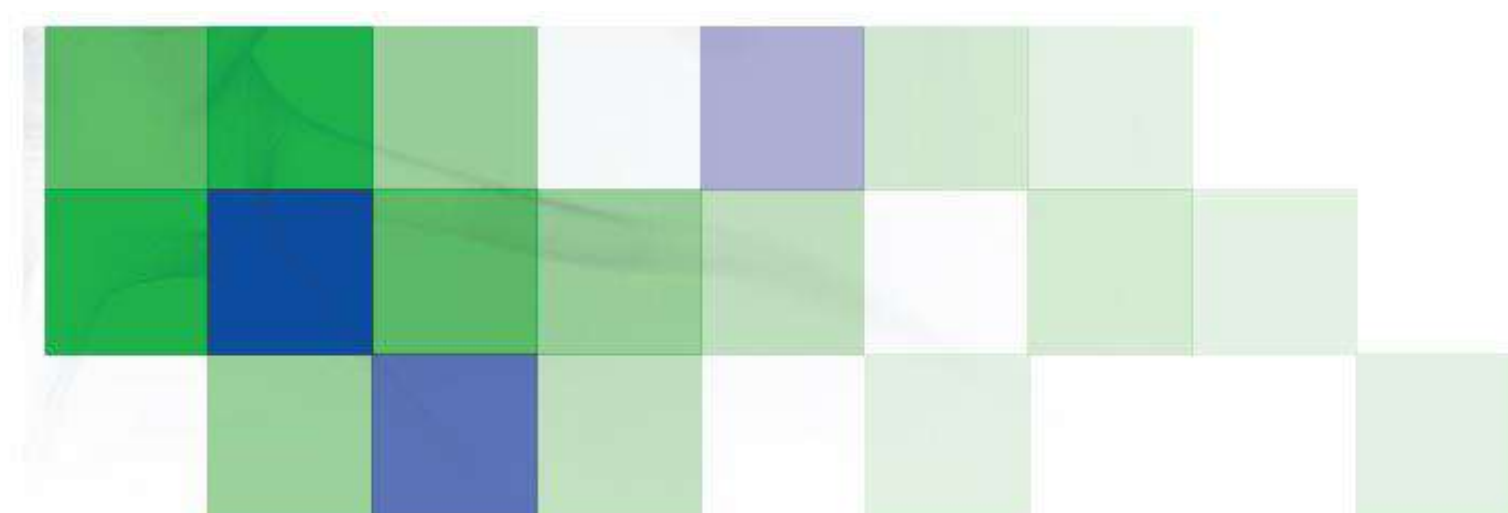
M. Ntalouka

A. Tsiaka

D. Variadis



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







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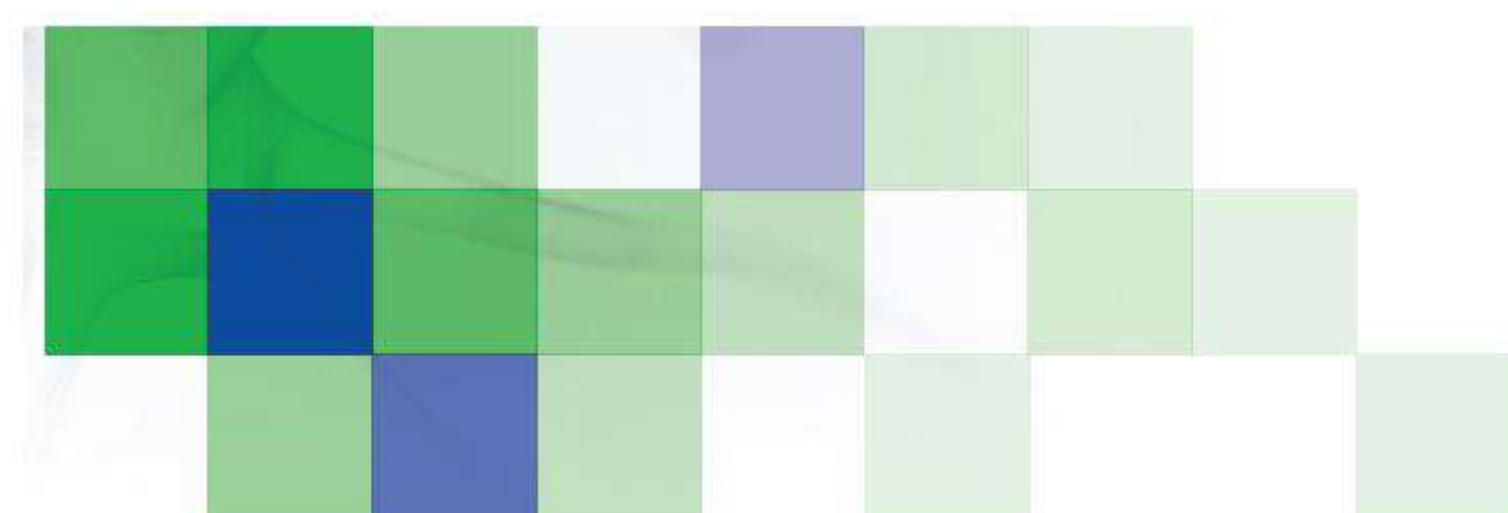
3<sup>rd</sup> ESRA E-Day: Your Local Face – to – Face Meeting

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# LARISSA SCIENTIFIC PROGRAM



European Day







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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]  
E. Arnaoutoglou: Professor of Anaesthesiology, University of Thessaly, Greece  
A. Giannoukas: President of Faculty of Medicine, University of Thessaly, Greece  
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: A. Tsiaka*

*Comments – Questions – Discussion: M. Chantes. E. Stavropoulou*

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

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

*Speaker: M. Van de Velde*

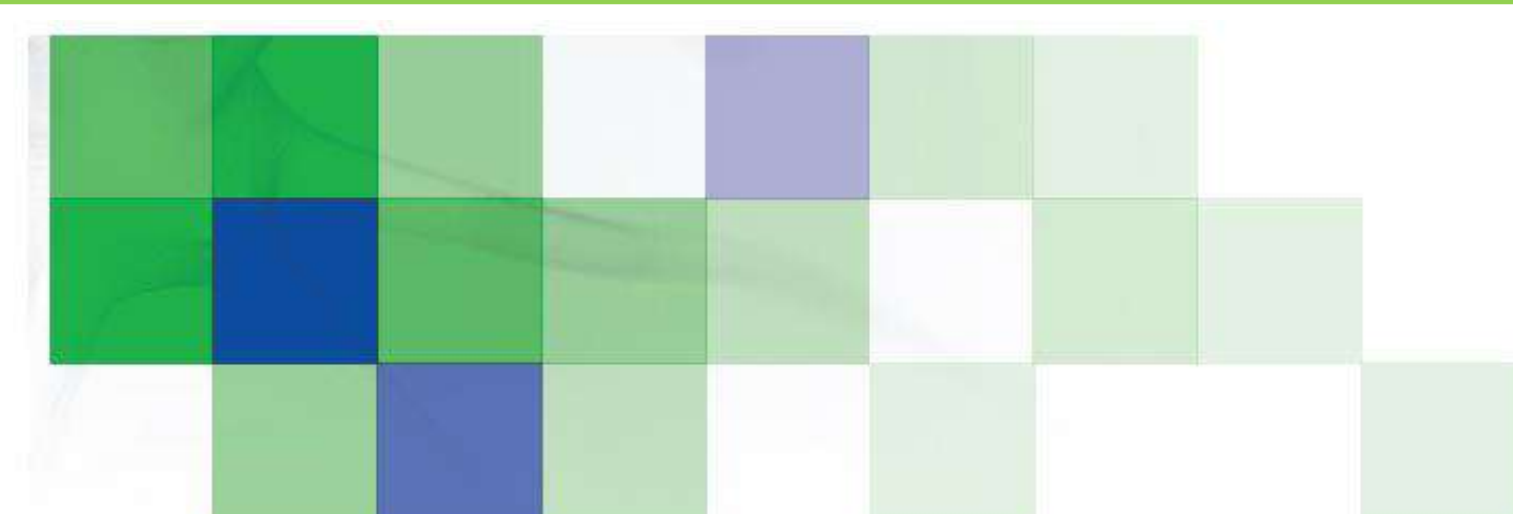
*Comments – Questions – Discussion: E. Arnaoutoglou, S. Douvli*

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

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

*Speaker: M. Ntalouka*

*Comments – Questions – Discussion: E. Arnaoutoglou, A. Bouzia*







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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: M. Bareka, A. Charalambidou*

### 11.00 – 11.30: LECTURE – INTERACTIVE DISCUSSION

Fast-track for knee replacement : Analgesia vs Motion

*Speaker: M. Bareka*

*Comments – Questions – Discussion: K. Malizos, E. Arnaoutoglou*

### 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: R. Souvatzoglou*

*Comments – Questions – Discussion: K. Tepetes, A. Petsiti*

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

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

*Speaker: GL Weinberg*

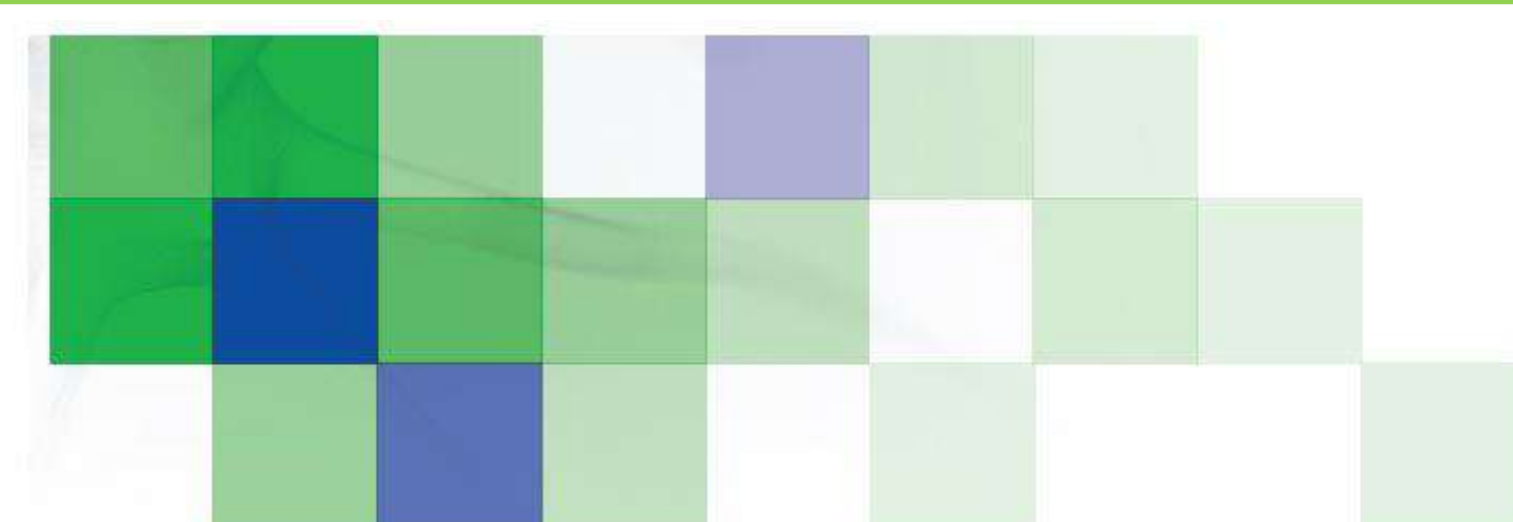
*Comments – Questions – Discussion: E. Koraki, E. Stavropoulou*

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

From QLB to Erector Spinae Plane Block (LIVE DEMONSTRATION)

*Instructor: E. Koraki*

*Comments – Questions – Discussion: M. Bareka, A. Tsiaka*







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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

M. Bareka

A. Tsiaka

R. Souvatzoglou

E. Stavropoulou

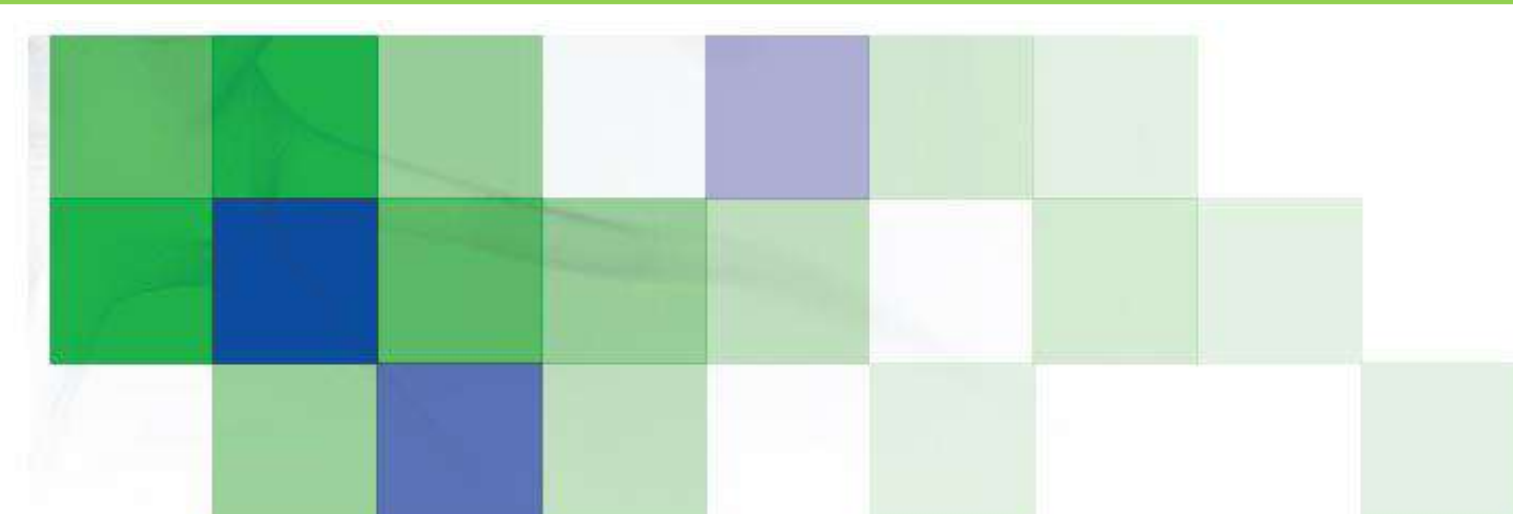
M. Ntalouka

E. Koraki

E. Chaftoura

A. Petsiti

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:** E. Arnaoutoglou, E. Stavropoulou

**Morning Speakers:** A. Tsiaka, M. Ntalouka, M. Bareka, R. Souvatzoglou, E. Koraki

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**

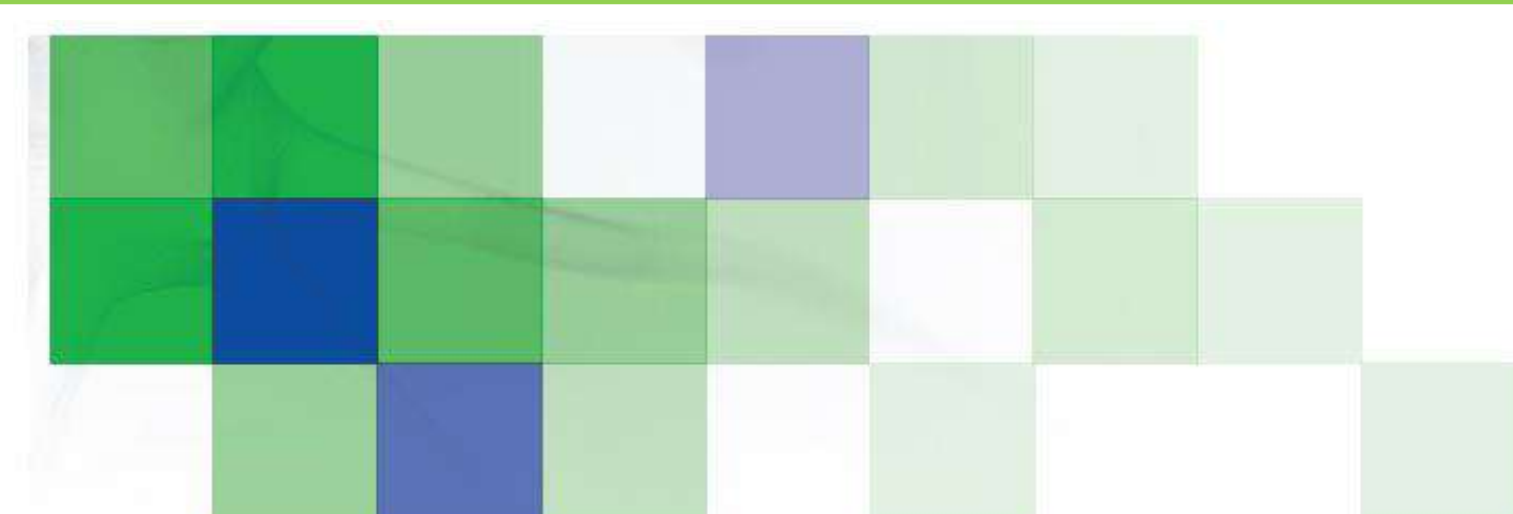
- Clinical Practice on Live Models: 25 min per Workstation

<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**

R. Souvatzoglou	E. Koraki	M. Bareka	E. Stavropoulou
M. Ntalouka	A. Tsiaka	E. Chافتoura	A. Petsiti

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

A. Tsiaka

R. Souvatzoglou

E. Chaftoura

E. Koraki

A. Petsiti

M. Ntalouka

M. Bareka

E. Stavropoulou

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

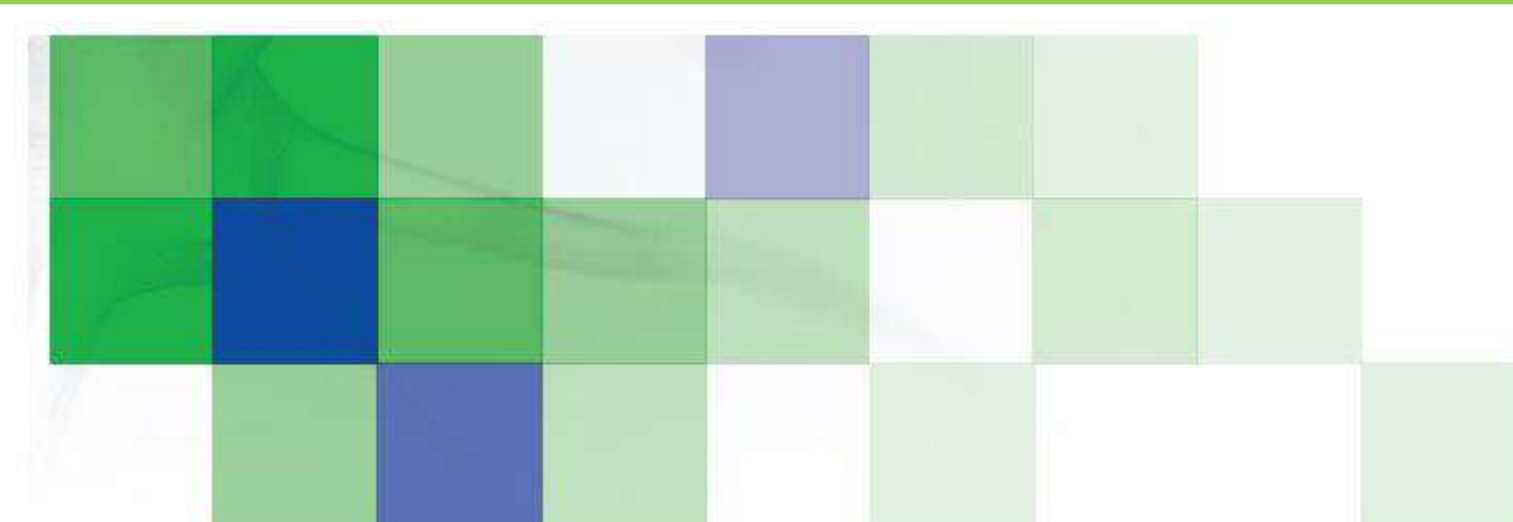
Group A

Group B

Group C

19.50 – 20.00:

END OF E-DAY – CONCLUSIONS – DISCUSSION – CERTIFICATES





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### ORGANIZERS – LECTURERS – INSTRUCTORS – COMMENTATORS

**Arnaoutoglou Eleni, MD, PhD**

Professor of Anaesthesiology, Faculty of Medicine, School of Health Sciences, University of Thessaly,  
Director of Anaesthesiology Clinic, University General Hospital of Larissa, Larissa, Greece

**Bareka Metaxia, MD, PhD**

Consultant Anaesthesiologist, Anaesthesiology Clinic, University General Hospital of Larissa, Larissa, Greece

**Bouzia Aikaterini, MD, PhD**

Consultant Anaesthesiologist – Intensivist, Anaesthesiology Clinic, University General Hospital of Larissa,  
Larissa, Greece

**Chafoura Evangelia – Ioanna, MD**

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Greece

**Chantes Michail, MD, PhD**

Professor of Orthopaedic Surgery, Faculty of Medicine, School of Health Sciences, University of Thessaly,  
Orthopaedic Surgery Clinic, University General Hospital of Larissa, Larissa, Greece

**Charalambidou Alexandra, MD**

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**Delbos Alain, MD, PhD**

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

**Douvli Styliani, MD**

Consultant Anaesthesiologist, Coordinator – Director NHS, Anaesthesiology Department, General Hospital of  
Trikala, Trikala, Greece

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

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

**Giannoukas Athanasios, MD, PhD, MSc, FEBVS**

Professor of Vascular Surgery, President of Faculty of Medicine, School of Health Sciences, University of  
Thessaly, Director of Vascular Surgery Clinic, University General Hospital of Larissa, Larissa, Greece

**Koraki Eleni, MD, PhD**

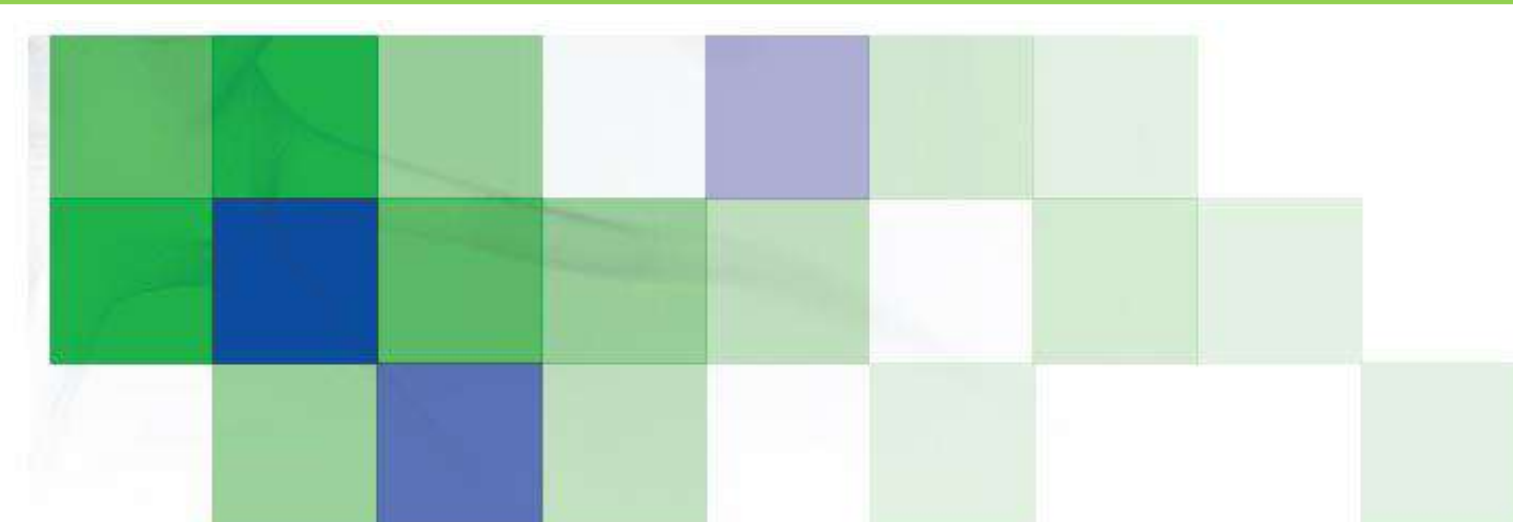
Consultant Anaesthesiologist, Director NHS, Anaesthesiology Department, General Hospital Papanikolaou,  
Thessaloniki, Greece

**Lasda Eleni, MD**

Consultant Anaesthesiologist, Anaesthesiology Department, University General Hospital of Larissa, Larissa,  
Greece.

**Makis Alexandros, MD, PhD, MSc, EDRA**

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





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

**Malizos Konstantinos, MD, PhD**

Professor of Orthopaedic Surgery, Faculty of Medicine, School of Health Sciences, University of Thessaly, Director of Orthopaedic Surgery Department, University General Hospital of Larissa, Larissa, Greece

**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

**Ntalouka Maria, MD**

Consultant Anaesthesiologist, Anaesthesiology Clinic, University General Hospital of Larissa, Larissa, Greece

**Petsiti Argyro, MD, PhD**

Consultant Anaesthesiologist, Director NHS, Anaesthesiology Clinic, University General Hospital of Larissa, Larissa, Greece

**Rekatsina Martina, MD, MSc**

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

**Souvatoglou Rizos, MD**

Consultant Anaesthesiologist, Anaesthesiology Department, General Hospital of Preveza, Preveza, Greece

**Stavropoulou Evmorfia, MD, PhD, EDRA**

Consultant Anaesthesiologist, Director NHS, ESRA Hellas President, Member of Directory Board of PARHSYA, Anaesthesiology Department & Pain Therapy Centre, General Hospital of Attiki «KAT», Kifissia, Athens, Greece

**Tepetes Konstantinos, MD, PhD**

Professor of Surgery, Faculty of Medicine, School of Health Sciences, University of Thessaly, Surgery Department, University General Hospital of Larissa, Larissa, Greece

**Tsiaka Aikaterini, MD**

Consultant Anaesthesiologist, Anaesthesiology Clinic, University General Hospital of Larissa, Larissa, 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, President of EuLAP, WIP Honorary Secretary, ESRA Past President, ESRA Hellas Honorary President, Athens, Greece

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

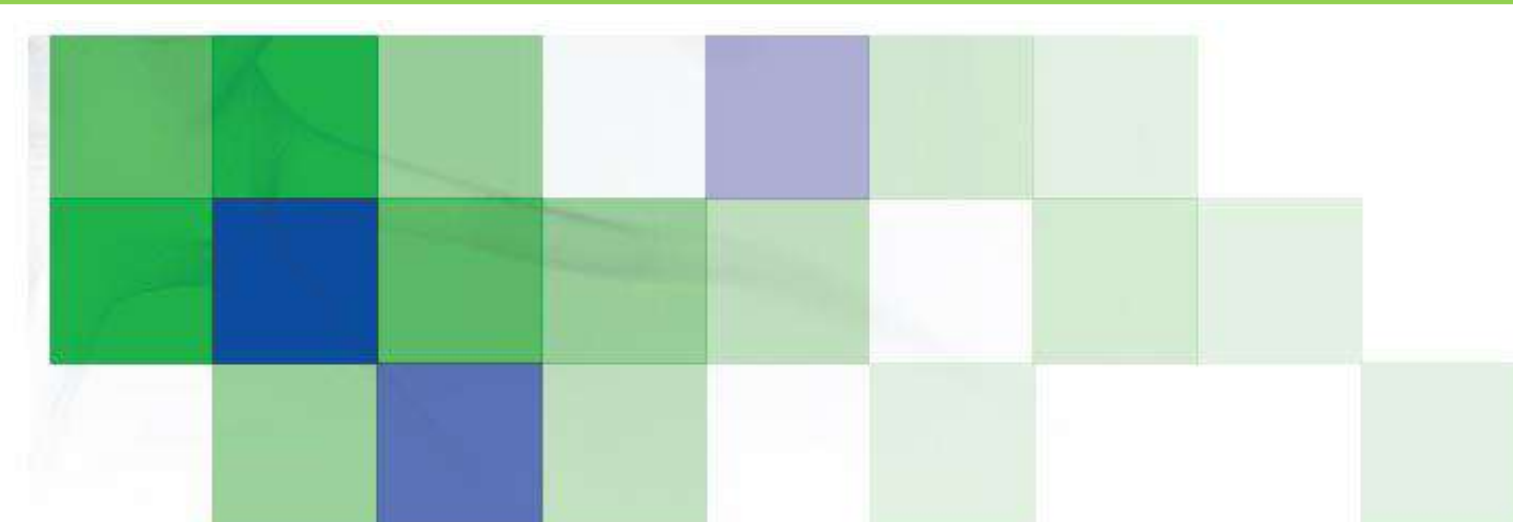
ESRA Past President, Head of the Department of Anesthesiology at the Catholic University Leuven, Professor of Anaesthesiology at Leuven University Hospital, Belgium

**Variadis Dimitrios, MD**

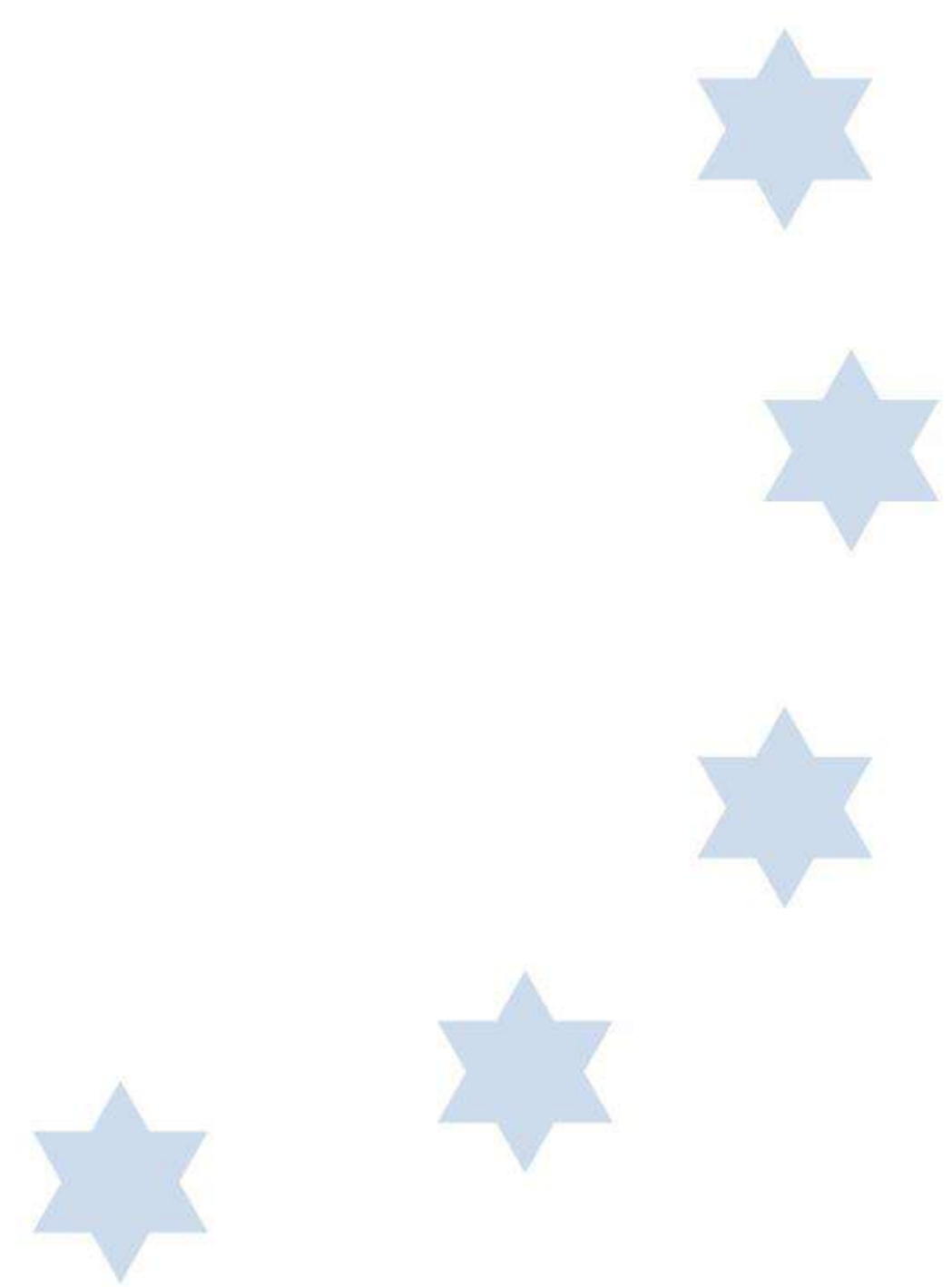
Consultant Anaesthesiologist, Anaesthesiology Department, University General Hospital of Larissa, Larissa, Greece.

**Weinberg Guy, MD**

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

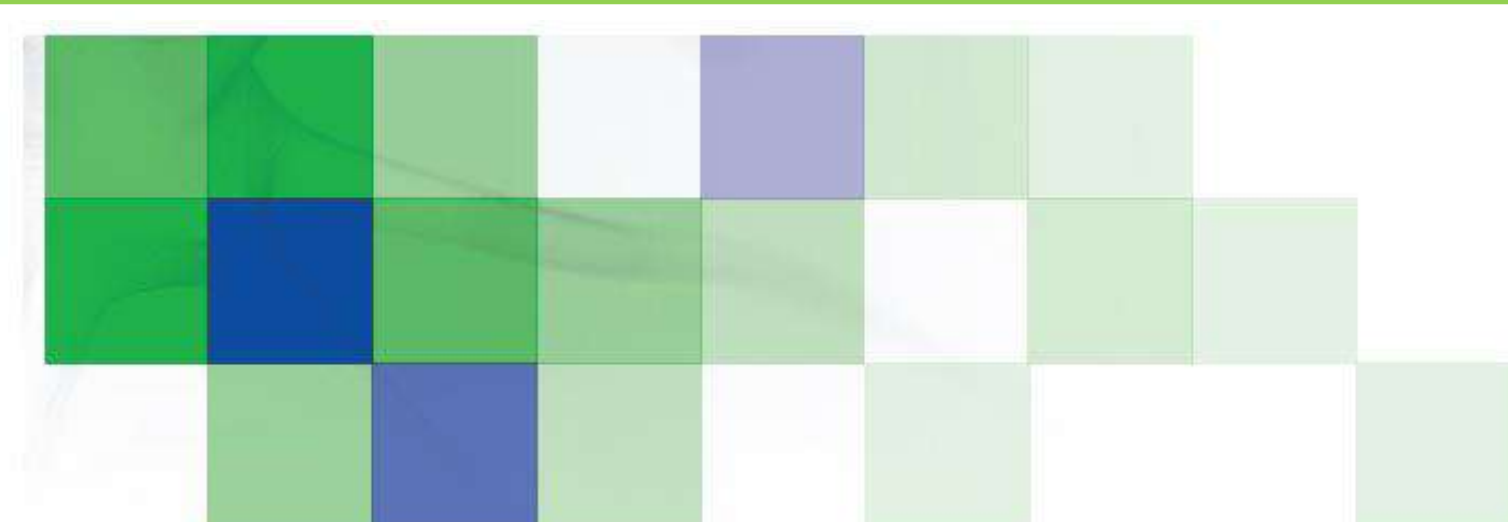






# European Day

Organization: ESRA Hellas  
[www.esrahellas.gr](http://www.esrahellas.gr)







# 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

