

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

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One Day ...
One Program ...
In 13 European Countries ...
In 34 Cities in Europe ...

3rd European Day of Regional Anaesthesia

3rd ESRA E-Day Your Local Face – to – Face Meeting

Thessaloniki, Greece Saturday, 25 January 2020

Auditorium "Konstantinos Triaridis"

Outpatients Department

«AHEPA» University General Hospital

Under the Auspices of

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







Saturday, 25 January 2020

PARTICIPATING COUNTRIES – CITIES

BELGIUM: Leuven

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

GERMANY: Frankfurt

GREECE: Athens, Thessaloniki, Larissa

TTALY: Civitanone Marche, Milano, Roma, San Giovanni, Palermo

THE NETHERLANDS: Amsterdam

POLAND: Katowiche, 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)

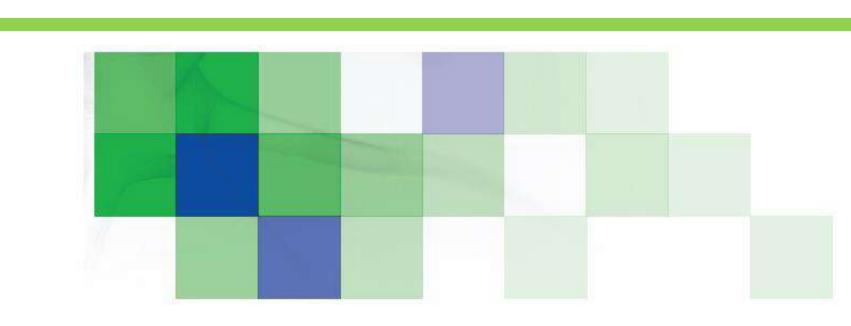
Email:

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

Contact Telephone Numbers:

+30 2106435336 / +30 6945026525

Organization: ESRA Hellas







3rd 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 (1st and 2nd ESRA E – Day), is organizing, for a third year, the European Day of Regional Anaesthesia (3rd 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 3rd 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.

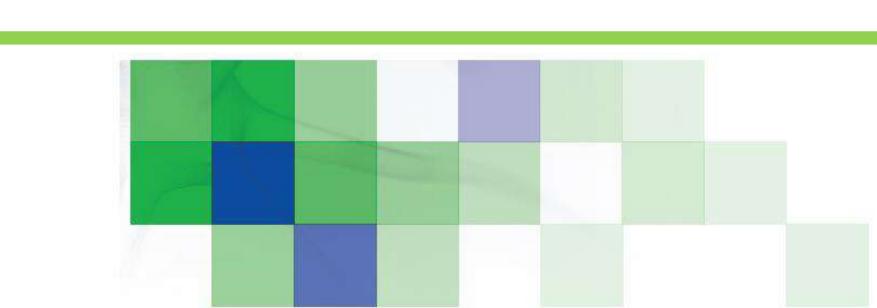
The registration to the 3rd ESRA E-Day, in all cities, is complimentary for all Greek and Cypriot colleagues, by the ESRA Hellas Directory Board. The only prerequisite for participation is the registration in ESRA or the renewal of ESRA Registration (ESRA Europe – ESRA Hellas Joint Membership) of all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

Evmortia Stavropoulou ESRA Hellas President Alexandros Makris
ESRA Hellas Treasurer
National Coordinator of 3rd ESRA E-Day

Organization: ESRA Hellas







WELCOME LETTER

Dear Colleagues

I welcome you in the 3rd ESRA European Day of Regional Anaesthesia, which is organized by the European Society of Regional Anaesthesia and Pain Therapy – ESRA.

The selection of Thessaloniki for the 3rd year in a row as one of the 34 European cities which will participate in this event, is an honor for our city and for the Department of Anaesthesiology & Intensive Care Medicine of the Faculty of Medicine of Aristotle University of Thessaloniki, Greece.

On behalf of our department I would like to express my warmest thanks to ESRA & ESRA Hellas for this honoring selection and to all anaesthesiologists and other colleagues, who embrace this effort.

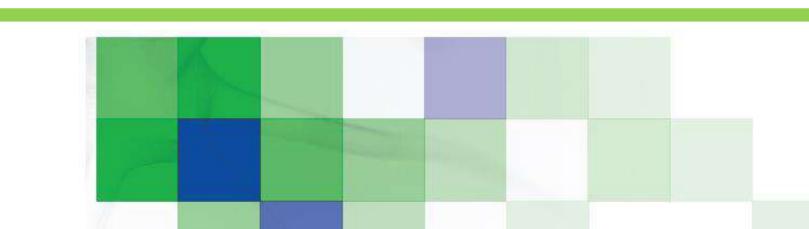
Focused on patient care, our department supports every educational activity which aims to enhance health services in the daily clinical practice.

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

Vasilios Grosomanidis

Associate Professor of Anaesthesiology & Intensive Care,
Director of Department of Anaesthesiology & Intensive Care Medicine
Aristotle University of Thessaloniki,
«AHEPA» University General Hospital,
Thessaloniki, Greece









ESRA Hellas Directory Board [Zone of Greece & Cyprus]

President Evmorfia Stavropoulou

Vice - President Elpida Antonopoulou

General Secretary Eleni Moka

Specific Issues Secretary Kassiani Theodoraki

> Alexandros Makris Treasurer Members Emmanouil Gkliatis

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> Honorary Presidents Erifyli Argyra

> > Ioanna Siafaka Athina Vadalouca

Representative from Cyprus Periklis Zavridis

Secretariat Kalliopi Platsi

ESRA Hellas

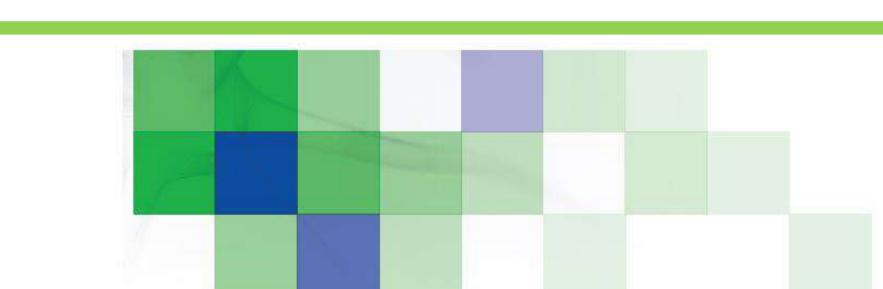
[Greek Section of ESRA – Zone of Greece & Cyprus]

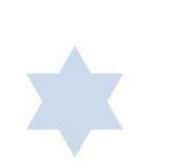
12-14, Grigoriou Theologou Street, Athens, PC 11471

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

Email: info@esrahellas.gr, kalliopi.platsi@gmail.com

Organization: ESRA Hellas





3rd 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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Saturday, 25 January 2020







3rd 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]

V. Grosomanidis: Assosiate Professor, Aristotle University of Thessaloniki

A. Spanos: Director & President of the Board of «AHEPA» University Hospital

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: P. Chloropoulou

Comments - Questions - Discussion: Th. Vogiatzaki, P. Tzimas

10.00 – 10.15: PODCAST LECTURE – INTERACTIVE DISCUSSION

My spinal doesn't work - Why?

Speaker: M. Van de Velde

Comments - Questions - Discussion: M. Kiamiloglou, A. Tsirogianni

10.15 – 10.45: LECTURE – INTERACTIVE DISCUSSION

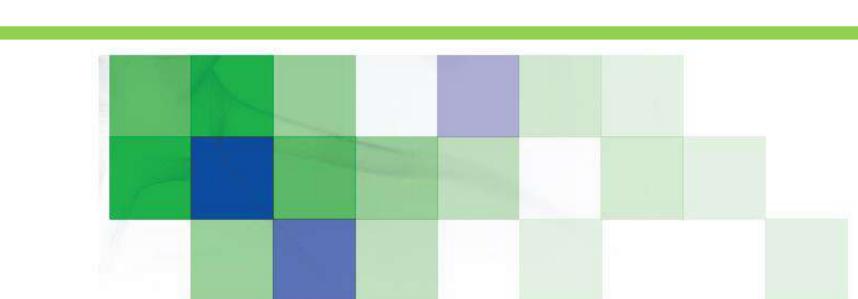
Postdural Puncture Headache: Conventional Management and new

alternatives

Speaker: K. Pantelaiou

Comments - Questions - Discussion: K. Katsanoulas, E. Katsika

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Saturday, 25 January 2020

10.45 – 11.00: PODCAST LECTURE – INTERACTIVE DISCUSSION

Regional anesthesia: The Main Step of OFA?

Speaker: Nabil El-Kassabany

Comments - Questions - Discussion: A. Amaniti, E. Moka

11.00 – 11.30: LECTURE – INTERACTIVE DISCUSSION

Fast-track for knee replacement: Analgesia vs Motion

Speaker: B. Fyntanidou

Comments - Questions - Discussion: E. Antonopoulou, K. Natsis

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: M. Varveri

Comments – Questions – Discussion: E. Goutziomitrou, R. Iosifidou

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. Ketikidou, P. Papagiannopoulou

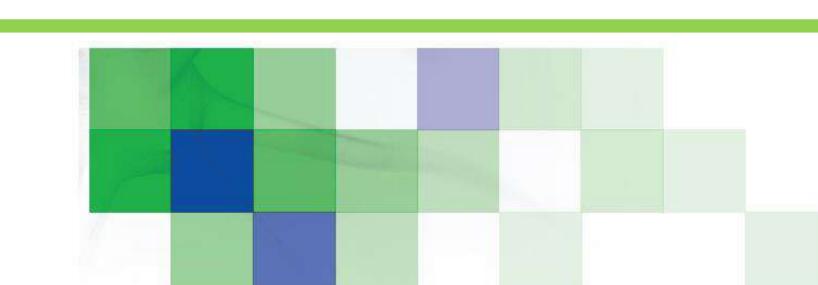
12.45 – 13.15: LIVE DEMONSTRATION – INTERACTIVE DISCUSSION

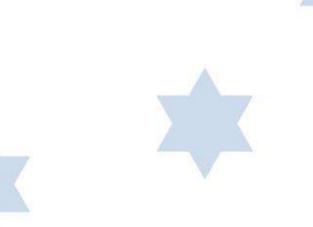
From QLB to Erector Spinae Plane Block (LIVE DEMONSTRATION)

Instructor: Ch. Stachtari

Comments - Questions - Discussion: M. Varveri, B. Fyntanidou

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3rd ESRA E-Day: Your Local Face – to – Face Meeting

Saturday, 25 January 2020

13.15 – 14.15: LUNCH BREAK

14.15 – 15.55: REGIONAL ANAESTHESIA CLINICAL WORKSHOP I.

WORKSTATION 1

UPPER LIMB PERIPHERAL NERVE BLOCKS

Clinical Practice on Live Models: 25 min per Workstation

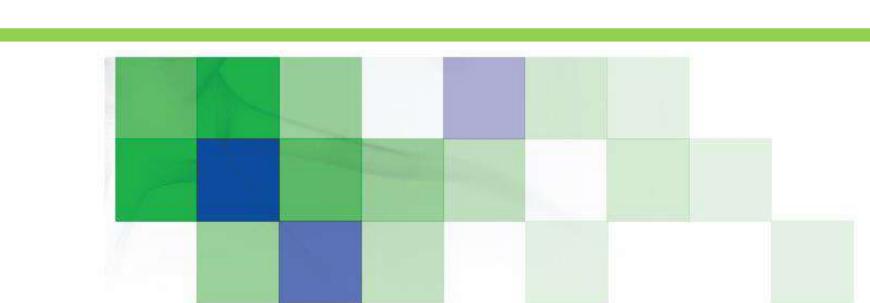
WORKSTATION 2

WORKSTATION 3

	Nerve Blocks Above the Clavicle, using US Interscalene & Supraclavicular Blocks	Nerve Blocks Below the Clavicle, using US Infraclavicular and Axillary Blocks	Single Nerve Blocks for Shoulder Surgery, using US Suprascapular & Axillary Nerve Blocks		
	Groups & Instructors				
	A. Polychroniou	M. Doumbaratzi	Z. Stergiouda	E. Antonopoulou	
	B. Fyntanidou	P. Chloropoulou	Ch. Stachtari	G. Papageorgiou	
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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WORKSTATION 4



3rd ESRA E-Day: Your Local Face – to – Face Meeting

Saturday, 25 January 2020

15.55–16.15: ROUND TABLE with the speakers

Chairpersons: Th. Vogiatzaki, P. Tzimas, A. Tricoupi

Morning Speakers: P. Chloropoulou, K. Pantelaiou, B. Fyntanidou,

Ch. Stachtari

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

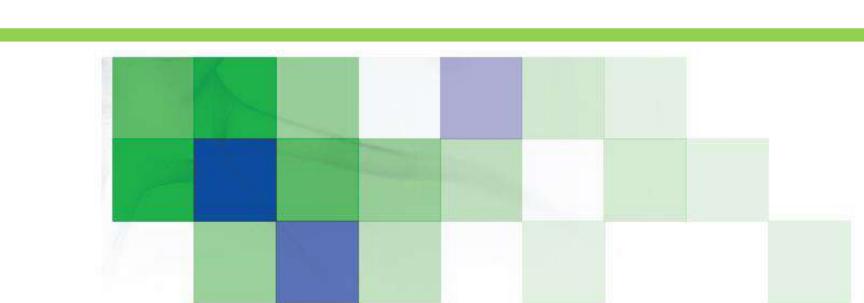
Clinical Practice on Live Models: 25 min per Workstation

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

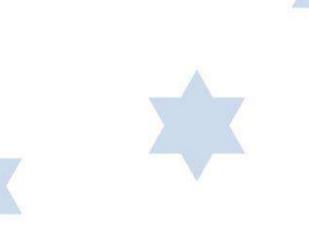
Groups & Instructors

	E. Antonopoulou	A. Polychroniou	Z. Stergiouda	M. Doumbaratzi
	G. Papageorgiou	B. Fyntanidou	Ch. Stachtari	P. Chloropoulou
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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3rd ESRA E-Day: Your Local Face – to – Face Meeting

Saturday, 25 January 2020

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	WORKSTATION 2	WORKSTATION 3	WORKSTATION 4
Central Neuraxial Blocks	Paravertebral and Erector Spinae Blocks	TAP Block, Rectus Sheath Block	PEC'S Block (I & II) & Serratus Anterior Plane
			(SAP) Block

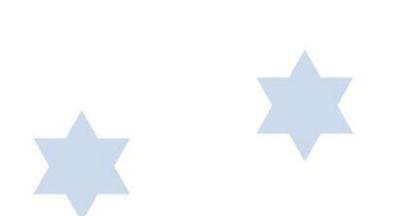
18.10 – 18.35: Group A Group B Group C Group D 18.35 – 19.00: Group B Group C Group D Group A		Groups & Instructors				
18.10 – 18.35: Group A Group B Group C Group D 18.35 – 19.00: Group B Group C Group D Group A		G. Papageorgiou	Ch. Stachtari	A. Polychroniou	M. Varveri	
18.35 – 19.00: Group B Group C Group D Group A		B. Fyntanidou	P. Chloropoulou Z. Stergiouda		M. Doumbaratzi	
	18.10 – 18.35:	Group A	Group B	Group C	Group D	
19.00 – 19.25: Group C Group D Group A Group B	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	19.25 – 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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3rd ESRA E-Day: Your Local Face – to – Face Meeting

ORGANIZERS – LECTURERS – INSTRUCTORS – COMMENTATORS

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 General Hospital, Thessaloniki, Greece

Antonopoulou Elpida, MD, EDRA

Consultant Anaesthesiologist – NHS, ESRA Hellas Vice President, Director NHS, Anaesthesiology Department, Peripheral General Hospital of Xanthi, Xanthi, Greece

Chloropoulou Pelagia, MD, PhD

Consultant Anaesthesiologist, Assistant Professor of Anaesthesiology, Faculty of Medicine, Democritus University of Thrace, Anaesthesiology Department, University General Hospital of Evros, Alexandroupolis, Thrace, Greece

Delbos Alain, MD, PhD

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

Doumbaratzi Maria, MD, MSc

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

El-Kassabany Nabil, MD, MSCE

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

Fyntanidou Barbara, MD, PhD

Consultant Anaesthesiologist, ESRA Hellas Board Member, Director NHS, Emergency Department (ER), «AHEPA» University General Hospital, Thessaloniki, Greece

Goutziomitrou Evangelia, MD, PhD

Consultant Anaesthesiologist, Coordinator – Director NHS, Anaesthesiology Department, General Hospital of Thessaloniki «Papageorgiou», Thessaloniki, Greece

Grosomanidis Vasilios, MD, PhD

Associate Professor of Anaesthesiology & Intensive Care, Faculty of Medicine, Aristotle University of Thessaloniki, Director of Department of Anaesthesiology & Intensive Care Medicine «AHEPA» University General Hospital, Thessaloniki, Greece,

Iosifidou Rodaniki, MD, PhD, FEBS

Breast Surgeon, Director NHS, Breast Surgical Oncology Department, Theageneio Hospital of 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

Ketikidou Evgenia, MD, PhD

Consultant Anaesthesiologist, Director NHS, Scientific Coordinator, Department of Anaesthesiology & Pain Therapy Centre, General Hospital of Kavala, Kavala, Greece

Kiamiloglou Boulent MD, PhD

Anaesthesiologist, Director NHS, Anaesthesiology Deprtment, General Hospital of Komotini, 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

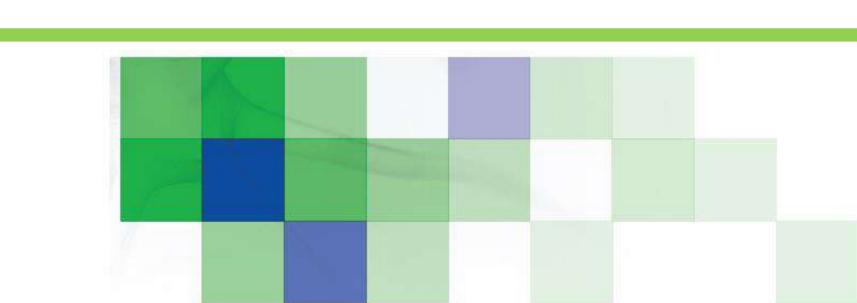
Moka Eleni, MD, PhD, MSc, EDRA

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

Natsis Konstantinos, MD, PhD

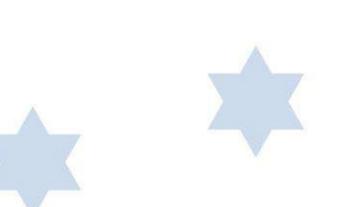
Consultant Orthopaedic Surgeon, Professor of Anatomy, Laboratory of Anatomy & Surgical Anatomy, Faculty of Medicine, Aristotle University of Thessaloniki, Thessaloniki, Greece











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ORGANIZERS – LECTURERS – INSTRUCTORS – COMMENTATORS [Continued]

Pantelaiou Kyriaki, MD, PhD

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

Papageorgiou Georgios, MD

Anaesthesiologist, Private Sector

Polychroniou Alexandros, MD

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

Thessaloniki, Greece

Rekatsina Martina, MD, MSc

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

Spanos Anastasios

Director and President of Directory Board, «AHEPA» University General Hospital, Thessaloniki, Greece

Stachtari Chryssoula, MD, PhD

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

Stergiouda Zoi, MD, PhD

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

Theodoraki Kassiani, MD, PhD, EDAIC

Associate Professor of Anaesthesiology, Faculty of Medicine, National & Kapodistrian University of Athens, ESRA Hellas Specific Issues Secretary, ESRA Councilor, Director of 1st Anaesthesiology Clinic – Pain Therapy & Palliative Care Centre of Athens University, «Aretaieion» University Hospital, Athens, Greece

Trikoupi Anastasia, MD, PhD

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

Tsirogianni Aikaterini, MD

Consultant Anaesthesiologist, Director NHS, Emergency Department (ER), General Hospital of Katerini, Katerini, Greece

Tzimas, Petros, MD, PhD

Consultant Anaesthesiologist, Assistant Professor of Anaesthesiology, Faculty of Medicine, University of Ioannina, Greece,

Anaesthesiology Department, University General Hospital of Ioannina, Ioannina, 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

Varveri Marianthi, MD

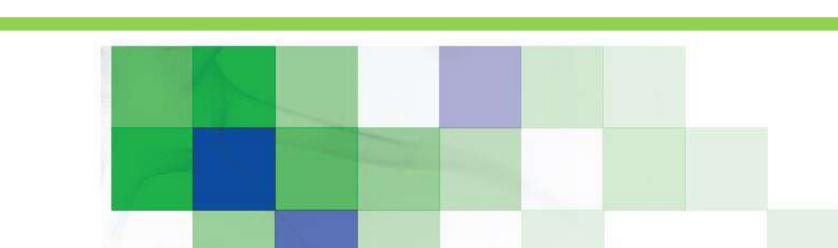
Consultant Anaesthesiologist – NHS, Anaesthesiology Department, General Hospital of Thessaloniki «Papageorgiou», Thessaloniki, Greece

Vogiatzaki Theodosia, MD, PhD

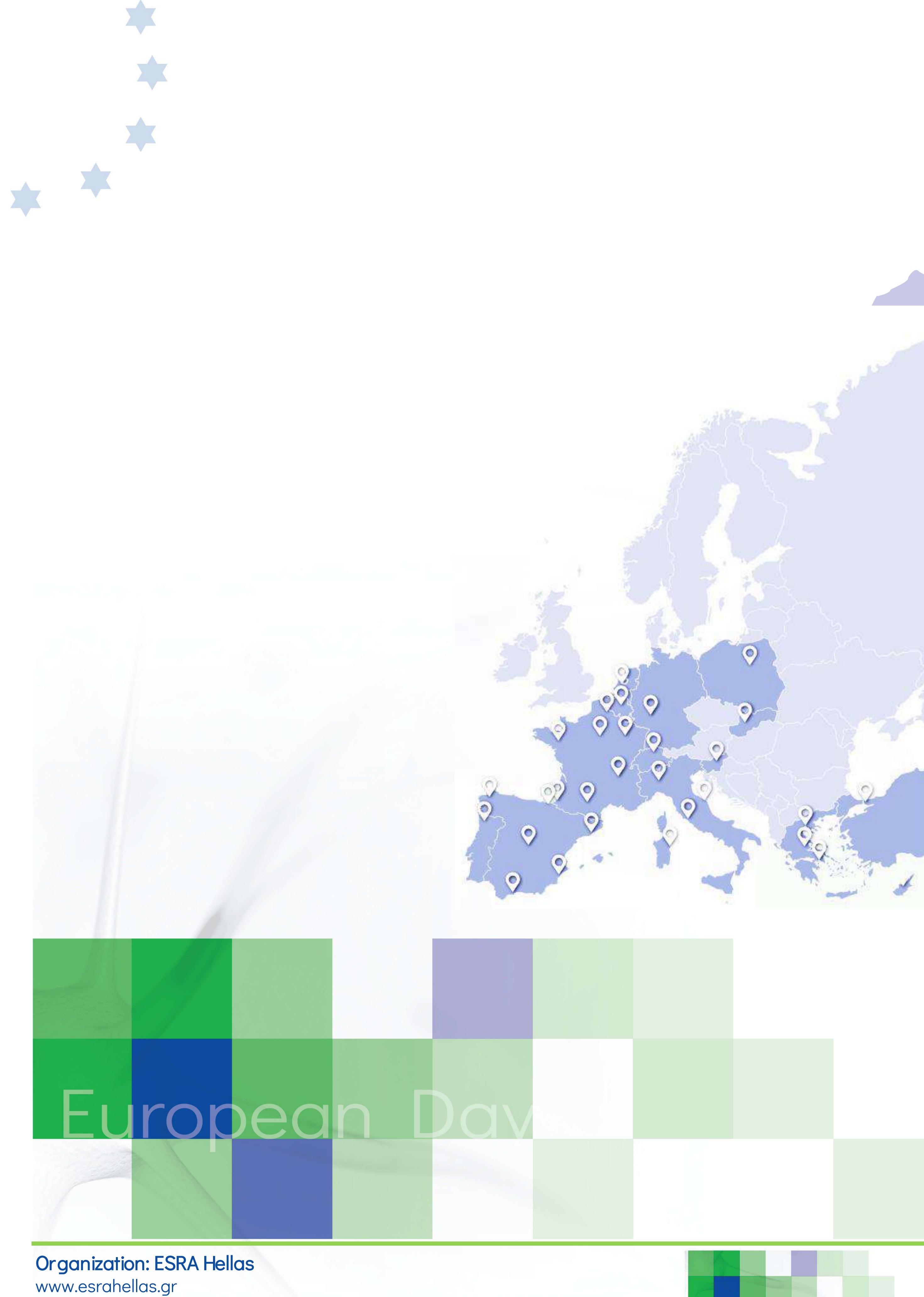
Professor of Anaesthesiology, Faculty of Medicine, Democritus University of Thrace, Director of Anaesthesiology Department, University General Hospital of Evros, Alexandroupolis, Thrace, Greece

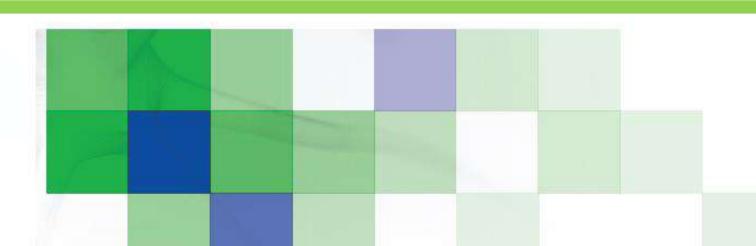
Weinberg Guy, MD

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



Organization: ESRA Hellas









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