



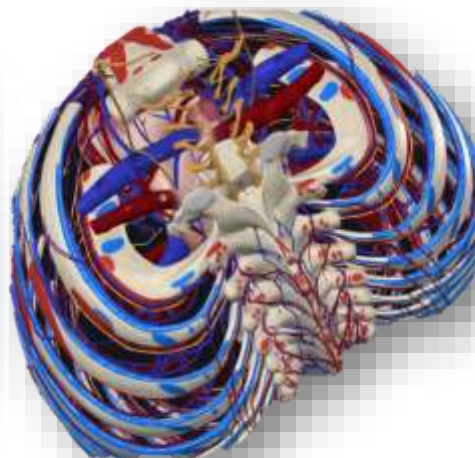
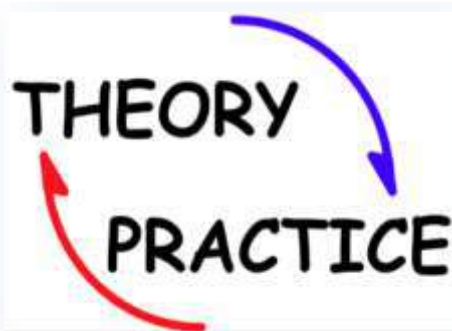
European Society of Regional Anaesthesia
HELLAS

15th Annual Regional Anaesthesia Hands-On Workshops

*Small Auditorium, «Aretaieion» University Hospital
Athens, Greece*

Part I: 22 – 23 November 2025

Part II: 6 –7 December 2025



**ORGANIZATION: ESRA
Hellas**

www.esrahellas.gr

INFORMATION – REGISTRATIONS:
info@esrahellas.gr

The seminar is
accredited with **15**
ECMECs by the
EACCME.



European Society of Regional Anaesthesia HELLAS

www.esrahellas.gr

Email: info@esrahellas.gr

15th Annual Regional Anaesthesia Hands-On Workshops

Scientific Program

Part I

ORGANIZING & SCIENTIFIC COMMITTEE

Chair:

E. Stavropoulou

Members:

E. Moka
K. Theodoraki
M. Mpareka
K. Vitoula
M. Rekatsina
E. Koraki
F. Alevrogianni

A. Makris (Scientific Program Chair)

Saturday 22.11.2025

08.30 – 09.00	VENUE – REGISTRATIONS: Small Auditorium – Lectures Hall, «Aretaieion» University Hospital	
09.00 – 10.00	LECTURES: INTRODUCTION AND FUNDAMENTALS OF REGIONAL ANAESTHESIA (SMALL AUDITORIUM) Chairs: E. Stavropoulou – E. Moka	
09.00 – 09.30	Basic Principles of Ultrasound & Neurostimulation	A. Makris
09.30 – 10.00	Basic Elements of Anatomy for Regional Anaesthesia (Functional Anatomy & Sono – Anatomy)	E. Stavropoulou
10.00 – 10.30	INVITED GUEST'S LECTURE (In English)	
	Regional Anaesthesia for Shoulder surgery: Current practice and evidence based PNBs	Sebastien Bloc
10.30 – 11.00	COFFEE BREAK	

11.00 – 14.00	CLINICAL WORKSHOP II: Upper Limb Peripheral Nerve Blocks WS Leader: A. Makris					
	ULTRASONOGRAPHIC IDENTIFICATION				ANATOMICAL LANDMARKS, USE OF NEUROSTIMULATION	
Instructors	S. Bloc	K. Vitoula	P. Mpriasoulis	M. Mpareka	E. Stavropoulou	N. Firiris
Workstations	1	2	3	4	5	6
(30min/ Workstation)	Interscalene & Supraclavicular Nerve Blocks	Infraclavicular & Axillary Blocks	Nerve Blocks at Elbow, Forearm & Wrist Level	Suprascapular and Axillary nerve blocks	Interscalene, Suprascapular & Supraclavicular Nerve Blocks	Infraclavicular & Axillary Nerve Blocks, Nerve Blocks at Elbow, Forearm & Wrist Level
	GROUPS					
11.00 – 11.30	A	B	C	D	E	F
11.30 – 12.00	B	C	D	E	F	A
12.00 – 12.30	C	D	E	F	A	B
12.00 – 12.30	D	E	F	A	B	C
13.00 – 13.30	E	F	A	B	C	D
13.30 – 14.00	F	A	B	C	D	E

Saturday 22.11.2025 [Continued]

14.00-15.00	LUNCH BREAK					
15.00 – 15.30	LECTURE – INTERACTIVE DISCUSSION (SMALL AUDITORIUM)					
	Upper Limb Peripheral Nerve Blocks: Procedure – Specific Block Selection [Summing – Up]					K. Vitoula
15.30 – 17.00	CLINICAL WORKSHOP I: Ultrasonographic Identification of Basic Anatomic Structures WS Leader: A. Makris					
Instructors	V. Brozou	M. Mpareka	E. Saoulidou	M. Makris	E. Stavropoulou	K. Vitoula
Workstations	1	2	3	4	5	6
(30min/ Workstation)	Live Model	Phantom	Anatomical Preparation	Live Model	Phantom	Anatomical Preparation
	GROUPS					
15.30 – 16.00	A	B	C	D	E	F
16.00 – 16.30	B	C	A	E	F	D
16.30 – 17.00	C	A	B	F	D	E

17.00 – 17.30	LECTURES: INTRODUCTION AND FUNDAMENTALS OF REGIONAL ANAESTHESIA (SMALL AUDITORIUM) Chairs: E. Stavropoulou – E. Moka					
	Education on Regional Anaesthesia & ESRA-DRA Diploma					E. Moka

Sunday 23.11.2025

08.15 – 08.30	VENUE: Small Auditorium – Lectures Hall, «Aretaieion» University Hospital	
08.30 – 11.00	LECTURES: CENTRAL NERVE BLOCKS – TRUNCAL BLOCKS Chairs: K. Theodoraki – E. Chrona	
08.30 – 09.00	Subarachnoid Anaesthesia: Basic Anatomy - Tips & Tricks	A. Saridaki
09.00 – 09.30	Epidural Anaesthesia – Basic Anatomy - Tips & Tricks	A. Tsaroucha
09.30 – 10.00	Ultrasound Guided Central Nerve Blocks	E. Stavropoulou
10.00 – 10.30	Thoracic Wall Blocks: Basic Anatomy – Indications – Contraindications - Complications	A. Rantis
10.30 – 11.00	Abdominal Wall Blocks: Basic Anatomy – Indications – Contraindications - Complications	A. Andreou
11.00 – 11.30	COFFEE BREAK	

11.30 - 14.30	CLINICAL WORKSHOP III: Central Nerve Blocks – Truncal Blocks WS Leader: E. Stavropoulou					
	ULTRASONOGRAPHIC IDENTIFICATION					
Instructors	A. Makris	T. Paraskevopoulos – E. Kalaitzis	E. Stavropoulou	A. Rantis	E. Gkliatis	E. Soulioti
Workstations	1	2	3	4	5	6
(30min/ Workstation)	Paravertebral & Erector Spinae Block	Central Neuraxial Blocks	PEC'S Blocks & Serratus Anterior Plane (SAP) Block	Quadratus Lumborum Block	TAP Block	Rectus sheath block Iliohypogastric – Ilioinguinal block
	GROUPS					
11.30 – 12.00	A	B	C	D	E	F
12.00 – 12.30	B	C	D	E	F	A
12.30 – 13.00	C	D	E	F	A	B
13.00 – 13.30	D	E	F	A	B	C
13.30 – 14.00	E	F	A	B	C	D
14.00 – 14.30	F	A	B	C	D	E
14.30 – 15.30	LUNCH BREAK					

Sunday 23.11.2025 (Continued)

15.30 – 16.30	LECTURES: EDUCATION Chairs: A. Vadalouka - A. Bairaktari					
15.30 – 16.00	Local Anesthetics Systemic Toxicity – What's New?					K. Theodoraki
16.00 – 16.30	Neurological Complications of Peripheral Nerve Blocks					M. Rekatsina
16.30 – 18.00	CLINICAL WORKSHOP IV: Cervical Blocks – Ophthalmic Blocks – IVRA WS Leader: K. Theodoraki					
Instructors	N. Firiris	M. Diakomi	E. Stavropoulou	C. Magglari	D. Morella	M. Rekatsina
Workstations	1	2	3	4	5	6
(30min/ Workstation)	Intravenous Regional Anaesthesia (IVRA)	Cervical Plexus Blocks	Ophthalmic blocks	Intravenous Regional Anaesthesia (IVRA)	Cervical Plexus Blocks	Ophthalmic blocks
	ΟΜΑΔΕΣ					
16.30 – 17.00	A	B	C	D	E	F
17.00 – 17.30	B	C	A	E	F	D
17.30 – 18.00	C	A	B	F	D	E

Faculty List (Instructors, Lecturers, Organizers)

Alevrogianni Fani

Anesthesia Resident, ESRA Trainee Representative, General Hospital of Attiki «KAT», Kifissia, Athens, Greece

Andreou Antonios

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

Bairaktari Aggeliki

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

Brozou Vasiliki

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

Chrona Eleni

Consultant Anesthesiologist and Pain Physician, Anaesthesia Department, General Hospital of Nikaia-Piraeus "S. Panteleimon" Athens, Greece. President of the Hellenic Society of Algology

Diakomi Maria

Senior Consultant Anaesthesiologist – NHS, Anaesthesiology Department – General Hospital of Kavala, Kavala, Greece

Fyrfiris Nikolaos

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

Gkliatis Emmanouil

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

Kalaitzis Evangelos

Anesthesiologists, Private Sector, Hygeia Hospital

Magklari Chrysiis

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

Makris Alexandros

Consultant Anaesthesiologist, ESRA Hellas Treasurer, ESRA-DRA Examiner, Anaesthesiology Department, General Hospital «Asklepieion», Voula, Athens, Greece

Moka Eleni

Anaesthesiologist, ESRA president, ESRA-DRA Examiner, ESRA Hellas Vice president, Assistant Professor of Anesthesiology, Aristotle University of Thessaloniki (AUTH)

Morella Dimitra

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

Mpareka Metaxia

Assistant Professor of Anesthesiology, University Hospital of Larissa

Mpriasoulis Panagiotis

Assistant Professor of Anesthesiology, Attikon University Hospital

Paraskevopoulos Tilemachos

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

Rantis Athanasios

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

Rekatsina Martina

Assistant Professor of Anesthesiology, A' Anaesthesiology Clinic – Pain Therapy & Palliative Care Centre of Athens University, «Aretaieion» University Hospital, Athens, Greece

Saridaki Aggeliki

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

Soulioti Eleftheria

Assistant Professor of Anesthesiology, Attikon University Hospital

Faculty List (Instructors, Lecturers, Organizers)

Stavropoulou Evmorfia

Senior Anaesthesiologist, Director NHS, ESRA Hellas President, Anaesthesiology Department & Pain Therapy Centre, General Hospital of Attiki «KAT», Kifissia, Athens, Greece

Theodoraki Kassiani

Professor of Anaesthesiology, Faculty of Medicine, National & Kapodistrian University of Athens, ESRA Hellas General Secretary, ESRA Councilor, A' Anaesthesiology Clinic – Pain Therapy & Palliative Care Centre of Athens University, «Aretaieion» University Hospital, Athens, Greece

Vadalouka Athina

Associate Prof of Anaesthesia Pain Management and Palliative Care at National and Kapodistrian University of Athens, WIP Honorary Secretary, ESRA Past President, ESRA Hellas Honorary President, EuLAP Past Vice President

Vitoula Krystallia

Consultant Anaesthesiologist Anaesthesiology Department, General Hospital of Athens «Evangelismos», Athens, Greece