



The European Society of
Regional Anaesthesia & Pain Therapy
Crossing Boundaries, Transforming Care



ASRA
PAIN MEDICINE



Simultaneous events across all continents!

More than 200 Cities in 80 Countries
are Joining Hands for a Pain Free Future
Worldwide!



WFSA
WORLD FEDERATION OF SOCIETIES OF
ANAESTHESIOLOGISTS



WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE



Equity, Access, Relief
Saturday, 31 January 2026

Your Local Face-to-Face Meeting
There must be one city around you!

OAI Obstetric
Anaesthetists'
Association



European Society of Regional Anaesthesia
HELLAS

▪ **Athens**
Small Auditorium,
"Aretaieion" University Hospital

- *FREE registration for ESRA Europe – ESRA Hellas Members*
- *7,5 ECMECs credits by the EACCME*



Under the Auspices of

- A' Anaesthesiology Clinic, Pain Therapy & Palliative Care Centre, Faculty of Medicine, National and Kapodistrian University of Athens, Greece
- Faculty of Medicine, National and Kapodistrian University of Athens, Greece



WDRAPM
WORLD DAY OF REGIONAL
ANAESTHESIA AND PAIN MEDICINE



WWRAPM
WORLD WEEK OF REGIONAL
ANAESTHESIA AND PAIN MEDICINE

Information – Registration
info@esrahellas.gr

Joining Hands for a Pain Free Future Worldwide

WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

3rd Edition

Equity, Access, Relief

WORLD DAY

Saturday, 31 January 2026

WELCOME MESSAGE

Dear Colleagues, Dear Friends

Welcome to the World Day of Regional Anaesthesia and Pain Medicine – 3rd Edition.

Our 2026 theme is practical and straightforward: Equity, Access, Relief - through Regional Anaesthesia.

Regional anaesthesia and Pain Medicine represent a global community. Clinicians from every continent have adopted these practices to enhance surgical safety, promote faster recovery, and ensure genuine patient comfort. In recent years, we have witnessed significant growth in this field, including the establishment of more training hubs, increased availability of ultrasound technology, improved safety protocols, and the development of clear pathways that make nerve blocks a routine part of patient care rather than an exception. Now is the time to capitalize on this momentum and secure these advancements for the future.

This year, our emphasis is on delivering neuraxial and peripheral techniques safely and reliably wherever care is given - from theatres and day-surgery centres to emergency departments, trauma services, maternity units and rural clinics.

Our 2026 priorities

- Equity: the benefits of Regional anaesthesia and Pain Medicine should not depend on geography, language, or resources.
- Access: practical training, supervision and essential kit—from ultrasound to robust landmark techniques—available in every setting.
- Relief: timely, procedure-specific blocks that restore comfort, dignity and function.
- Together with AFSRA, ASRA Pain Medicine, AOSRA Pain Medicine, LASRA, and national societies worldwide, we will focus on action:
- Share and scale what works: open, multilingual teaching resources; simple, safe block pathways; checklists that travel.
- Build capacity: mentorship, twinning and hands-on workshops that create local trainers and sustainable services.
- Measure what matters: consistent data on access and outcomes so we can learn, improve and advocate effectively.
- Support low-resource contexts: adaptable toolkits, essential medicines advocacy, and context-appropriate solutions—not one-size-fits-all.
- Strengthen teams: interprofessional training and human factors that make Regional anaesthesia and Pain Medicine reliable in the busy clinical environment, not just in demonstrations.
- Think long term: embed Regional anaesthesia and Pain Medicine within perioperative pathways, quality improvement, and environmentally responsible care.

How you can help

Host a hub. Teach a block. Translate a resource. Mentor a team. Share the learning.

Let this third World Day be remembered for its reach and readiness: more first-time sites delivering blocks; more clinicians confident with core techniques; more patients receiving the right block, at the right time, every time.

Thank you for your energy, generosity and commitment.

Equity. Access. Relief. With Regional Anaesthesia and Pain Medicine at the heart.

On behalf of ESRA, our Sister Societies and organising partners

Eleni Moka (Greece)
ESRA President

Nuala Lucas (UK)
Chair of the Event
Organizing & Scientific Committee

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ORGANIZING & SCIENTIFIC COMMITTEE

ESRA

Chair

- Nuala Lucas (UK)

Members

- Denisa Anastase (Romania)
- Eleni Koraki (Greece)
- Aleksejs Mišcuks (Latvia)
- Raffaele Russo (Italy)
- Athmaja Thottungal (UK)

Trainees Representative

- Fay Alevrogianni (Greece)



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Sister Societies & Continents Leaders – Representatives

ASRA Pain Medicine: USA

Raj Gupta (Nashville, Tennessee, TN)
Rakesh Sondekoppam
(Palo Alto, California, CA)

CAS RA SIG: Canada

Ahtsham Niazi (Toronto, Ontario)
Vivian Ip (Calgary, Alberta)

LASRA: Latin America

Ana Eugenia Herrera (Costa Rica)
Sidonia Suazo (Honduras)

AFSRA: Africa

Lionelle Tchokam (Cameroon)
Noreddine Bouarroudj (Algeria)

AOSRA Pain Medicine

• Asia

Justin Sangwook Ko (Republic of Korea)
Besthadi Suknomo (Indonesia)
Suwimon Tangwiat (Thailand)

• Oceania (Australia & New Zealand)

Alwin Chuan (Sydney, Australia)



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ENDORISING SOCIETIES



INDUSTRY PARTNERS



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European Society of Regional Anaesthesia
HELLAS

Saturday, 31 January, 2026

ESRA Hellas Directory Board

Evmorfia Stavropoulou (President)
Eleni Moka (Vice President)
Krystallia Vitoula (Treasurer)
Kassiani Theodoraki (General Secretary)
Metaxia Bareka (Specific Issues Secretary)
Martina Rekatsina (Member)
Eleni Koraki (Member)
Fani Alevrogianni (Trainees Representative)

3rd World Day Committee/ Greece

National Coordinator Evmorfia Stavropoulou

Representatives of Athens

Kassiani Theodoraki
Krystallia Vitoula

Representatives of Thessaloniki

Eleni Argyriadou
Eleni Koraki

Representatives of Larissa

Eleni Arnaoutoglou
Metaxia Bareka

Members

Maria Ntalouka
Aikaterini Bouzia
Polyxeni Zografidou
Maria Mermiri
Christophoros Rarras
Konstantinos Grigoriou





The European Society of
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Saturday, 31 January, 2026

WELCOME MESSAGE

Dear Colleagues, Dear Friends,

It is with great pleasure and honor that we welcome you to the **3rd World Day of Regional Anaesthesia and Pain Therapy**, which will take place on **Saturday, January 31, 2026**, under the auspices of the **European Society of Regional Anaesthesia & Pain Therapy (ESRA)**, in collaboration with the National Societies of Regional Anaesthesia around the world.

This year's event continues to strengthen its international presence, with the participation of centers from all continents. For the **Greece–Cyprus Zone**, it is a particular honor to have the participation of three cities: **Athens, Thessaloniki, and Larissa**, highlighting our region's continued commitment to the advancement of Regional Anaesthesia and Pain Therapy.

This day offers an excellent opportunity for interactive education, fruitful exchange of ideas, and reinforcement of international collaboration among specialist and trainee anaesthesiologists. Our goal is to showcase modern scientific practices, integrate innovations, and bridge theoretical knowledge with clinical application.

Within the framework of this international scientific "celebration," we remain dedicated to promoting excellence, continuous education, and specialization, ultimately aiming to enhance the quality of care we provide to our patients. Your presence and active participation are key pillars for the success of this event and for the continued development of our specialty.

Importantly, **registration is offered free of charge by the ESRA Hellas Board** to Greek and Cypriot anaesthesiologists, with the sole requirement of registering or renewing your ESRA membership (**ESRA Europe – ESRA Hellas Joint Membership**) for the year **2026**. This provides even more colleagues the opportunity to benefit from the activities and scientific offerings of the day.

We invite you to participate actively, contribute with a spirit of collaboration and scientific progress, and support our shared effort to further improve anaesthetic practice.

With Cordial Greetings

Evmorfia Stavropoulou

**ESRA Hellas President
Greece National Coordinator**



Saturday, 31 January 2026

Pre-Recorded Welcome Addresses

- Eleni Moka, ESRA President
- Ezzat Aziz, AFSRA President
- Suwimon Tangwiwat, AOSRA President
- Steven Cohen, ASRA President
- Ana Schwartzmann, LASRA President
- Nuala Lucas, Chair of the Activity

Pre-Recorded Supportive Statements

- **Dr Andre Ilbawi**
*Technical Officer / Lead for Cancer Control (and palliative care),
Department of Universal Health Coverage, World Health Organization
(WHO) Headquarters, Geneva*
- **Dr Gerry Eijkemans**
*Director, Department of Social and Environmental Determinants for
Health Equity, WHO Americas Region*
- **Dr Asmus Hammerich**
*Director Non Communicable Diseases, WHO Eastern Mediterranean
Office*

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Saturday, 31 January 2026

Pre-Recorded Lectures

- **My Top Regional Anaesthesia Papers of 2024-2025**
Speaker: **Steve Coppens**
Duration: 8 min
- **POCUS Papers you may have missed in 2025**
Speaker: **Rosie Hogg**
Duration: 15 min
- **Needles in a Haystack: Recent Papers Shaping our Understanding of Phantom Limb Pain**
Speaker: **Pablo Rojas Zamora**
Duration: 13 min
- **Gastric POCUS**
Speaker: **Peter Van De Putte**
Duration: 7 min
- **Keeping Kids Comfortable – RA in Paediatrics**
Speakers: **Fatma Saricaoglu, Can Aksu**
Duration: 13 min
- **Updates in Obstetrics Anaesthesia**
Speaker: **Nuala Lucas**
Duration: 8 min (short version) – 20min (long version)
- **Sex and Gender differences in Pain and Pain Management**
Speaker: **Athmaja Thottungal**
Duration: 7 min (short version) – 25min (long version)
- **When RA fails: Rescue Blocks and Strategies for failed Regional Techniques**
Speaker: **Romualdo Del Buono**
Duration: 10 min



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Pre-Recorded Podcasts

- **Spinal Cord Stimulation: Myths, Evidence, and Uncomfortable Truths**
Speaker: Reda Tolba
Host: Clara Lobo
Duration: 16 min
- **The Use of AI in Regional Anesthesia: Exposure, Experience, Pros & Pons, Different Systems available**
Speakers: Amit Pawa, Jeff Gadsden
Duration: 20 min
- **Anesthesia and Sleep Apnea dogmas: What we “believe” vs what we know (*Society of Anesthesia and Sleep Medicine*)**
Speakers: Philip A. Kurien, Kara L. Dupuy-McCauley, Mandeep Singh
Host: Clara Lobo
Duration: 20 min

Special entry...

Pain as a Global Public Health Challenge

Speaker: Prof. Agis Tsouros

Former Director of Policy and Governance for Health and Wellbeing at WHO Europe, International Adviser Health Policy, Equity and Diplomacy

Host: Eleni Moka

Duration: 20 min



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World Games – Global Quiz Challenge

... an activity for trainees

Sharp minds across the world, this one is for you!

Join us for a **LIVE global quiz** bringing together trainees from **all continents** in a fast-paced battle of knowledge and skill.

📅 Saturday | Live Quiz

OPEN

14:00 to 18:00 (CET) | 13:00 to 17:00 (UTC)

📋 25 questions total:

- 20 questions on **Basic Sciences, Regional Anaesthesia, POCUS & Pain Medicine**
- 🔥 + 5 surprise questions to test your agility and clinical intuition!

Think fast, answer smart, and watch yourself **climb the leaderboard** as the competition unfolds in real time.

🌟 Do you have what it takes to win?

The **Top 3 winners** will receive **free registration** for the **ESRA Lisbon Congress!**

Scan the QR to participate!



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AFRICAN
Society of
Regional
Anaesthesia



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European Society of Regional Anaesthesia
HELLAS

Saturday, 31 January, 2026

DETAILED SCIENTIFIC PROGRAMME

Athens, 2026





Saturday, 31 January, 2026

08:30 – 09:00 VENUE: ARRIVALS - REGISTRATIONS

09.00 – 09.30 WELCOME MESSAGES - ADDRESSINGS

Stavropoulou Evmorfia – Vitoula Krystallia: Welcome
Stavropoulou Evmorfia : City Representative
Nuala Lucas: Chair of Event (via live streaming / recording stand by)
Eleni Moka: ESRA Europe President (via live streaming/ recording stand by)
Sister Societies Presidents (either recordings or via live streaming)

09.30 – 11.00 SESSION 1

THE EVIDENCE CLUB
Chairperson: Vadalouka A.

09.30 – 10.00 **Top papers in RA from 2024-2025:** Vitoula K.

10.00 – 10.30 **Top papers in Pain Medicine from 2024-2025:** Lykoudi E.

10.30 – 11.00 **Q&A – Discussion:** Stavropoulou E. – Kouroukli E.

11.00 – 11.30 COFFEE BREAK

11.30 – 13.00 SESSION 2

THE POWER OF THREE: INNOVATION – EQUITY – RESCUE
Προεδρείο: Bairaktari A.

11.30 – 11.50 **The Innovation Club:**
What's new in drug delivery, catheters, pumps, adjuvants, AI decision support: Saridaki A.

11.50 – 12.10 **The Equity Club:**
Access to RA & analgesia in LMICs, WHO essential medicines, and strategies for training without ultrasound (Podcast)

12.10 – 12.30 **The rescue Club:**
When RA fails: troubleshooting blocks, managing LAST, escalation to systemic analgesia/ opioids: Sorokos K.

12.30 – 13.00 **Q&A – Discussion:** Rekatsina M. – Isaia C.

13.00 – 13.45 LUNCH BREAK



Saturday, 31 January, 2026

13.45 – 16.00	SESSION 3			
	BEYOND THE BLOCK: REGIONAL ANAESTHESIA ACROSS THE PATIENT JOURNEY Chairperson: Theodoraki K. – Chrona E.			
13.45 – 14.05	Beyond the OR: RA in trauma, emergency, humanitarian settings: Theodorou L.			
14.05 – 14.25	Transitional pain services: Preventing chronic post-surgical pain: Paraskevopoulos T.			
14.25 – 15.00	What's new in obstetrics: Strouboulis K.			
15.00 – 15.25	Keeping Kids Comfortable – RA in Paediatrics: Dendi A.			
15.25 – 16.00	Q&A – Discussion: Siafaka I. – Noulas N.			
16.00 – 16.30	COFFEE BREAK			
16.30 – 16.45	QUIZ & COMPETITION			
	Will be Disseminated via SLIDO. Best 3 will win a free registration to ESRA LISBON CONGRESS 2026. Coordinator: Alevrogianni F. – Klavdianou P.			
16.45 – 18.45	HANDS ON – CLINICAL WORKSHOPS			
	STATION 1 ERAS in Obstetrics Chairperson: Papadopoulou D. – Milousis T.	STATION 2 ERAS in Cardiac Surgery Chairperson: Vitoula K. – Mavrommati M.	STATION 3 ERAS in Orthopedic Surgery Chairperson: Brozou V. – Kapetanaki E.	STATION 4 ERAS in General Surgery Chairperson: Stavropoulou E. – Alevrogianni F.
16.45 – 17.15	GROUP A	GROUP B	GROUP C	GROUP D
17.15 – 17.45	GROUP B	GROUP C	GROUP D	GROUP A
17.45 – 18.15	GROUP C	GROUP D	GROUP A	GROUP B
18.15 – 18.45	GROUP D	GROUP A	GROUP B	GROUP C
18.45 – 19.00	END OF E-DAY: QUESTIONS – COMMENTS - DISCUSSION			



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FACULTY – THESSALONIKI

Alevrogianni Fani

Anesthesiology Resident, General Hospital of Attica "KAT," Athens, ESRA Residents & Trainees Representative

Bairaktari Angeliki

Anesthesiologist, Director-Coordinator, Anesthesiology Department – Pain Clinic, General Hospital of Attica "KAT," Athens

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Anesthesiologist, Senior Consultant, Hippocrateion General Hospital, Athens

Lucas Nuala

Senior Consultant Anaesthesiologist, Northwick Park Hospital, Harrow UK, President Elect of OAA (Obstetrics Anaesthesia Association), Chair of OAA Education SC, Member of OAA Research & Grants SC, Member of OAA Guidelines SC, IJOA representative

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Milousis Theodoros

Anesthesiology Resident, General Hospital of Attica "KAT," Athens

Moka Eleni

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Noulas Nikolaos

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FACULTY – THESSALONIKI

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Siafaka Ioanna

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Strouboulis Konstantinos

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Theodoraki Kassiani

Professor of Anesthesiology, NKUA; General Secretary of ESRA Hellas; ESRA Councilor for Greece, 1st Anesthesiology Clinic – Pain and Palliative Care Center, "Aretaieio" University Hospital, Athens

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Vadalouca Athina

MD, PhD, FIPP, Assoc. Prof. of Anesthesiology – Pain Management & Palliative Care, University of Athens, Immediate Past President of the Hellenic Society of Pain Management and Palliative Care, Past President of the European Society of Regional Anaesthesia (ESRA), f. President of the European League Against Pain (EuLAP), f. Honorary Secretary General of the World Institute of Pain (WIP), f. Chair of the Advisory Board of the World Institute of Pain (WIP)

Vitoula Krystallia

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