



«Joining Hands For a Pain Free Future Worldwide»

WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE 3rd Edition

Equity, Access, Relief

Saturday,
31 January, 2026

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



■ Larissa

“Hippokrataes” Auditorium, Lectures Hall,
Faculty of Medicine, University of Thessaly,
Viopolis Building



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



Under the Auspices of
o Hellenic society of Anaesthesiology
o Faculty of Medicine, School of Health Sciences, University of Thessaly
o Anaesthesiology Clinic, Faculty of Medicine, School of Health Sciences, University of Thessaly
o MSc “Algology and Palliative Care”





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



European Society of Regional Anaesthesia
HELLAS

Saturday, 31 January, 2026



WFSA
WORLD FEDERATION OF SOCIETIES OF
ANAESTHESIOLOGISTS

Endorsed by



CANADIAN ANESTHESIOLOGISTS' SOCIETY
SOCIÉTÉ CANADIENNE DES ANESTHÉSILOGISTES



Saturday, 31 January, 2026

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ESRA

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Trainees Representative

- Fay Alevrogianni (Greece)



WDRAPM
WORLD DAY OF REGIONAL
ANAESTHESIA AND PAIN MEDICINE



WWRAPM
WORLD WEEK OF REGIONAL
ANAESTHESIA AND PAIN MEDICINE

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 Tangwiwat (Thailand)

• Oceania (Australia & New Zealand)

Alwin Chuan (Sydney, Australia)



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



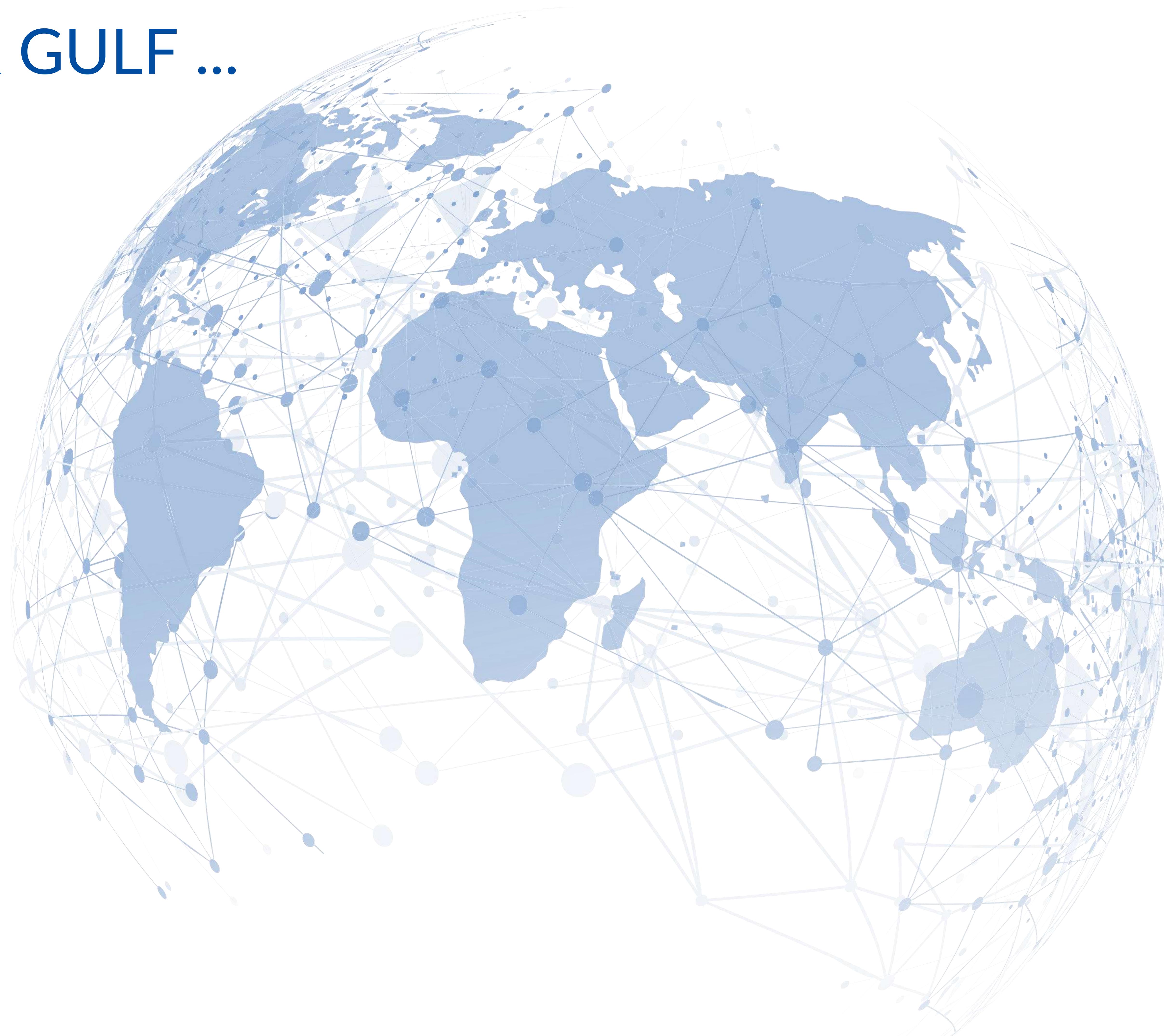
Eleni Moka (Greece)
ESRA President

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



Your Local Face-to-Face Meeting!

- AFRICA ...
- ASIA ...
- AUSTRALIA & NEW ZEALAND ...
- CANADA
- EUROPE ...
- UNITED STATES OF AMERICA ...
- LATIN AMERICA ...
- MIDDLE EAST & GULF ...





Saturday, 31 January, 2026

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Metaxia Bareka (Specific Issues Secretary)
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Konstantinos Grigoriou



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

DETAILED SCIENTIFIC PROGRAM

Larissa, 2026





Saturday, 31 January, 2026

08:30 – 09:00

VENUE: ARRIVALS - REGISTRATIONS

09.00 – 09.30

WELCOME MESSAGES - ADDRESSINGS

Arnaoutoglou Eleni: Welcome

Bareka Metaxia: City Representative

Zibis Aristeidis: Dean of the Faculty of Medicine, School of Health Sciences, University of Thessaly

Amaniti Aikaterini: EAEIBE President

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: Bareka M. – Neou E.

09.30 – 10.00

Top papers in RA from 2024-2025: Mermiri M.

10.00 – 10.30

Top papers in Pain Medicine from 2024-2025: Rarras C.

10.30 – 11.00

Q&A – Discussion

11.00 – 11.30

COFFEE BREAK

11.30 – 13.00

SESSION 2

THE POWER OF THREE: INNOVATION – EQUITY – RESCUE

Chairperson: Arnaoutoglou E. – Logotheti E.

11.30 – 11.50

The Innovation Club:

What's new in drug delivery, catheters, pumps, adjuvants, AI decision support: Ntalouka M.

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: Bouzia A.

12.30 – 13.00

Q&A – Discussion

13.00 – 13.45

LUNCH BREAK



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13.45 – 16.00	SESSION 3			
	BEYOND THE BLOCK: REGIONAL ANAESTHESIA ACROSS THE PATIENT JOURNEY Chairperson: Tepetes K. – Daponte A. - Kepertis C.			
13.45 – 14.05	Beyond the OR: RA in trauma, emergency, humanitarian settings: Zografidou P.			
14.05 – 14.25	Transitional pain services: Preventing chronic post-surgical pain: Stefanakis G.			
14.25 – 15.00	What's new in obstetrics (Podcast)			
15.00 – 15.25	Keeping Kids Comfortable – RA in Paediatrics: Bareka M.			
15.25 – 16.00	Q&A – Discussion			
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. Bareka M.			
16.45 – 18.45	HANDS ON – CLINICAL WORKSHOPS			
	STATION 1 ERAS in Obstetrics Chairperson: Vatsiou I. – Bouzia A.	STATION 2 ERAS in Cardiac Surgery Chairperson: Bareka M. – Mermiri M.	STATION 3 ERAS in Orthopedic Surgery Chairperson: Tsiaka A. – Kalampokini A.	STATION 4 ERAS in General Surgery Chairperson: Ntalouka M. – Zografidou P.
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			



FACULTY - LARISSA

Arnaoutoglou Eleni

Professor of Anaesthesiology, Chair, Department of Anaesthesiology, Faculty of Medicine, University of Thessaly, Larissa University Hospital

Director of MSc "Algology and Palliative Care"

Bareka Metaxia

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Bouzia Aikaterini

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Kalampokini Aikaterini

Consultant Anaesthesiologist, General Hospital of Trikala

Kepertis Chysostomos

Assistant Professor of Paediatric Surgery, Faculty of Medicine, University of Thessaly

Logotheti Elena

Anaesthesiologist, Director of Anesthesiology Department, General Hospital of Volos "Achillopouleio"

Mermiri Maria

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Moka Eleni

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