



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



AFRICAN  
Society of  
Regional  
Anaesthesia



## «Joining Hands For a Pain Free Future Worldwide»

# WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE 3<sup>rd</sup> 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”



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Email: [office@esraeurope.org](mailto:office@esraeurope.org)

Information – Registration  
[info@esrahellas.gr](mailto:info@esrahellas.gr)





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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 ANESTHÉSIOLOGISTES**







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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)



**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)







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## WELCOME MESSAGE

Dear Colleagues, Dear Friends

**Welcome to the World Day of Regional Anaesthesia and Pain Medicine – 3<sup>rd</sup> 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







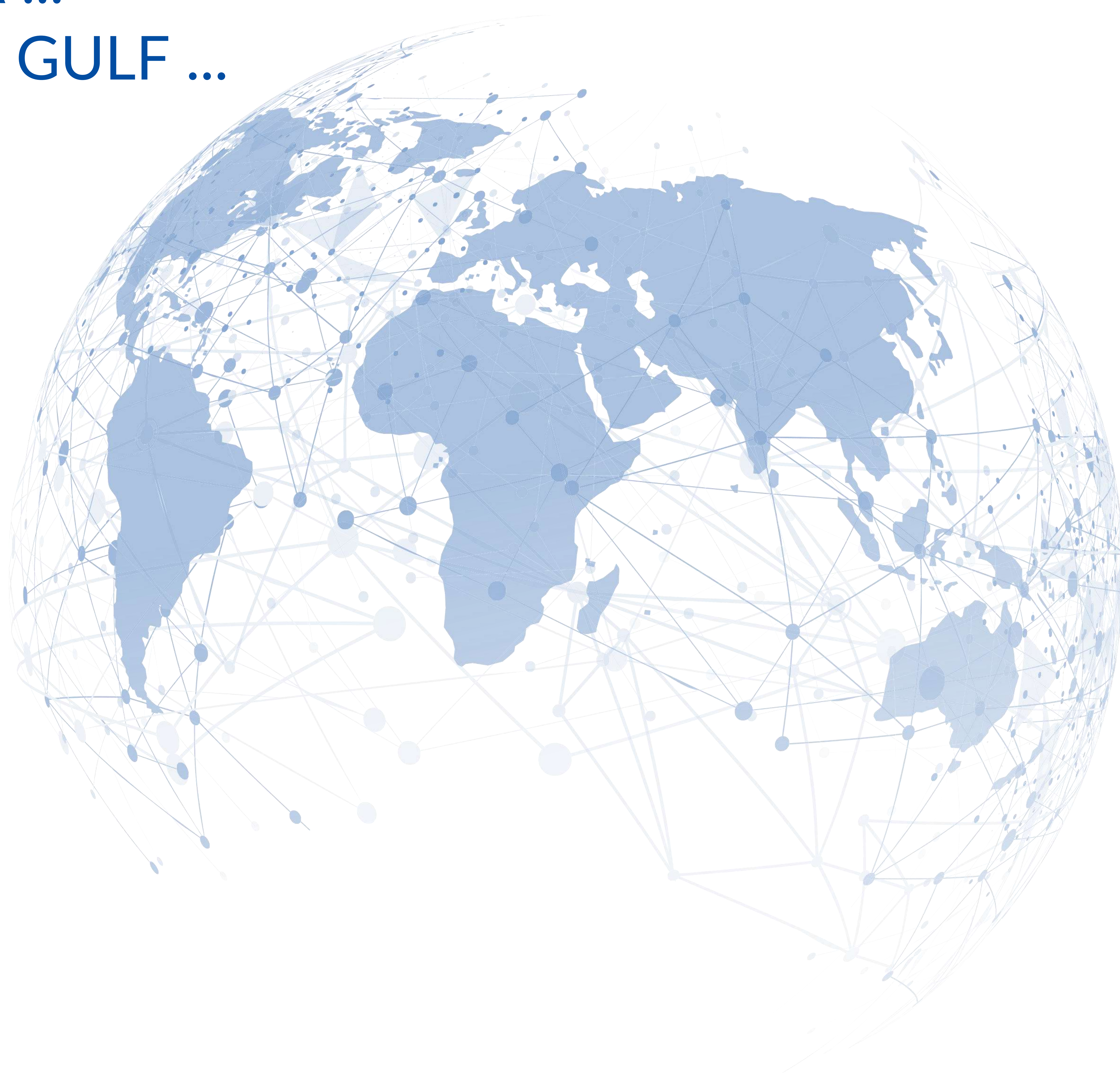
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**HELLAS**

## Your Local Face-to-Face Meeting!

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







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## 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)

### 3<sup>rd</sup> World Day Committee/ Greece

#### National Coordinator Evmorfia Stavropoulou

##### Representatives of Athens

Evmorfia Stavropoulou  
Krystallia Vitoula

##### Members

Kassiani Theodoraki  
Metaxia Bareka  
Martina Rekatsina  
Eleni Koraki  
Fani Alevrogianni

##### Representatives of Thessaloniki

Eleni Argyriadou  
Eleni Koraki

##### Members

Marianna Varveri  
Maria Doumparatzi  
Despoina Sarridou  
Freideriki Sifaki

##### Representatives of Larissa

Eleni Arnaoutoglou  
Metaxia Bareka

##### Members

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







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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**







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# 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







## Saturday, 31 January, 2026

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			







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## 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**

Assistant Professor of Anaesthesiology, Faculty of Medicine, University of Thessaly

### **Bouzia Aikaterini**

Consultant Anaesthesiologist, Larissa University Hospital

### **Daponte Alexandros**

Professor of Obstetrics and Gynecology, Faculty of Medicine, University of Thessaly

### **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**

Resident in Anaesthesiology, Larissa University Hospital

### **Moka Eleni**

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

### **Neou Eyaggelia**

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### **Ntalouka Maria**

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### **Rarras Christoforos**

Resident in Anaesthesiology, Larissa University Hospital

### **Stavropoulou Eumorphia MD, PhD**

ESRA Hellas President, Anaesthesiologist, Head of Anaesthesiology Department & Pain Clinic, “KAT” General Hospital of Athens

### **Stefanakis George**

Assistant Professor of Anaesthesiology, Faculty of Medicine, University of Thessaly

### **Tepetes Konstantinos**

Professor of Surgery, Department of Medicine, School of Health Sciences, University of Thessaly

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### **Zimpis Aristeidis**

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President of Faculty of Medicine, University of Thessaly

### **Zografidou Polixeni**

Consultant Anaesthesiologist, Larissa University Hospital

