



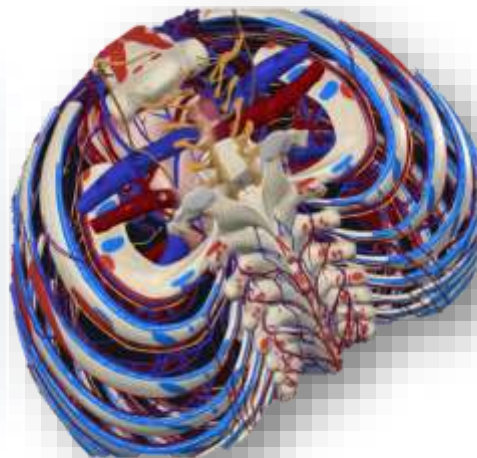
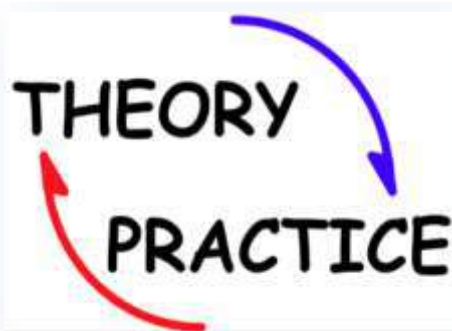
European Society of Regional Anaesthesia
HELLAS

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 – REGISTRATION:
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15th Annual Regional Anaesthesia Hands-On Workshops

Scientific Program

Part II

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 6.12.2025

08.30 – 09.00	ΠΡΟΣΕΛΕΥΣΗ – ΕΓΓΡΑΦΕΣ: Μικρό Αμφιθέατρο, «Αρεταίειο» Πανεπιστημιακό Νοσοκομείο					
09.00 – 09:45	LECTURES: ANATOMY BASICS - POCUS (SMALL AUDITORIUM) Chairs: E. Stavropoulou – E. Moka					
09.00 – 09.30	Basic Anatomy of Lumbar and Sacral Plexus (Functional Anatomy & Sono – Anatomy)					N. Noulas
09.30 – 09.45	Point of Care Ultrasound (POCUS) – Basic Principles					A. Makris
09.45 – 13.15	CLINICAL WORKSHOP I: Point of Care Ultrasound WS Leader: E Gkliatis					
Instructors	D. Katsaros	M. Tileli	A. Makris	P. Kouki – A. Kanakari	M. Tsoumani	K. Vitoula
Workstations (30min/ Workstation)	1	2	3	4	5	6
	Airway	Lungs - Diaphragm	Gastric content	FOCUS	FAST	Deep Vein Thrombosis - IVC
	GROUPS					
09.45 – 10.15	A	B	C	D	E	F
10.15 – 10.45	B	C	D	E	F	A
10.45 – 11.15	C	D	E	F	A	B
11.15 – 11.45	COFFEE BREAK					
	CLINICAL WORKSHOP I: [Continued]					
11.45 – 12.15	D	E	F	A	B	C
12.15 – 12.45	E	F	A	B	C	D
12.45 – 13.15	F	A	B	C	D	E
13.15 – 14.15	LUNCH BREAK					

Saturday 6.12.2025 (Continued)

14.15 – 17.15	CLINICAL WORKSHOP II: Lower Limb Peripheral Nerve Blocks – Nerves of Lumbar Plexus WS Leader: M. Tileli					
	ULTRASONOGRAPHIC IDENTIFICATION				ANATOMICAL LANDMARKS, USE OF NEUROSTIMULATION	
Instructors	A. Rantfis	M. Tsagkaris	K. Vitoula	E. Koraki	A. Andreou	E. Gkliatis
Workstations	1	2	3	4	5	6
(30min/ Workstation)	Psoas Compartment Block	Femoral nerve block – ACB – FTB	Suprainguinal Fascia Iliaca block – PENG block	Obturator and Lateral Femoral Nerve	Psoas Compartment Block	Femoral nerve block – Fascia Iliaca block – Obturator nerve block
	GROUPS					
14.15 – 14.45	A	B	C	D	E	F
14.45 – 15.15	B	C	D	E	F	A
15.15 – 15.45	C	D	E	F	A	B
15.45 – 16.15	D	E	F	A	B	C
16.15 – 16.45	E	F	A	B	C	D
16.45 – 17.15	F	A	B	C	D	E

Sunday 7.12.2025

08.15 – 08.30	VENUE: Small Auditorium – Lectures Hall, «Aretaieion» University Hospital	
08.30 – 09.30	Lectures: You asked for it Chair: I. Siafaka	
08.30 – 09.30	Everything I wanted to ask about Obstetric and Orthopedic Anesthesia – Acute and Chronic Pain	Faculty

09.30 – 13.00	CLINICAL WORKSHOP III: Peripheral Lower Limb Nerve Blocks – Nerves of Sacral Plexus WS Leader: E. Stavropoulou					
	ΥΠΕΡΧΟΓΡΑΦΙΚΗ ΑΠΕΙΚΟΝΙΣΗ				ΟΔΗΓΑ ΣΗΜΕΙΑ, ΧΡΗΣΗ N/S	
Instructors	E. Garini	A. Makris	E. Stavropoulou – F. Alevrogianni	A. Kalampokini	E. Koraki	E. Gkliatis
Workstations	1	2	3	4	5	6
(30min/ Workstation)	Sciatic Nerve Block: Supragluteal Approach Subgluteal Approach Other Approaches	Sciatic Nerve Block: In the Popliteal Fossa At the Ankle and Foot Level	Genicular nerves block	IPACK block	Sciatic Nerve Block: Supragluteal Approach Subgluteal Approach In the Popliteal Fossa	Peripheral Nerve Blocks: At the Ankle Level At the Foot Level
	GROUPS					
09.30 – 10.00	A	B	C	D	E	F
10.00 – 10.30	B	C	D	E	F	A
10.30 – 11.00	COFFEE BREAK					

Sunday 7.12.2025 (Continued)

	CLINICAL WORKSHOP III (Continued)					
11.00 – 11.30	C	D	E	F	A	B
11.30 – 12.00	D	E	F	A	B	C
12.00 – 12.30	E	F	A	B	C	D
12.30 – 13.00	F	A	B	C	D	E
13.00 – 14.00	COFFEE BREAK					
14.00 – 15.00	ΔΙΑΛΕΞΕΙΣ – ΔΙΑΔΡΑΣΤΙΚΗ ΣΥΖΗΤΗΣΗ (ΑΜΦΙΘΕΑΤΡΟ)					
14.00 – 14.30	Peripheral Lower Limb Nerve Blocks: Procedure – Specific Block Selection [Summing – Up]					A. Makris
14.30 – 15.00	Regional Anaesthesia in the Paediatric Population: Anatomic Considerations					E. Garini

15.00 – 16.30	CLINICAL WORKSHOP IV: Peripheral Nerve Blocks in Children WS Leader: E. Gkliatis					
Instructors	N. Westzaan E. Astyrakaki	Ch. Prodromou E. Koutoulaki	A. Vekrakou A. Ntouzepe	F. Aroni A. Stefaniotou	E. Garini E. Gkliatis	A. Dendi P. Sini
Workstations (30min/ Workstations)	1	2	3	4	5	6
	Upper limb	Lower limb	Trunk	Upper limb	Lower limb	Trunk
	GROUPS					
15.00 – 15.30	A	B	C	D	E	F
15.30 – 16.00	B	C	A	E	F	D
16.00 – 16.30	C	A	B	F	D	E
16.30 – 18.00	QUIZ - SLIDO					

Faculty List (Instructors, Lecturers, Organizers)

Alevrogianni Fani

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Siafaka Ioanna

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Sini Paraskevi

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