



State of the Art Safety Standards in RA  
THE EUROPEAN SOCIETY OF REGIONAL  
ANAESTHESIA & PAIN THERAPY

Your interactive  
online congress

# 4<sup>th</sup> e-ESRA

Saturday, 13 March 2021

Round tables & live demos

Live chat & quizzes

Free for members

## PROGRAMME



ESRA Office: Rue de Chantepoulet, 1201 Geneva, Switzerland  
Email: [office@esraeurope.org](mailto:office@esraeurope.org)

Info and Registration  
[esraeurope.org](http://esraeurope.org)

TV Studio 1

TV Studio 2

07:00 - 07:15

Introduction ESRA President: Thomas VOLK - Chair e-ESRA: Luc Mercadal

07:15 - 08:15

**ANESTHESIA FOR KNEE SURGERY**

Presenter: Alain DELBOS

- General or Spinal Anesthesia: what is the best  
Kris VERMEYLEN, Belgium
- Proximal or distal block: how to choose  
Olivier RONTES, France
- Catheter or adjuvant: how to extend analgesia  
José AGUIRRE, SWITZERLAND
- Early deambulation: when, what for?  
Sébastien BLOC, France

**KEY TOPICS IN OBSTETRIC ANESTHESIA**

Presenter: Patricia LAVAND'HOMME

- Regional Anesthesia for C-section  
Frédéric MERCIER, France
- Analgesia for Labour  
Marc VAN DE VELDE, Belgium
- Post Cesarean Section Analgesia: PROSPECT/  
ESRA and OAA guidelines  
Eva ROOFTHOFT, Belgium
- Managing major obstetric hemorrhage  
Nuala LUCAS, UK

08:30 - 09:30

**POCUS**

Presenter: Steve COPPENS

- Point-of-care gastric ultrasound as an aspiration  
risk assessment tool  
Peter VAN DE PUTTE, Belgium
- Perioperative uses of lung ultrasound  
Rosie HOGG, Ireland

**SUCCESSING IN ULTRASOUND GUIDED RA (UGRA):  
TRAINING RESIDENTS AND BEYOND**

Presenter: Maria TILELI

- Training Principles in UGRA: Current concepts  
and future perspectives  
Thomas VOLK, Germany
- Does UGRA increase PNBs success rates?  
Philippe GAUTIER, Belgium
- Does UGRA contribute to a reduction of PNBs  
complication rates?  
José AGUIRRE, Switzerland

09:45 - 10:30

AGUETTANT

PAJUNK

10:45 - 11:45

**ANALGESIA FOR THA**

Presenter: Eric ALBRECHT

- QLB for hip arthroplasty  
Kariem EL-BOGHADLY, UK
- Anterior Blocks of the Hip  
Kris VERMEYLEN, Belgium
- Intrathecal Morphine for hip arthroplasty  
Alan MACFARLANE, UK

**IMPROVING NEEDLE GUIDANCE**

Presenter: José AGUIRRE

- Improving needle guidance (hydrolocation, tricks  
for in-plane/out of plane, needle tracking, etc.)  
Olivier MAUPAIN, France
- Improving your image: what are all these buttons  
for?  
Alejandro ORTEGA, Spain
- US setup and needle guidance for chronic pain  
procedures  
Esperanza ORTIGOSA, Spain

12:00 - 13:00

**ABDOMINAL WALL BLOCKS**

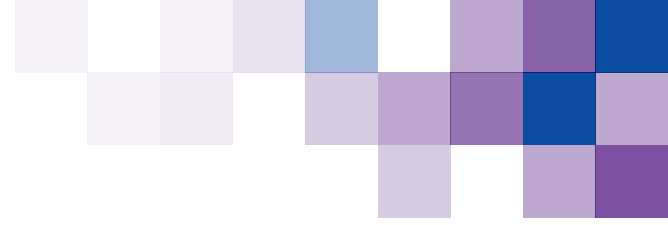
Presenter: Morne WOLMARANS

- Rectus Sheath & TAP blocks  
Barbara BREEBAART, Belgium
- Quadratus Lumborum & Fascia Transversalis  
Blocks  
Jens BORGLUM, Denmark

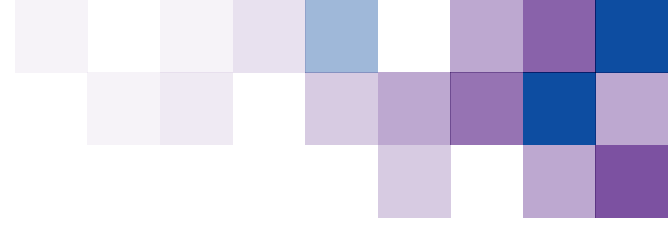
**PROSPECT**

Presenter: Marc VAN DE VELDE

- Laminectomy and complex spine surgery  
Axel SAUTER, Norway
- Tonsillectomy  
Hélène BELOEIL, France
- Rotator cuff repair  
Girish JOSHI, USA
- Hallux valgus repair  
Eric ALBRECHT, Switzerland



	TV Studio 1	TV Studio 2
13:15 – 14:00	B. BRAUN	MEDOVATE
14:15 – 15:00	Break	Break
15:15 – 16:15	<b>SPINAL INJECTION TECHNIQUES</b> Presenter: TBA <ul style="list-style-type: none"> <li>Intrathecal opioids for laparotomy Athmaja THOTTUNGAL, UK</li> <li>Short acting spinals Barbara BREEBAART, Belgium</li> <li>Spinal catheters Clara LOBO, Portugal</li> <li>Platelets - how low can you go for spinal anaesthesia? Thomas VOLK, Germany</li> </ul>	<b>MULTIMODAL ANALGESIA IN 2021</b> Presenter: Eleni MOKA <ul style="list-style-type: none"> <li>RA as an essential part of a personalized perioperative analgesia regime: Key Elements for Success Stavros MEMTSOUDIS, USA</li> <li>Optimising analgesia duration: The challenge to RA in acute postoperative pain management Eric ALBRECHT, Switzerland</li> <li>RA for the prevention of chronic postsurgical pain: Published evidence and future perspectives Patricia LAVAND'HOMME, Belgium</li> <li>RA implementation in perioperative pain management: Is it cost effective? José AGUIRRE, Switzerland</li> </ul>
16:30 – 17:30	<b>DISTAL BLOCKS</b> Presenter: Luis VALDES <ul style="list-style-type: none"> <li>Lower limb Alain DELBOS, France</li> <li>Upper limb Sébastien BLOC</li> </ul>	<b>SAFETY IN REGIONAL ANESTHESIA</b> Presenter: Thomas VOLK <ul style="list-style-type: none"> <li>NRFit for spinals Alan MACFARLANE, UK</li> <li>Update on the stop before you block initiative Morne WOLMARANS, UK</li> <li>Pressure monitoring can increase safety Andrzej KROL, UK</li> <li>Needle tracking may increase safety Paul KESSLER, Germany</li> </ul>
17:45 – 18:45	<b>ERECTOR SPINAE PLAN BLOCK</b> Presenter: Philippe GAUTIER <ul style="list-style-type: none"> <li>Mechanism of Action Julien RAFT, France</li> <li>Clinical indications Yavuz GURKAN, Turkey</li> </ul>	<b>PERIPHERAL NERVES INJURY: DIAGNOSIS AND MANAGEMENT</b> <b>WHAT REGIONAL ANAESTHETIST AND PAIN PHYSICIAN SHOULD KNOW ?</b> Presenter: Urs EICHENBERGER <ul style="list-style-type: none"> <li>Microscopic imaging of nerve injury Miguel Angel REINA PERTICONE, Spain</li> <li>Peripheral nerves clinical examination Urs EICHENBERGER, Switzerland</li> <li>The electrophysiological studies after nerve injury Omay LEE, UK</li> <li>Ultrasound assessment of peripheral nerves including live scanning Andrzej KROL, UK</li> </ul>



	TV Studio 1	TV Studio 2
19:00 – 20:00	<p><b>IPACK &amp; PENG in 2021</b> Presenter: Yavuz GURKAN</p> <ul style="list-style-type: none"> <li>• PENG Serkan TULGAR, Turkey</li> <li>• IPACK Wirinaree KAMPITAK, Thailand</li> </ul>	<p><b>BEST ANESTHESIA CHOICE FOR CARPAL TUNNEL SURGERY</b> Presenter: Dan DIRZU</p> <ul style="list-style-type: none"> <li>• Wallant Olivier CHOQUET, France</li> <li>• Distal Blocks Peter MERJAVY, UK</li> <li>• Axillary Block Steve COPPENS, Belgium</li> <li>• No Block Alan MACFARLANE</li> </ul>
20:15 – 21:15	<p><b>FROM INTERSCALENE TO SUPRACLAVICULAR BLOCKS IN SHOULDER SURGERY</b> Presenter: Clara LOBO</p> <ul style="list-style-type: none"> <li>• Suprclavicular Block Luis VALDES, Spain</li> <li>• Interscalene Block Sébastien BLOC, France</li> </ul>	<p><b>EUROPEAN DIPLOMA IN PAIN MEDICINE - EDPM-ESRA - WHAT YOU NEED TO KNOW AND WHY TO TAKE THE EXAM?</b> Presenter: Sam ELDABE</p> <ul style="list-style-type: none"> <li>• Inception and concept Jose DE ANDRES, Spain</li> <li>• MCQs - structure and question samples Sarah LOVE-JONES, UK</li> <li>• Viva - Structure and Scenarios including mock exam Eric BUCHSER, Switzerland</li> </ul>

