



& ASRA

INTERNATIONAL E-CONGRESS

Saturday 19 September 2020

Round tables & live demos
Live chat & quizzes
Free for members

PROGRAMME

Info and Registration ASRA
asra.com



Info and Registration ESRA
esraeurope.org

CEST time

TV STUDIO 1

TV STUDIO 2

TV STUDIO 3

7:00 am - 7:15 am

Introduction ESRA President: Alain Delbos - Chair e-ESRA: Luc Mercadal

7:15 am - 8:15 am

HAND SURGERY

Presenter: Morne WOLMARANS, UK

- **Hand innervation**
John MC DONNELL, Ireland
- **Which block for carpal tunnel**
Laurent DELAUNAY, France
- **Hand surgery and anticoagulant**
Thomas VOLK, Germany
- **Indication of distal blocks**
Dan Sebastian DIRZU, Romania

HOW TO AVOID HYPOTENSION IN SPINAL ANAESTHESIA FOR CS?

Presenter: Xavier CAPDEVILA, France

- **'Low dose' versus 'high dose' spinal**
Barbara BREEBAART, Belgium
- **The role of fluid in the prevention and management of spinal hypotension**
Michael HEESSEN, Germany
- **Phenylephrine or ephedrine**
Marc VAN DE VELDE, Belgium
- **Low dose Norepinephrine**
Frederic MERCIER, France

ANALGESIA FOR HIP FRACTURE

Presenter: Eleni MOKA, Greece

- **PENG block**
Philippe GAUTIER, Belgium
- **Quadratus lumborum block**
Axel SAUTER, Norway
- **Erector spinae plane block**
Julien RAFT, France
- **Fascia iliaca compartment block with an anterior approach**
Kris VERMEYLEN, Belgium

8:30 am - 9:30 am

WHICH BLOCK FOR TKA ?

Presenter: Paul KESSLER, Germany

- **Proximal Blocks: Femoral-Oturator -Sciatic**
Alain DELBOS, France
- **Distal Blocks: ACB + IPACK**
Thomas F. BENDTSEN, Denmark

CS ANAESTHESIA

Presenter: Nuala LUCAS, UK

- **Spinal anaesthesia for CS**
Frederic MERCIER, France
- **Anaesthesia for emergency CS – regional**
Gary STOCKS, UK
- **Anaesthesia for emergency CS – general**
Marc VAN DE VELDE, Belgium
- **Post CS analgesia**
Eva ROOFTHOFT, Belgium

PERI OPERATIVE CARE FOR TKA

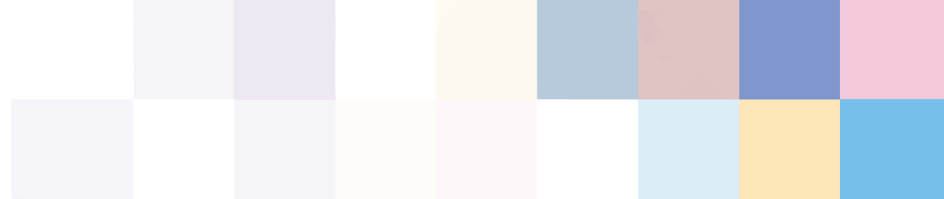
Presenter: Jose AGUIRRE, Switzerland

- **ERAS for TKA**
Morné WOLMARANS, UK
- **Walking or pain free at D0**
Sébastien BLOC, France
- **Ambulatory surgery for TKA**
Laurent DELAUNAY, France
- **Anticoagulant & RA**
Thomas VOLK, Germany

9:45 am - 10:30 am

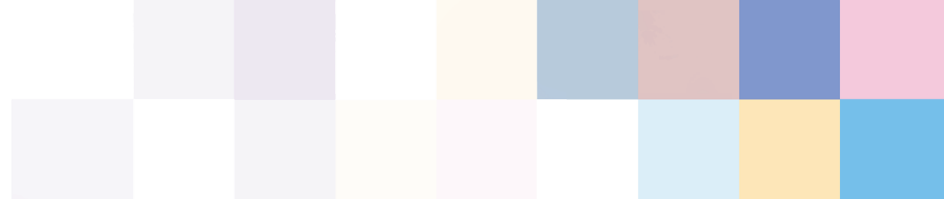
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SMITHS MEDICAL



CEST time	TV STUDIO 1	TV STUDIO 2	TV STUDIO 3
10:45 am - 11:45 am	<p>REGIONAL ANAESTHESIA FOR SHOULDER SURGERY <i>Presenter: Eric ALBRECHT, Switzerland</i></p> <ul style="list-style-type: none"> • Interscalene to supraclavicular nerve Block <i>Clara LOBO, Portugal</i> • Supra scapular and axillary nerve blocks <i>Morné WOLMARANS, United Kingdom</i> 	<p>POST-DURAL PUNCTURE HEADACHE <i>Presenter: Thomas VOLK, Germany</i></p> <ul style="list-style-type: none"> • Diagnosis & conservative management <i>Nuala LUCAS, UK</i> • Blood patch <i>Luc SERMEUS, Belgium</i> • What cerebral imagery ? <i>Dan BENHAMOU, France</i> • New treatments on the horizon <i>Gary STOCKS, UK</i> 	<p>OPHTHALMIC ANAESTHESIA <i>Presenter: Axel SAUTER, Norway</i></p> <ul style="list-style-type: none"> • Why we should finally leave sharp needle blocks behind <i>Tom EKE, UK</i> • Why the sub-Tenon's block is a valid alternative in most cases <i>Keith ALLMAN, UK</i> • How ocular ultrasound helps in ophthalmic regional anaesthesia <i>Lucie BEYLACQ, France</i> • How safe blocks improve anaesthesia at both extremes of age <i>Friedrich LERSCH, Switzerland</i>
12:00 pm - 1:00 pm	<p>POCUS <i>Presenter: Thomas BENDTSEN, Denmark</i></p> <ul style="list-style-type: none"> • Gastric assessment : indication <i>Kariem EL-BOGHADLY, UK</i> • Diaphragmatic course <i>Eric ALBRECHT, Switzerland</i> 	<p>PERINEURAL CATHETERS <i>Presenter: Patrick NARCHI, France</i></p> <ul style="list-style-type: none"> • When to use - what situations? <i>Enrico BARBARA, Italy</i> • Local Anaesthetics: Volume, concentration and infusion strategies <i>Pia JAEGER, Denmark</i> • Maximising safety with perineural catheters <i>José AGUIRRE, Switzerland</i> • Tips for maximal success <i>Paul KESSLER, Germany</i> 	<p>ANALGESIA FOR MAJOR ABDOMINAL SURGERY <i>Presenter: Yavuz GURKAN, Turkey</i></p> <ul style="list-style-type: none"> • Epidural or spinal <i>Steve COPPENS, Belgium</i> • IV lidocaine <i>Marc BEAUSSIER, France</i> • Infiltration or abdominal wall blocks <i>Rafael BLANCO, UAE</i> • Spinal adjuvants <i>Dan Sebastian DIRZU, Romania</i>
1:15 pm - 2:00 pm	ASPEN	PFIZER	GRUNENTHAL

CEST time	TV STUDIO 1	TV STUDIO 2	TV STUDIO 3
2:15 pm - 3:00 pm	AGUETTANT		BD
3:15 pm - 4:15 pm	<p>RA for CAROTID SURGERY <i>Presenter: Geert-Jan Van GEFFEN, Netherlands</i></p> <ul style="list-style-type: none"> • GA versus RA <i>Eleni MOKA, Greece</i> • How to perform RA for carotid surgery <i>Sébastien BLOC, France</i> 	<p>ABDOMINAL WALL BLOCKS <i>Presenter: Thorsten STEINFELD, Germany</i></p> <ul style="list-style-type: none"> • QL Block <i>Jens BØRGLUM, Denmark</i> • Tap block <i>John MC DONNELL, Ireland</i> • Rectus sheath <i>Claude ECOFFEY, France</i> • Ilio inguinal and ilio hypogastric nerve blocks <i>Thomas F. BENDTSEN, Denmark</i> 	<p>ESP BLOCKS IN 2020 <i>Presenter: Clara LOBO, Portugal</i></p> <ul style="list-style-type: none"> • Anatomy <i>Paul KESSLER, Germany</i> • ESP thoracic surgery <i>Kariem EL-BOGHADADLY, UK</i> • ESP spine surgery <i>Luis VALDES, Spain</i> • ESP breast surgery <i>Julien RAFT, France</i>
4:30 pm - 5:30 pm	<p>PROSPECT <i>Presenter: Marc VAN DE VELDE, Belgium</i></p> <ul style="list-style-type: none"> • Spinal surgery <i>Hélène BELOEIL, France</i> • Laparoscopic cholecystectomy <i>Girish JOSHI, USA</i> • Total hip replacement <i>Narinder RAWAL, Sweden</i> • Open colorectal surgery <i>Patricia LAVAND'HOMME, Belgium</i> 	<p>MOST IMPORTANT PAPERS IN RA: 2019 to 2020 <i>Presenter: Philippe GAUTIER, Belgium</i></p> <ul style="list-style-type: none"> • Acute pain • POCUS <i>Jan BOUBLIK, US</i> • RA for limb surgery <i>Louise MORAN, Ireland</i> • RA for abdominal surgery <i>Steve COPPENS, Belgium</i> 	<p>FASCIAL AND CRANIAL PAIN: RESPONSIBLE NERVES AND TREATMENTS <i>Presenter: Manfred GREHER, Austria</i></p> <ul style="list-style-type: none"> • Glossopharyngeal nerve <i>Manfred GREHER, Austria</i> • Nerves of the cervical plexus <i>Samer NAROUZE, US</i> • Trigeminal nerve <i>Samer NAROUZE, US</i> • Greater occipital nerve <i>Urs EICHENBERGER, Switzerland</i>
5:30 pm - 5:45 pm	Introduction ESRA President: Alain Delbos - ASRA President: Eugene Viscusi		



CEST time

TV STUDIO 1

TV STUDIO 2

TV STUDIO 3

5:45 pm - 6:45 pm

Bridge Over Troubled Waters...

Moderator : Jaime BARATTA

- **The Evolution of Physician Burnout**
Meera GONZALEZ
- **The Effect of a Pandemic on Physician Wellness**
Maya JALBOUT HASTIE
- **Improving Physician Wellness at Your Institution**
Jody LENG
- **The Value of Mindfulness Training for Physicians**
Aleeze MOSS

Alcohol and Chronic Pain

Moderator : Andrea NICOL

- **Why Is Alcohol Use So Common in Chronic Pain Patients: A Basic Science Perspective?**
Scott EDWARDS
- **PTSD, Chronic Pain, and Alcohol Use**
Mitchell COHEN
- **The Clinical Importance of Concomitant Alcohol and Opioid Use**
Andrea FURLAN
- **How to Approach the Patient with Alcohol Use Disorder in the Chronic Pain Clinic**
Andrea FURLAN

7:00 pm - 8:00 pm

Controversies in Acute Pain Management

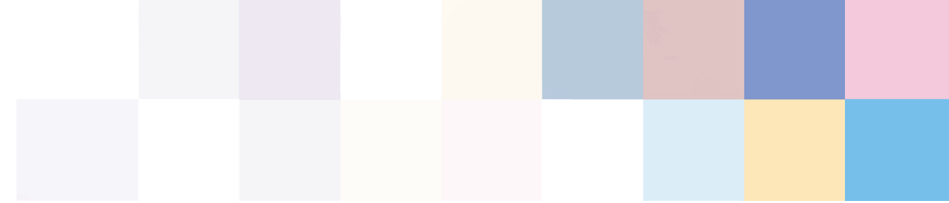
Moderator : Jaime BARATTA

- **It's not Just the Opioid: Risk of Concomitant Drugs in Pain Management**
Richard DART
- **Buprenorphine in the Perioperative Period**
Chad BRUMMETT
- **Cannabinoids in Acute Pain Management**
Tim FURNISH
- **Opioid Free Anesthesia: Has the Pendulum Swung too Far?**
Tj GAN

Postsurgical Pain Syndromes: From Prevention to Treatment

Moderator : Andrea NICOL

- **The Influence of Central Nervous System in the Development of Postsurgical Pain**
Dan CLAUW
- **Psychological and Physiologic Factors That Influence Postsurgical Pain**
Kristin SCHREIBER
- **Pediatric and Adolescent Postsurgical Pain: Implications Across the Lifespan**
Karen BORETSKY
- **Potential Mitigation of Postsurgical Pain: Is It Possible to «Prevent»**
Eric SCHWENK



CEST time

TV STUDIO 1

TV STUDIO 2

TV STUDIO 3

8:15 pm - 9:15 pm

Are Fascial Plane Blocks the New Gold Standard for Analgesia in Major Abdominal Surgery?

Moderator : Nabil ELKASSABANY

- **I Want an Epidural for My Major Laparotomy Patients because...**
Ki-Jinn CHIN
- **No way! Are you willing to deal with XYZ?**
Nadia HERNANDEZ
- **Not Only That, You Can Also Do the 1,2,3, 4, 5, 6 Blocks**
Jeff GADSDEN
- **What evidence are you two citing to support this? The evidence for epidural is abundant.**
Anahi PERLAS

Headaches and Migraines: Current and Emerging Treatment Modalities

Moderator : Magda ANITESCU

- **Pharmacologic Agents in the Treatment of Headaches and Migraines**
Lynn KOHAN
- **Neuromodulation: Magnetic Stimulation and Other Medical Devices for the Treatment of Headache**
Dahlia ELMOFTY
- **Facial Asymmetry, Pain, and Sympathetic Changes: Muscle Relaxation Is Not the Treatment Intended**
Shalini SHAH
- **The Future in Headache Treatments**
Samer NAROUZE

9:30 pm - 10:30 pm

What Have We Learned from COVID-19?

Moderator : Nabil ELKASSABANY

- **How Does COVID-19 Affect my Practice?**
Gary SCHWARTZ
- **Pain Management in the Pandemic Era (Regional Anesthesia and Chronic Pain Guidance from ASRA and ESRA)**
Jennifer NOERENBERG
- **Role of POCUS in the COVID-19 Pandemic**
Stephen HASKINS
- **Coping Mechanisms for Stress and Anxiety**
Amy VINSON

Back Pain in 2020: Updates in the Treatment of Spinal Stenosis and Beyond

Moderator : Magda ANITESCU

- **Spinal Stenosis: Signs and Symptoms, Pathophysiology, and Natural History**
David PROVENZANO
- **Available Treatments: Epidurals, Direct and Indirect Nonsurgical Spine Decompression, and Emerging Techniques**
Timothy LUBENOW
- **Surgical Options in Spinal Stenosis: Why, When, and How Invasive**
Julie PILITSIS
- **Multisocietal Consensus on Radiofrequency Ablation for the Treatment of Back Pain**
Max ECKMANN

CEST time	TV STUDIO 1	TV STUDIO 2	TV STUDIO 3
10:45 pm - 11:30 pm	BAUDAX		
11:45 pm - 0:30 am	HERON THERAPEUTICS		
0:45 am - 1:45 am	<p>Safety in Regional Anesthesia and Acute Pain Medicine <i>Moderators : Jaime BARATTA and Nabil ELKASSABANY</i></p> <ul style="list-style-type: none"> • Checklists Are the Holy Grail to Prevent Wrong-sided Block Procedures <i>Danielle LUDWIN</i> • Too Close for Comfort: What Did We Learn from Functional Anatomy of the Nerves <i>Olga NIN</i> • Did Ultrasound Fulfill Its Safety Promise: Tales from LAST and Nerve Injury <i>Steven OREBAUGH</i> • What Did We Learn about Complication from the PRAN? <i>Santhanam SURESH</i> 	<p>In Each Other's Shoes: A Multidisciplinary Perspective on a Common Pain Topic: Major Joint Pain <i>Moderator : Magda ANITESCU</i></p> <ul style="list-style-type: none"> • Block, Burn, Freeze, That is NOT All: A Journey From Diagnosis to Treatment Outcomes in Major Joint Pain <i>David WALEGA</i> • Move It, Use It, or You Lose it: Rehabilitation Is Essential in Improving Overall Function in Major Joint Pain <i>Ameet NAGPAL</i> • Major Joint Chronic Pain: Talk About It, Analyze It, and Cope with It <i>Mohammed ISSA</i> • Persistent Postoperative Pain in Total Joint Replacements—Why, When and How Long: Journey Through Persistent Postoperative Pain States <i>Hesham ELSHARKAWY</i> 	
2:00 am - 3:00 am	<p>Top 5 Articles in Regional Anesthesia and Pain Medicine (RAPM) from the Last Year RAPM Editor in Chief Brian Sites</p>	<p>Top 5 Articles in Regional Anesthesia and Pain Medicine (RAPM) from the Last Year RAPM Editor in Chief Brian Sites</p>	