

One day. One programme.
In all Continents Simultaneously.

2nd WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

Saturday 25th January 2025

PAJUNK[®]
Trust Tradition. Experience Innovation.



Programme #ThisGirlBlocks does World RA Day Wales!

09:30am - Log on commences

09:40am to 09:55am - Introductions to World RA Day and live stream from ESRA President Dr Eleni Moka

9:55am to 10.25am - Why we should all pick up a block needle and how do avoid common pitfalls – Dr Becki Marsh

10.25am – 10.30am - **ESRA podcast** : Advanced Recovery RA programmes – Dr Steve Coppens

10.30am – 11.10am - Optimising patients for short stay arthroplasty surgery – Dr Claire Blandford

11:10am - 11:25pm - Can regional anaesthesia prevent delirium in hip fracture patients? - Prof Sarah Saxena

11.25am – 11:40am - Coffee

11:40am - 11:50pm - **ESRA Podcast** : How to take advantage of AI in your presentations – Dr Vincent Roques

11:50pm - 12:20pm - Augmented Reality in teaching and learning Regional Anaesthesia - Dr James (ARiRA)

12:20pm - 12:40pm - Regional Anaesthesia in Obstetrics : Advancing care for our patients – Prof Nuala Lucas

12:40 - 1pm - **ESRA Podcast** : The most important articles I've read for POCUS in the last 12 months – Dr Rosie Hogg

1pm - 1.55pm - Lunch

1pm to 1.15pm – The #ThisGirlBlocks World RA Day big zoom hello

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1:55pm - 2:00pm - **ESRA Podcast** : Green Regional Anaesthesia – Dr Vivian Ip

2:00pm – 2:40pm – Awake Foot and Ankle surgery : Is it feasible? – Dr Peter Merjavj

2.40pm - 2.50pm – **ESRA Podcast** : Chronic Post Surgical Pain & transitional pain services – The European

Perspective – Dr Patricia Lavand’Homme

2.50pm - 3pm – **ESRA Podcast** : ESRA Podcast : Chronic Post Surgical Pain & transitional pain services – The North American Perspective – Prof Ed Mariano

3pm - 3.20pm – Coffee

3.20pm - 3.30pm – **ESRA Podcast** : Perioperative Pain Management in Adults – Dr Kariem El-Boghdadly

3:30pm - 4.15pm – Baby Steps to Baby Blocks : Integrating Nerve Blocks into Paediatric Practice – Assoc Prof Deepa Kattail

4:15pm - Q&A and close