



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

ASRA
PAIN MEDICINE



AFRICAN
Society of
Regional
Anaesthesia



Joining Hands for
a Pain Free Future Worldwide

WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE 3rd Edition



NHS

East Kent
Hospitals University
NHS Foundation Trust

Canterbury
Forum

Regional Anaesthesia for Equity,
Access, and Relief of Pain for Enhanced
Perioperative Care and Beyond

Saturday, 31 January 2026
The Spitfire Ground Kent Cricket Club



Residents £50*
ESRA/RAUK members £50
Standard £75

CPD points applied for

**Registered residents are eligible for 50% off ESRA 2026 membership fee*



WDRAPM
WORLD DAY OF REGIONAL
ANAESTHESIA AND PAIN MEDICINE

RAUK

Local organisers
Dr Athmaja Thottungal
Dr Dragan Nenadic
rapmcourse.eastkent@gmail.com

08:15 –08:45	Registration
08:45 –08:50	Welcome and Introduction
08:50 –09:00	Message from the ESRA Office

Morning Sessions 09:00 –13:00

09:00 –10:00	Session 1 Equity Club –RA in Perioperative Care	
09:00 –09:15	WHO ladder and beyond	Dr. Velliyottilom Parameswaran
09:15 –09:30	Role of block room –the future for sustainability	Dr. Dragan Nenadic
09:30 –09:45	POPOS –the missing puzzle piece of perioperative care	Dr. Athmaja Thottungal
09:45 –10:00	Q&A	
10:00 –10:50	Session 2 Innovation Club –Personalised Pain Management	
10:00 –10:15	GIRFT –Role of RA and chronic pain management	TBA
10:15 –10:30	RA beyond ERAS –Role of RA in perioperative care	Dr. Bruce Young
10:30 –10:45	Men are from Mars; Women are from Venus –sex and gender difference in Pain	Dr. Athmaja Thottungal
10:45 –10:50	Q&A	
10:50 –11:15	Coffee Break ☕	
11:15 –12:00	Session 3 Rescue Club –Beyond Local Anaesthetic	
11:15 –11:30	How to prolong RA blocks –RA tips and tricks	Dr. Shyam Laxman
11:30 –11:45	Neuromodulatory techniques from chronic pain world	Dr. Jyothi Shinde
11:45 –11:55	Human factors and team building for the success of RA programmes and ESRA lectures	TBA
11:55 –12:00	Q&A	
12:00 –12:30	Session 4 Relief club –RA Beyond Operating theatres	
12:00 –12:15	Best RA blocks for emergency department physicians	Dr. Syed Gilani
12:15 –12:30	Role of RA blocks in intensive care	Dr. Ritoo Kapoor
12:30 –13:00	Session 5 Live demonstrations –Beyond Plan A Blocks	
12:30 –13:00	Transitional pain blocks –personalised and integrated blocks for post-surgical pain: Are you ready for it? Live demo of transitional pain blocks	All faculty
13:00 –13:45	Lunch	

Equity, Access, Relief



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Afternoon Workshops 13:45 –17:00

Delegates have the option to rotate through *Core Workshops* (predominantly Plan A) or *Advanced Workshops* (Plan B, C, D etc) depending on experience

13:45 –14:30	<i>Upper Limb</i> Core: Interscalene, Axillary etc Advanced: Superior trunk, Infraclavicular, DSN, Stellate ganglion etc.
14:30 –15:15	<i>Thorax</i> Core: ESP, IPPB, SAPB etc. Advanced: PVB, Suprascapular (posterior), Intercostal etc.
15:15 –15:30	Movement Break 🚶
15:30 –16:15	<i>Abdomen</i> Core: Rectus sheath, TAP etc. Advanced: IIN, IHN, Genitofemoral, QLB etc.
16:15 –17:00	<i>Lower Limb</i> Core: Femoral, adductor canal, popliteal etc. Advanced: SIFIB, PENG, Genicular, Obturator etc.
17:00 –17:30	Any block you want –Common demonstration, Q&A + Farewell

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