



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



AFRICAN
Society of
Regional
Anaesthesia



East Kent
Hospitals University
NHS Foundation Trust

Joining Hands for
a Pain Free Future Worldwide

One day. One programme.
In all Continents Simultaneously.



2nd WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

Saturday 25th January 2025



Canterbury Forum

WORLD DAY

Harvey Hall, Education Centre
Kent & Canterbury Hospital

Your Local Face-to-Face Meeting

<https://bookcpd.com/node/707>

Hands-on workshops
One global common scientific programme
6 CPD points, competition + prizes



Trainees £25
(inclusive of 1-year ESRA membership)
ESRA/RAUK members £50
Standard £75



Local organisers -
Dr Athmaja Thottungal
Dr Gayathri Hewawasam

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 – 09:45	Session 1 The "Ultrasound" Club: Tips and Tricks for Mastering – Short Lecture with Live Demo	Chairs Dr V Parameswaran, EKHUFT Dr Bruce Young, MTW
09:00 – 09:20	How to do ultrasound-guided Plan A peripheral nerve blocks	Dr Karim Rizkallah, EKHUFT Dr Martin Mayall, EKHUFT
09:20 – 09:40	All about neuraxial ultrasound	Dr Athmaja Thottungal, EKHUFT
09:40 – 09:45	Q&A	
09:45 – 10:20	Session 2 We Have Read the Literature for You: Sister Societies Journal Club	Chair Dr Gayathri Hewawasam, EKHUFT
09:45 – 09:55	Regional anaesthesia	Dr Dragan Nenadic, EKHUFT
09:55 – 10:05	Perioperative care	Dr Athmaja Thottungal, EKHUFT
10:05 – 10:15	Pain	Dr Jyoti Shinde, EKHUFT
10:15 – 10:20	Q&A	
10:20 – 10:40	Movement / Coffee Break ☕	
10:40 – 11:30	Session 3 The "Joint" Club – Everything You Need to Know for Foot and Ankle Procedures	Chair Dr Martin Mayall, EKHUFT
10:40 – 11:00	Back to Basics: Ankle and foot anatomy and evidence	Dr Gayathri Hewawasam, EKHUFT
11:00 – 11:20	How I Do It: Live demo with pros and cons of different practices	Dr Dragan Nenadic, EKHUFT Dr V Parameswaran, EKHUFT
11:20 – 11:30	Q&A	
11:30 – 12:10	Session 4 The "Acute + Chronic Pain Medicine" Club: Everything you need to know to avoid pain	Chair Dr Jyoti Shinde, EKHUFT
11:30 – 11:50	Chronic post-surgical pain and transitional pain 1. North American perspective 2. European perspective 3. Enhanced Regional Anaesthesia and Pain Management (ERAPM)	<i>(ESRA video podcasts)</i> Prof Ed Mariano, USA Prof Patricia Lavand'homme, Belgium Dr Steve Coppens, Belgium
11:50 – 12:10	Are you ready for transitional pain blocks – Chronic pain blocks in acute pain settings <i>Live demo of transitional pain blocks</i>	Dr Athmaja Thottungal, EKHUFT
12:10 – 12:40	Session 5 The "AI" Club: What the future holds	Chair Dr Karim Rizkallah, EKHUFT
12:10 – 12:30	Advances and utility of artificial intelligence in regional anaesthesia	Dr James Bowness, UCL <i>(Recorded lecture)</i>
12:30 – 12:40	Advances and utility of Artificial Intelligence in presentations	Dr Vincente Roques, Spain <i>(ESRA video podcast)</i>

12:40 – 13:00	Session 6 The “Mother + Child” Club: Everything you need to know about obstetrics and paediatrics	Chair Dr Dragan Nenadic, EKHUFT
12:40 – 13:00	The set up of a women’s transitional pain service	Dr Rafa Blanco, Abu Dhabi <i>(Recorded lecture)</i>
13:00 – 13:45	Movement / Lunch Break 🍽️	

Afternoon Workshops 13:45 – 17:00

Delegates have the option to rotate through Plan A workshops or attend the advanced workshop

Advanced workshop – as per “Beyond Plan A” blocks (Plan B, C, D)

13:45 – 14:30	Upper limb Plan A / Advanced Basic: Interscalene, Axillary etc. Advanced: Superior trunk, Infraclavicular, DSN, Stellate ganglion etc.
14:30 – 15:15	Thorax Plan A / Advanced Basic: ESP, IPPB, SAPB etc. Advanced: PVB, Suprascapular (posterior), Intercostal etc.
15:15 – 15:30	Movement Break 🚶
15:30 – 16:15	Abdomen Plan A / Advanced Basic: Rectus sheath, TAP etc. Advanced: IIN, IHN, Genitofemoral, QLB etc.
16:15 – 17:00	Lower limb Plan A / Advanced Basic: Femoral, adductor canal, popliteal etc. Advanced: SIFIB, PENG, Genicular, Obturator etc.
17:00 – 17:30	Quiz competition, Q&A + Farewell

Certificates will be distributed from ESRA and BookCPD following feedback



<https://forms.gle/hMK2Ni7rkD1zqBtc6>

Thank you for attending and have a safe return journey!