



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

Hands-on workshops
One global common scientific programme
6 CPD points applied for, 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: -10: 4	Registration
08: -10: 5	Welcome and Introduction
08: -10: 0	Message from the ESRA Office

Morning Sessions 09:00-13:00

09: -09: 4	Session 1 The "Ultrasound Tricks for Master Stroke" Lecture Demo	Chairs Dr Parameswara Dr Bruce Young
09: -09: 2	How to do -guidewire of Puncturing A blocks	Dr Karim, REKHA Dr Martin Mayall
09: -10: 4	All about neuraxial ultra	Dr Athmaja Thott
09: -10: 4	Q&A	
09: -10: 2	Session 2 We Have Read the Literature Society Club	Chair Dr Gayathri Hewa
09: -10: 5	Regional anaesthesia	Dr Dragan Nenadi
09: -10: 0	Perioperative care	Dr Athmaja Thott
10: -10: 1	Pain	Dr Jyoti Shinde,
10: -10: 2	Q&A	
10: -10: 4	Coffee Break	
10: -10: 3	Session 3 The "Joint Every Year" Procedure Foot Ankle	Chair Dr Martin Mayall
10: -10: 0	Back to Basics: Ankle and evidence	Dr Gayathri Hewa
11: -10: 2	How I Do It: Live demonstrations of different practices	Dr Dragan, NEKHA Dr Parameswaran,
11: -10: 3	Q&A	
11: -10: 0	Session 4 The "AI" Club: What the	Chair Dr Karim Rizkall
11: -10: 5	Advances and utility of regional anaesthesia	Dr James Bowness
11: -10: 0	Advances and utility of presentations	Dr Vinod, Rpa
12: -10: 4	Session 5 The "Acute + Chronic Pain Everything you need to know	Chair Dr Jyoti Shinde
12: -10: 2	Risk factors - surgical and medical	Dr Ed Mariano, U
12: -10: 4	Transition to Personalized Integrated Care ready for the future	Dr Athmaja Thott
12: -10: 0	Session 6 The "Mother + Child" Club know about obstetrics and	Chair Dr Dragan Nenadi
12: -10: 0	The set up for national	Dr Rafa Blanco,
13: -10: 4	Lunch	

Afternoon Workshop 4:15 to 6:00

Delegates have the option to attend workshops throughout the afternoon and an advanced workshop

Advanced workshops beyond Block 4 (A, B, C, D)

13:45:3	Upper Limb Advanced Basic: Interscalene, Axillary Advanced: Superior trunk, Infraclavicular
14:30:1	Thorax Advanced Basic: ESP, PPB, SAPB Advanced: PVB, Suprascapular (posterior)
15:15:3	Movement Break
15:30:1	Abdomen Advanced Basic: Rectus sheath, TAP Advanced: IIN, IHN, Genitofemoral, QLB
16:15:0	Lower Limb Advanced Basic: Femoral, adductor canal, popliteal Advanced: SIFIB, PEG, Genicular, Obturator
17:00:1	Q&A + Farewell

