# 4TH WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE NOTTINGHAM

**DoubleTree by Hilton Nottingham – Gateway**

**30th January 2027**

6 CPD Points Accredited RCOA

## Provisional Program

| | | |
|---|---|---|
| **09:00 - 09:15** | **Welcome Messages & Addressing** | **Terrace Suite** |
| **Session 1** | **The Evidence Club** | |
| 09:15 - 09:45 | Review of Top Papers in Regional Anaesthesia and Acute Pain | |
| 09:45 - 10:10 | The Future of Regional Anaesthesia, What Will the Next Decade Look Like? | |
| 10:10 - 10:20 | **Q&A – Discussion** | |
| **10:20 - 10:50** | **Coffee Break** | |
| **Session 2** | **Mastering Upper and Lower Limb Blocks** | |
| 10:50 - 11:20 | Choosing the Optimal block for Hand and Forearm Surgery | |
| 11:20 - 11:50 | Regional Anaesthesia for Foot and Ankle Surgery | |
| 11:50 - 12:15 | **Q&A – Discussion** | |
| **12:15 - 13:15** | **Lunch Break** | |
| **Session 3** | **Building Skills that Change Care** | |
| 13:15 - 13:35 | Blocks in the ICU, why do we bother? | |
| 13:35 - 13:55 | Creating Competent and Confident Regional Anaesthetists. | |
| 13:55 - 14:15 | The block wears off: Is Rebound Pain Inevitable? | Debate |
| 14:15- 14:30 | **Q&A – Discussion** | |
| **Session 4** | **Trauma Club** | |
| 14:30 - 14:50 | Bringing Regional Anaesthesia to the Frontline:Which Blocks Have an Impact | |
| 14:50 - 15:10 | The High-Risk Hip; Strategies for Success | |
| 15:10- 15:30 | **Q&A – Discussion** | |
| **15:30 - 15:50** | **Coffee Break** | |
| **Session 5** | **Regional Anaesthesia Across the Spectrum: From Birth to Beyond** | |
| 15:50 - 16:10 | Chronic Pain: Prevention, Prediction and Management | |
| 16:10 - 16:30 | Anticoagulation, Epidurals and Haematomas | |
| 16:30 – 16:50 | Small Patients, Big Impact: Making Regional Anaesthesia Accessible to All | |
| 16:50- 17:20 | **Q&A – Discussion** | |
| **Session 6** | **Quiz & Competition** | **17:20- 17:45** |
| **17:45- 18:00** | **End of the 4rd World Day: Questions –Comments –Discussion** | |

**REGIONAL ANAESTHESIA WORKSHOPS RUNNING IN PARALLEL** — **Garden Suite**

- **Upper Limb Blocks**
- **Lower Limb Blocks**
- **Abdominal Wall Blocks**
- **Neuraxial, Paravertebral and ESP Blocks**

| **Session** | 1 | **2** | **3** | **4** |
|---|---|---|---|---|
| **Start Time** | 09:00 | **10:50** | **13:15** | **15:50** |
| **Finish Time** | 10:30 | **12:20** | **14:45** | **17:20** |