



State of the Art Safety Standards in RA
THE EUROPEAN SOCIETY OF REGIONAL
ANAESTHESIA & PAIN THERAPY

Your interactive
online congress

3rd e-ESRA

Saturday, 14 March 2020

Round tables & live demos

Live chat & quizzes

Free for members

PROGRAMME



ESRA Office: Avenue Florimont 4, 1006 Lausanne, Switzerland
Email: office@esraeurope.org

Info and Registrations
esraeurope.org

TV Studio 1

TV Studio 2

07:00 - 07:15

Introduction ESRA President: Alain Delbos - Chair e-ESRA: Luc Mercadal

07:15 - 08:30

HAND SURGERY

Presenter: Morne Wolmarans, UK

- Hand innervation :
John Mac Donnell, Ireland
- Which block for carpal tunnel
Laurent Delaunay, France
- Hand surgery and anticoagulant :
Thomas Volk, Germany
- Indication of distal blocks
Dan Dirzu, Romania

HOW TO AVOID HYPOTENSION IN SPINAL ANESTHESIA?

Presenter: Xavier CAPDEVILA, France

- 'Low dose' versus 'high dose' spinal
Margaretha Breebart, Belgium
- The role of fluid in the prevention and management of spinal hypotension
Michael Heesen, Germany
- Phenylephrine or ephedrine
Marc Van de Velde, Belgium
- Low dose Norepinephrine
Frederic Mercier, France

08:30 - 09:45

LIVE DEMO: WHICH BLOCK FOR TKA ?

Presenter: Paul Kessler, Germany

- Proximal Blocks: Femoral - Obturator - Sciatic
Alain Delbos, France
- Distal Blocks: ACB + IPACK
Thomas Bendtsen, Denmark

CS ANAESTHESIA

Presenter: Nuala Lucas, UK

- Spinal anaesthesia for CS
Frederic Mercier, France
- Anaesthesia for emergency CS - regional
Gary Stocks, UK
- Anaesthesia for emergency CS - general
Marc Van de Velde, Belgium
- Post CS analgesia
Eva Roofthoof, Belgium

09:45 - 10:30

e-SYMPOSIUM

e- SYMPOSIUM

10:45 - 11:45

REGIONAL ANAESTHESIA FOR SHOULDER SURGERY

Presenter: Eric Albrecht, Switzerland

- Live demo: Interscalene to supraclavicular nerve Block
Clara Lobo, Portugal
- Live demo: Supra scapular and axillary nerve blocks
Morne Wolmarans, UK

POST-DURAL PUNCTURE HEADACHE

Presenter: Thomas Volk, Germany

- Diagnosis & conservative management
Nuala Lucas, UK
- Blood patch
Steve Coppens, Belgium
- Brain imaging: when and what?
Dan Benhamou, France
- New treatments on the horizon
Gary Stocks, UK

12:00 - 13:00

POCUS

Presenter: Thomas Bendtsen, Denmark

- Gastric assessment : indication
Kariem El Boghdady, UK
- Live demonstration
Kariem El Boghdady, UK
- Diaphragmatic course
Eric Albrecht, Switzerland
- Live demonstration
Eric Albrecht, Switzerland

PERINEURAL CATHETERS

Presenter: Patrick Narchi, France

- When to use - what situations?
Enrico Barbara, Italy
- What protocols and drugs?
Jose Aguirre, Switzerland
- Maximising safety with perineural catheters
Philippe Gautier, Belgium
- Tips for maximal success
Paul Kessler, Germany

	TV Studio 1	TV Studio 2
13:15 – 14:15	ASPEN PHARMA	VIFOR
14:15 – 15:15	PFIZER	e-SYMPOSIUM
15:15 – 16:15	RA for CAROTID SURGERY Presenter: Geert-Jan Van Geffen, Netherlands - GA versus RA <i>Eleni Moka, Greece</i> - How to perform RA for carotid surgery <i>Sebastien Bloc, France</i> - Live demo: superficial cervical block <i>Sebastien Bloc, France</i>	ABDOMINAL WALL BLOCKS Presenter: Thorsten Steinfeld, Germany - QL Block <i>Jens Borglum, Denmark</i> - Tap block <i>John Mac Donell, Ireland</i> - Rectus sheath <i>Hélène Beloeil, France</i> - Ilio inguinal and ilio hypogastric nerve blocks <i>Thomas Bendtsen, Denmark</i>
16:30 – 17:30	OPHTHALMIC ANAESTHESIA Presenter: Axel Sauter, Norway - Why we should finally leave sharp needle blocks behind <i>Tom Eke, UK</i> - Why the sub-Tenon's block is a valid alternative in most cases <i>Keith Allman, UK</i> - How ocular ultrasound helps in ophthalmic regional anaesthesia <i>Lucie Beylacq, France</i> - How safe blocks improve anaesthesia at both extremes of age <i>Friedrich Lersch, Switzerland</i>	ESP BLOCKS IN 2020 Presenter: Clara Lobo, Portugal - Anatomy <i>Paul Kessler, Germany</i> - ESP thoracic surgery <i>Kariem El Boghdadly, UK</i> - ESP spine surgery <i>Luis Valdes, Spain</i> - ESP breast surgery <i>Julien Raft, France</i>
17:45 – 19:00	ANALGESIA FOR HIP FRACTURE Presenter: Eleni Moka, Greece - PENG block <i>Philippe Gautier, Belgium</i> - Quadratus lumborum block <i>Axel Sauter, Norway</i> - Erector spinae plane block <i>Julien Raft, France</i>	POST OPERATIVE PAIN MANAGEMENT: PROSPECT Presenter: Narinder Rawal, Sweden - Spinal surgery <i>Hélène Beloeil, France</i> - Laparoscopic cholecystectomy <i>Girish Joshi, US</i> - Laparoscopic hysterectomy <i>Marc Van de Velde, Belgium</i> - Open colorectal surgery <i>Philipp Lirk, US</i>
19:00 – 20:00	e-SYMPOSIUM	e-SYMPOSIUM

TV Studio 1

TV Studio 2

20:00 – 21:15

MOST IMPORTANT PAPERS IN RA: 2018 to 2020

Presenter: Marc Van de Velde, Belgium

- **Acute pain**
Eleni Moka, Greece
- **POCUS**
Jan Boublik, US
- **RA for limb surgery**
Louise Moran, Ireland
- **RA for abdominal surgery**
Steve Coppens, Belgium

FACIAL AND CRANIAL PAIN: RESPONSIBLE NERVES AND TREATMENTS

Presenter: Urs Eichenberger, Switzerland

- **Glossopharyngeal nerve**
Manfred Greher, Austria
- **Nerves of the cervical plexus**
Samer Narouze, US
- **Trigeminal nerve**
Jan Pierre Van Buyten, Belgium
- **Greater occipital nerve**
Urs Eichenberger, Switzerland

21 :15 – 22:30

RECENT REFINDMENTS IN UPPER EXTREMITY BLOCKS

Presenter: Philippe Gautier, Belgium

- **Upper trunk & antero suprascapular nerve block**
Manoj Karmakar, Hong-Kong
- **Live demonstration**
Manoj Karmakar, Hong-Kong
- **Costoclavicular brachial plexus block**
Xavier Sala-Blanch, Spain
- **Live demonstration**
Xavier Sala-Blanch, Spain

PERI OPERATIVE CARE FOR TKA

Presenter: Jose Aguirre, Switzerland

- **ERAS for TKA**
Morne Wolmarans, UK
- **Walking or pain free at D0**
Thomas Bendtsen, Denmark
- **Ambulatory surgery for TKA**
Laurent Delaunay, France
- **Anticoagulant & RA**
Thomas Volk, Germany

22:30 - 23:30

LIVE DEMO CHRONIC PAIN

Presenter: Manfred Greher, Austria

- **Cervical spine**
Samer Narouze, USA
- **Lumbar spine**
Urs Eichenberger, Switzerland

ANALGESIA FOR MAJOR ABDOMINAL SURGERY

Presenter: Yavuz Gurkan, Turkey

- **Epidural or spinal**
Steve Coppens, Belgium
- **IV lidocaine**
Marc Beaussier, France
- **Infiltration or abdominal wall blocks**
Rafael Blanco, UAE