



## 5th European Day of Regional Anaesthesia

Saturday, 19 March 2022 – Lisbon – Portugal

### PROGRAMA

#### 09:00/09:15 - Opening / Introduction

*Humberto Rebelo (Presidente CAR/ESRA Portugal)*

#### 09:15 – 13:00 – Podcasts & Lectures

##### **SESSION 1 – 09:15 – 10:00**

- **Podcast**  
Paul Kessler | Analgesia techniques for knee surgery
- **Local Lecture**  
Oswaldo Cardoso | TKA anesthesia and analgesia: what's new?

##### **SESSION 2 – 10:00 – 10:45**

- **Podcast**  
Peter Merjavy | Awake shoulder surgery: how to control diaphragmatic course with US
- **Local Lecture**  
Humberto Rebelo | Awake shoulder surgery

One day  
One program

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## 10:45 – 11:15 – Coffee Break

### SESSION 3 – 11:15 – 12:00

- **Podcast**  
Clara Lobo/Barbara Breebaart | Paraspinal blocks: what about anatomy?
- **Local Lecture**  
Raquel Fernandes | How to choose the right analgesia for breast surgery

### SESSION 4 – 12:00 – 12:45

- **Podcast**  
Nuala Lucas | Analgesia for César section
- **Local Lecture**  
Marta Pereira | QLB – TAP block – intrathecal morphine

### SESSION 5 – 12:45 – 13:00

- European Survey Sponsored by Sintetica

## 13:00 – 14:15 - Lunch

One day  
One program

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## 14:15 – 17:00 - Workshops

### ***Station 1 – Osvaldo Cardoso | Suzette Morais***

Femoral block – IPACK – adductor canal block

### ***Station 2 – Humberto Rebelo | Filipe Linda***

IS block and alternatives

### ***Station 3 – Raquel Fernandes | Rita Fragoso***

Paravertebral block – ESP block

### ***Station 4 – Marta Pereira | Margarida Gil Pereira***

QLB – TAP blocks