

SEXTA-FEIRA 24 DE JANEIRO DE 2025

9:00h - 12:00h – WORKSHOP ANESTESIA REGIONAL PROSPECT

WORKSHOP POCUS – cardíaco, pulmonar e gástrico.

14:00h Abertura Do Congresso

14:00h – 15:00h – Dor Aguda

Moderador: Carmen Pereira

- Anestesia (Regional) Fora do Bloco Operatório | **Joana Magalhães**
- Dor sob controlo: adjuvantes vs cateter perineural na prova de resistência. Pro / Con | **Miguel Sá e Raquel Fernandes**

15:00h – 15:30h – Obstetrícia

Moderador: Catarina Sampaio

- Recomendações baseadas na evidência para cefaleias pós punção da dura | **Cláudia Antunes**

15:30h - 16:00h – Dor Crónica

Moderador: Edgar Semedo

- Desnervação de grandes articulações – como e quando? | **Humberto Rebelo**
- Dor axial lombar | **Mariano Veiga**

16:00h - 16:30h – Coffee Break

16:30h – 17:00h – Apresentação do projeto “Fragility Fracture Network” Portugal

Palestrantes: Ana Bernardino e Bruno Carvalho

17:00h – 17:30h – Comunicações orais

- Seleção dos 3 melhores trabalhos

17:30h – 18:30h – “HOT, HOTTER, HOTTEST” Case Reports

Palestrante: Helder Pereira

18:30h – 19:00h – Assembleia Geral



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



SABÁDO 25 DE JANEIRO DE 2025

2nd World Day of Regional Anesthesia & Pain Medicine

9:00h Presentation

9:15h We Have Read the Literature for You: Sister Societies Journal Club

Moderador: Miguel Sá

- Regional Anaesthesia | **João Rego**
- Perioperative Care | **Carolina Gonçalves**
- POCUS | **António Pedro Ferreira**
- Chronic Pain | **João Miguel Cardoso**

Q&A – Discussion

10:30h The «Joint» Club: Everything You Need to Know for Foot and Ankle Procedures

Moderador: Joana Magalhães

- Evidence Based Practice: RA Application in Foot and Ankle Surgery | **Carolina Ribeiro**
- How I do it: Pro and Con of different practices | **João Castro**

Q&A – Discussion

11:30h -12:00h Coffee Break

12:00h - The "Ultrasound" Club: Tips and tricks for mastering

Moderador: Lara Ribeiro

- How to teach ultrasound-guided peripheral nerve blocks | **Catarina Campos Costa e Diana Gomes**
- All about neuraxial ultrasound | **Duarte Machado**

Q&A – Discussion



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



12:45h - The "AI" Club: What the future holds

Moderador: João Rego

- Advances and Utility of Artificial Intelligence in Regional Anaesthesia and in Pain Medicine |
Gustavo Montanha

Q&A – Discussion

13:15h - 14:15h - Almoço

14:15h - The "Green" Club : Everything You need to Know about Environmental Sustainability

Moderador: Marta Pereira

- Environmental benefits of RA: what do we know? | **Lara Ribeiro**
- Strategies for Environmental Sustainability : How can we start and/or do more? | **Carmen Oliveira**

Q&A – Discussion

15:15h - The "Acute & Chronic Pain Medicine" Club: Everything you need to know to avoid pain

Moderador: Humberto Rebelo

- Risk factors for chronic postsurgical pain | **João Borges**
- Personalized programme for postsurgical pain: Ready for it? | **Sara Fonseca**

- The benefits of integrative medicine for chronic pain? **A Thothungal**

Q&A – Discussion

16:30h – 17:00h Coffee Break

17:00h - The “mother & child” Club: Everything you need to know about obstetrics and paediatrics

Moderador: Margarida Gil

-Managing the failing epidural | **Ana Milheiro**

- POCUS in obstetric anaesthesia | **Elena Segura**

Q&A – Discussion