
2026
AFSRA
AFSRA
RAUK
14TH ANNUAL CONFERENCE OF THE AFRICAN
SOCIETY OF REGIONAL ANESTHESIA
& PAIN THERAPY
IN COLLABORATION WITH
REGIONAL ANAESTHESIA
UNITED KINGDOM
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13
14
NOVEMBER 20
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2026
AFSRA
IN COLLABORATION WITH
REGIONAL ANAESTHESIA
UNITED KINGDOM
14TH ANNUAL CONFERENCE
OF THE AFRICAN SOCIETY
OF REGIONAL ANESTHESIA
& PAIN THERAPY
DAY 1
13 NOVEMBER 2026

2026 AFSRA

# DAY 1

13 NOVEMBER 2026



## HALL: MAIN

### 09:00 - 09:15

"ONCE YOU DRINK FROM THE NILE, YOU ARE DESTINED TO RETURN"

09:00 - 09:15

**OPENING SPEECH**

DR. EZZAT AZIZ

DR. NAT HASLAM

### 09:15 - 09:30

"KEYNOTE LECTURE
HE WHO LEARNS, TEACHES"

**CHAIRPERSON:**
FADZAI MUGADZA

09:15 - 09:30

**ESTABLISHING A REGIONAL ANAESTHESIA AND PAIN SERVICE IN YOUR HOSPITAL.**

DR. NAT HASLAM

### 09:30 - 10:30

"REGIONAL ANAESTHESIA
PAIN IS INEVITABLE, SUFFERING IS OPTIONAL"

**CHAIRPERSON:**
DR. TCHOKAM LIONELLE
DR. TOBY ASHKEN

09:30 - 09:45

**AWAKE SHOULDER SURGERY: HOW WOULD I DO IT ?**

DR. MORNE WOLMARANS

09:45 - 10:00

**COMPARTMENT SYNDROME AND REGIONAL ANESTHESIA**

DR. STEVE COPPENS

10:00 - 10:15

**TO MIX OR NOT TO MIX: BENEFIT OR MYTH ?**

DR. JOSE AGUIRRE

10:15 - 10:30

**DISCUSSION**

### 10:30 - 10:45

**PULSED RADIOFREQUENCY THE FULL SCOPE**

DR. AHMED ELHALWAGY

### 10:45 - 11:00

**COFFEE BREAK**

### 11:00 - 12:00

"OBSTETRIC ANAESTHESIA
TOMORROW IS PREGNANT AND NO ONE KNOWS WHAT SHE WILL GIVE BIRTH TO"

**CHAIRPERSON:**
DR. JENNY FERRY
DR. SONIA LALLA

11:00 - 11:15

**UPDATES ON LABOUR ANALGESIA AND ROLE OF REGIONAL ANAESTHESIA**

DR. NUALA LUCAS

11:15 - 11:30

**POST-DURAL PUNCTURE HEADACHES: WHAT IS THE RECENT EVIDENCE**

DR. VISHAL UPPAL

11:30 - 11:45

**MATERNITY CARE IN AFRICA**

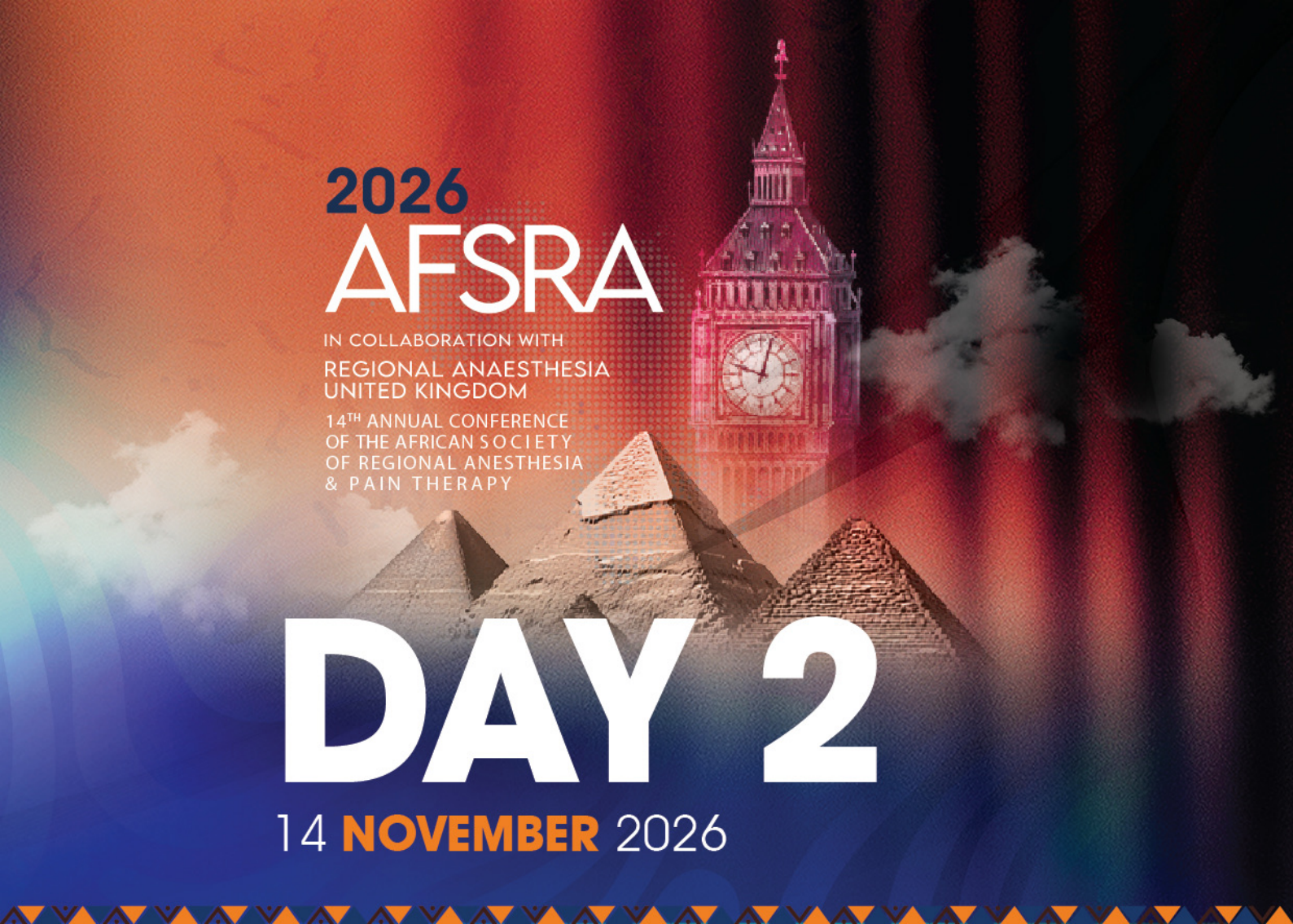
DR. ISABELLA EPIU

11:45 - 12:00

**DISCUSSION**

### 12:00 - 13:00

**LUNCH AND ABSTRACT DISCUSSIONS**


2026
AFSRA
IN COLLABORATION WITH
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OF REGIONAL ANESTHESIA
& PAIN THERAPY
DAY 2
14 NOVEMBER 2026

# 2026 AFSRA

# DAY 2

## 14 NOVEMBER 2026



## HALL: MAIN

### 08:30 - 09:00

**WAKE UP CALL :**
**ASK EXPERTS SESSION**

**CHAIRPERSON:**
DR. NAV BAHAL
DR. FRANCOIS RETIEF

**MODERATORS**
DR. ATHMAJA THOTTUNGAL
DR. SAMER NAROUZE
DR. NUALA LUCAS
DR. VISHAL UPPAL
DR. ROSIE HOGG
DR. HARI KALAGARA
DR. KARIEM ELBOGHDADLY
DR. ALAN MACFARLANE
DR. SIDONIA SUAZO
DR. ANISSA BELBACHIR

### 09:00 - 09:45

**RESEARCH SESSION**
THE ROARING LION KILLS NO PREY

**CHAIRPERSON:**
DR. DAVID HEWSON
DR. VISHAL UPPAL

09:00 - 09:15

**REGIONAL ANAESTHESIA UNDER THE SPOTLIGHT: INSIGHTS FROM NAP8**
DR. ALAN MACFARLANE

09:15 - 09:30

**FAKE DATA AND THE ROLE OF AI IN RESEARCH**
DR. KARIEM ELBOGHDADLY

09:30 - 09:45

**DISCUSSION**

### 09:45 - 10:30

**ADVANCING ANAESTHESIA: IMAGING AND SIMULATION**
ALL MONKEYS CANNOT HANG ON THE SAME BRANCH

**CHAIRPERSON:**
DR. AFAK NSIRI
DR. JUAN CARLOS

09:45 - 10:00

**ROLE OF POCUS IN THE HANDS OF ANAESTHETISTS**
DR. ROSIE HOGG

10:00 - 10:15

**ROLE OF GASTRIC ULTRASOUND IN THE ERA OF GLP1 DRUGS**
DR. HARI KALAGARA

10:15 - 10:30

**VIRTUAL REALITY : THE FUTURE FOR RA TEACHING**
DR. BOYNE BELLEW

09:30 - 09:45

**DISCUSSION**

### 11:00 - 11:45

**CHRONIC PAIN**
EVEN AN ANT CAN HURT AN ELEPHANT

**CHAIRPERSON:**
DR. BASEM HENRI
DR AMR ABDELFATAH

11:00 - 11:15

**NEUROMODULATION BEYOND CHRONIC PAIN**
DR. ATHMAJA THOTTUNGAL

11:15 - 11:30

**AI IN REGIONAL ANESTHESIA AND PAIN MEDICINE**
DR. SAMER NAROUZE

11:30 - 11:45

**DISCUSSION**

### 11:45 - 12:30

**DAY CASE REGIONAL ANESTHESIA**
IF YOU HEAL THE LEG OF A PERSON, DO NOT BE SURPRISED IF THEY USE IT TO RUN AWAY

**CHAIRPERSON:**
DR. SIMEON WEST
DR BOUARROUDJ NOREDDINE

11:45 - 12:00

**GETTING PATIENTS HOME THE SAME DAY : PRACTICAL APPROACH TO DAY CASE ARTHROPLASTY**
DR. ANISSA BELBACHIR

12:00 - 12:15

**ROLE OF NERVE BLOCK IN DAY CASE ARTHROPLASTY**
DR. MARIA SEBASTIAN

12:15 - 12:30

**DISCUSSION**

### 12:30 - 13:00

**ORAL PRESENTATION FOR BEST ABSTRACTS AND AFSRA DIAMOND PRIZE**


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& PAIN THERAPY
WORKSHOPS
PROGRAM
12 - 14 NOVEMBER 2026

2026

AFSRA

# PRE CONGRESS CADAVER COURSE

## 12 NOVEMBER 2026

**AL-AZHAR UNIVERSITY**



WORKSHOP

**09:00 - 16:00**

## PRE-CONGRESS FLUOROSCOPY-GUIDED CADAVERIC INTERVENTIONAL WORKSHOP

**BASIC COURSE:**

- TRANSFORAMINAL LUMBAR, THORACIC AND CERVICAL NERVE ROOTS APPROACH
- LUMBAR FACET JOINTS INTERVENTIONS
- SACROILIAC JOINT INJECTION AND DENERVATION
- LUMBAR SYMPATHECTOMY

**ADVANCED COURSE:**

- PERCUTANEOUS FORAMINOTOMY
- MILD
- EPIDUROSCOPE
- INTRADISCAL PROCEDURES: CERVICAL & LUMBAR

**WORKSHOP DIRECTORS:**

DR. BASEM HENRY

DR. RAFFAT MAHFOZ

**WORKSHOP FACULTY:**

DR. BASEM HENRY
DR. RAFFAT MAHFOZ
DR. HANY NAGEB
DR. AMR ABDELFATTAH
DR. DAN DIRZU
DR. BOUARROUDJ NOURREDINE
DR. AHMED AL-HALWAJI
DR. ABDULMOHSEN AL-SAHHAF

2026 AFSRA

# PRE CONGRESS CADAVER COURSE

## 12 NOVEMBER 2026

## ANATOMY LAB, CAIRO UNIVERSITY



WORKSHOP

**09:00 - 10:15**

### AFSRA CADAVER ULTRASOUND WORKSHOP

**PLAN A BLOCKS**

**UPPER LIMB RA (ABOVE CLAVICLE)- INTERSCALENE BLOCK**

**MODERATORS**

DR. AHMED ZAGHLOUL
DR. MARIA SEBASTIAN
DR. DAN DIRZU
DR. JONATHAN WOMACK
DR. BOYNE BELLEW
DR. MOHAMED MOHAMED
DR. ZIAD MOHSEN
DR. MAMDOUH ELSHAL
DR. SIDONIA SUAZO

09:00 - 09:15
**LIVE DEMO**

09:15 - 10:15
**GROUP STAGE: LIVE MODEL SCAN AND CADAVER ORIENTATION**

**10:30 - 11:45**

**UPPER LIMB RA (BELOW CLAVICLE)- AXILLARY BLOCK**

**MODERATORS**

DR. AHMED ZAGHLOUL
DR. MARIA SEBASTIAN
DR. DAN DIRZU
DR. JONATHAN WOMACK
DR. BOYNE BELLEW
DR. MOHAMED MOHAMED
DR. ZIAD MOHSEN
DR. MAMDOUH ELSHAL

11:45 - 12:00
**LIVE DEMO**

12:00 - 13:00
**GROUP STAGE: LIVE MODEL SCAN AND CADAVER ORIENTATION**

2026

AFSRA

# PRE CONGRESS CADAVER COURSE

## 12 NOVEMBER 2026

### ANATOMY LAB, CAIRO UNIVERSITY



WORKSHOP

**11:45 - 13:00**

**ABDOMINAL BLOCKS - RECTUS SHEATH BLOCK**

11:45 - 12:00
**LIVE DEMO**

12:00 - 13:00
**GROUP STAGE: LIVE MODEL SCAN AND CADAVER ORIENTATION**

**14:00 - 15:15**

**SONOANATOMY LOWER LIMB (FRONT): FEMORAL NERVE BLOCK**

**MODERATORS**

DR. AHMED ZAGHLOUL
DR. MARIA SEBASTIAN
DR. DAN DIRZU
DR. JONATHAN WOMACK
DR. BOYNE BELLEW
DR. MOHAMED MOHAMED
DR. ZIAD MOHSEN
DR. MAMDOUH ELSHAL

14:00 - 14:15
**LIVE DEMO**

14:15 - 15:15
**GROUP STAGE: LIVE MODEL SCAN AND CADAVER ORIENTATION**

**15:15 - 16:30**

**SONOANATOMY LOWER LIMB (BACK): POPLITEAL BLOCK**

15:15 - 15:30
**LIVE DEMO**

15:30 - 16:30
**GROUP STAGE: LIVE MODEL SCAN AND CADAVER ORIENTATION**

2026 AFSRA

# DAY 1

**13** NOVEMBER **2026**

**HALL: B**



WORKSHOP

## 13:00 - 14:00

### ABOVE THE CLAVICLE BLOCKS: LIVE DEMO

13:00 - 13:15

**INTRODUCTION**

ASH GUPTA MORNE WOLMARANS

13:15 - 14:00

**STATIONS 1-6**

**STATION 1** MORNE WOLMARANS, XIAOXI ZHANG, LIONELLE TCHOKAM
**STATION 2** ASHWANI GUPTA, JENNY FERRY, SONIA LALLA
**STATION 3** JOSE AGUIRRE, JUAN CARLOS, FATIMA OIUCHEN
**STATION 4** FRANCOIS RETIEF, SIMON WEST, ADEL EMAM
**STATION 5** VISHAL UPPAL, TOBY ASHKEN, NOURA AGIZA
**STATION 6** STEVE COPPENS, AMR HASSAN, MAHMOUD ABD ELGALIL

## 14:00 - 15:00

### BELOW THE CLAVICLE BLOCKS: LIVE DEMO

14:00 - 14:15

**INTRODUCTION**

SIMON WEST NAT HASLAM

14:15 - 15:00

**STATIONS 1-6**

**STATION 1** MORNE WOLMARANS, XIAOXI ZHANG, LIONELLE TCHOKAM
**STATION 2** ASHWANI GUPTA, JENNY FERRY, SONIA LALLA
**STATION 3** JOSE AGUIRRE, JUAN CARLOS, FATIMA OIUCHEN
**STATION 4** FRANCOIS RETIEF, SIMON WEST, ADEL EMAM
**STATION 5** VISHAL UPPAL, TOBY ASHKEN, NOURA AGIZA
**STATION 6** STEVE COPPENS, AMR HASSAN, MAHMOUD ABD ELGALIL

2026 AFSRA

# DAY 1

**13** NOVEMBER **2026**

**HALL: B**



WORKSHOP

## 15:30 - 16:30

### ABDOMINAL WALL BLOCKS: LIVE DEMO

15:30 - 15:45

**INTRODUCTION**

JENNY FERRY XIAOXI ZHANG

15:45 - 16:30

**STATIONS 1-6**

**STATION 1** MORNE WOLMARANS, XIAOXI ZHANG, LIONELLE TCHOKAM
**STATION 2** ASHWANI GUPTA, JENNY FERRY, SONIA LALLA
**STATION 3** JOSE AGUIRRE, JUAN CARLOS, FATIMA OIUCHEN
**STATION 4** FRANCOIS RETIEF, SIMON WEST, ADEL EMAM
**STATION 5** VISHAL UPPAL, TOBY ASHKEN, NOURA AGIZA
**STATION 6** STEVE COPPENS, MAHMOUD ABD ELGALIL, AMR HASSAN

## 16:30 - 17:30

### FREE SCAN

16:30 - 17:30

**STATIONS 1-6**

**STATION 1** MORNE WOLMARANS, XIAOXI ZHANG, LIONELLE TCHOKAM
**STATION 2** ASHWANI GUPTA, JENNY FERRY, SONIA LALLA
**STATION 3** JOSE AGUIRRE, JUAN CARLOS, FATIMA OIUCHEN
**STATION 4** FRANCOIS RETIEF, SIMON WEST, ADEL EMAM
**STATION 5** VISHAL UPPAL, TOBY ASHKEN, NOURA AGIZA
**STATION 6** STEVE COPPENS, AMR HASSAN, MAHMOUD ABD ELGALIL

2026 AFSRA

# DAY 1

**13** NOVEMBER **2026**

**HALL: C**



WORKSHOP

**13:00 - 17:00**

## CHRONIC PAIN WORKSHOP

**MODERATORS**

DR. ATHMAJA THOTTUNGAL
DR. AHMED ELHALWAGY
DR. DAN DIRZU
DR. KIRAN KONETI
DR. ZIAD ELBAGOURY
DR. AHMED ZAGHLOUL
DR. SAMER NAROUZE
DR. MAMDOUH ELSHAHAT
DR. AMMAR SALTI
DR. BASEM HENRI
DR. AMR ABDELFATTAH
DR. BOUARROUDJ NOURREDINE

13:00 - 13:15
**LUMBAR SPINE AND PELVIC INJECTIONS: LIVE DEMO AND LECTURE AND SMALL PRESENTATION**
DR. ATHMAJA THOTTUNGAL

13:15 - 14:00
**STATIONS 1-5**

14:00 - 14:15
**CAUDAL EPIDURAL AND PYRIFORMIS INJECTIONS: LIVE DEMO AND LECTURE**
DR. DAN DIRZU

14:15 - 15:00
**STATIONS 1-5**

15:30 - 15:45
**HIP INJECTIONS AND MERALGIA PARASTHETICA : LIVE DEMO AND LECTURE 15**
DR. KIRAN KONETI

15:45 - 16:15
**STATIONS 1-5**

16:15 - 16:30
**KNEE INJECTIONS : LIVE DEMO AND LECTURE**
DR. AMMAR SALTI

16:30 - 17:00
**STATIONS 1-5**

2026 AFSRA

# DAY 2

**14** NOVEMBER **2026**

**HALL: B**



WORKSHOP

## 13:00 - 14:00

### FRONT OF LOWER LIMB BLOCKS

13:00 - 13:15

**INTRODUCTION**

DAVID HEWSON MOHAMED MOHAMED

13:15 - 14:00

**STATIONS 1-6**

**STATION 1** KARIEM ELBOGHDADLY, SIDONIA SUAZO, XIAOXI ZHANG
**STATION 2** JONATHAN WOMACK, HARRI KALAGARA, LIONELLE TCHOKAM
**STATION 3** DAVID HEWSON, NAWAL BAHAL, MAHMOUD ABDELGALIL
**STATION 4** STEVE COPPENS, AMR HASSAN, FATIMA OUICHEN
**STATION 5** MARIA SEBASTIAN, ROSIE HOGG, NOURA AGIZA
**STATION 6** ALAN MACFARLANE, BOYNE BELLOW, ADEL EMAM

## 14:00 - 15:00

### BACK OF LOWER LIMBS

14:00 - 14:15

**INTRODUCTION**

TOBY ASHKEN MARIA SEBASTIAN

14:15 - 15:00

**STATIONS 1-6**

**STATION 1** KARIEM ELBOGHDADLY, SIDONIA SUAZO, XIAOXI ZHANG
**STATION 2** JONATHAN WOMACK, HARRI KALAGARA, LIONELLE TCHOKAM
**STATION 3** DAVID HEWSON, NAWAL BAHAL, MAHMOUD ABDELGALIL
**STATION 4** STEVE COPPENS, AMR HASSAN, FATIMA OUICHEN
**STATION 5** MARIA SEBASTIAN, ROSIE HOGG, NOURA AGIZA
**STATION 6** ALAN MACFARLANE, BOYNE BELLOW, ADEL EMAM

2026 AFSRA

# DAY 2

**14 NOVEMBER 2026**

**HALL: B**



## WORKSHOP

### 15:30 - 16:30

## BACK SCANS: LIVE DEMO

15:30 - 15:45

**INTRODUCTION**

STEVE COPPENS JONATHAN WOMACK

15:45 - 16:30

**STATIONS 1-6**

**STATION 1** KARIEM ELBOGHDADLY, SIDONIA SUAZU, XIAOXI ZHANG
**STATION 2** JONATHAN WOMACK, HARRI KALAGARA, LIONELLE TCHOKAM
**STATION 3** DAVID HEWSON, TOBY ASHKEN, NAWAL BAHAL, MAHMOUD ABDELGALIL
**STATION 4** STEVE COPPENS, AMR HASSAN, FATIMA OUICHEN
**STATION 5** MARIA SEBASTIAN, ROSIE HOGG, NOURA AGIZA
**STATION 6** ALAN MACFARLANE, SIMEON WEST, ADEL EMAM

### 16:30 - 17:30

## POCUS: GASTRIC ULTRASOUND

15:30 - 15:45

**INTRODUCTION**

ROSIE HOGG HARI KALAGARA

15:45 - 16:30

**STATIONS 1-6**

**STATION 1** KARIEM ELBOGHDADLY, SIDONIA SUAZU, XIAOXI ZHANG, LIONELLE TCHOKAM
**STATION 2** HARRI KALAGARA, JONATHAN WOMACK, SHAABANI
**STATION 3** ROŠIE HOGG, TOBY ASHKEN, NAWAL BAHAL, MAHMOUD ABDELGALIL
**STATION 4** SJUAN CARLOS, AMR HASSAN, FATIMA OUICHEN
**STATION 5** MARIA SEBASTIAN, DAVID HEWSON, NOURA AGIZA
**STATION 6** FRANCOIS RETIEF, SIMEON WEST, ADEL EMAM

2026 AFSRA

# DAY 2

**14 NOVEMBER 2026**

**HALL: C**



WORKSHOP

**13:00 - 17:30**

## CHRONIC PAIN WORKSHOP

**MODERATORS**

DR. ATHMAJA THOTTUNGAL
DR. AHMED ELHALWAGY
DR. DAN DIRZU
DR. KIRAN KONETI
DR. ZIAD ELBAGOURY
DR. AHMED ZAGHLOUL
DR. SAMER NAROUZE
DR. MAMDOUH ELSHAHAT
DR. AMMAR SALTI
DR. BASEM HENRI
DR. AMR ABDELFATTAH
DR. BOUARROUDJ NOURREDINE

13:00 - 13:15
**CERVICAL NERVE ROOTS AND STELLATE GANGLION: LIVE DEMO AND LECTURE**
DR. AMR ABDELFATTAH

13:15 - 14:00
**STATIONS 1-5**

14:00 - 14:15
**CERVICAL FACET AND OCCIPITAL NERVE : LIVE DEMO AND LECTURE**
DR. SAMER NAROUZE

14:15 - 15:00
**STATIONS 1-5**

15:30 - 15:45
**SHOULDER INJECTIONS : LIVE DEMO AND LECTURE**
DR. MAMDOUH ELSHAHAT

15:45 - 16:15
**STATIONS 1-5**

16:15 - 16:30
**GROIN INJECTIONS : IH - II - GENITOFEMORAL INJECTIONS: LIVE DEMO AND LECTURE**
DR BOUARROUDJ NOREDDINE

16:30 - 17:00
**STATIONS 1-5**

17:00 - 17:30
**ENTRAPMENT THERAPY IN UPPER LIMB AND FREE SCANS**
DR. AHMED ZAGHLOUL